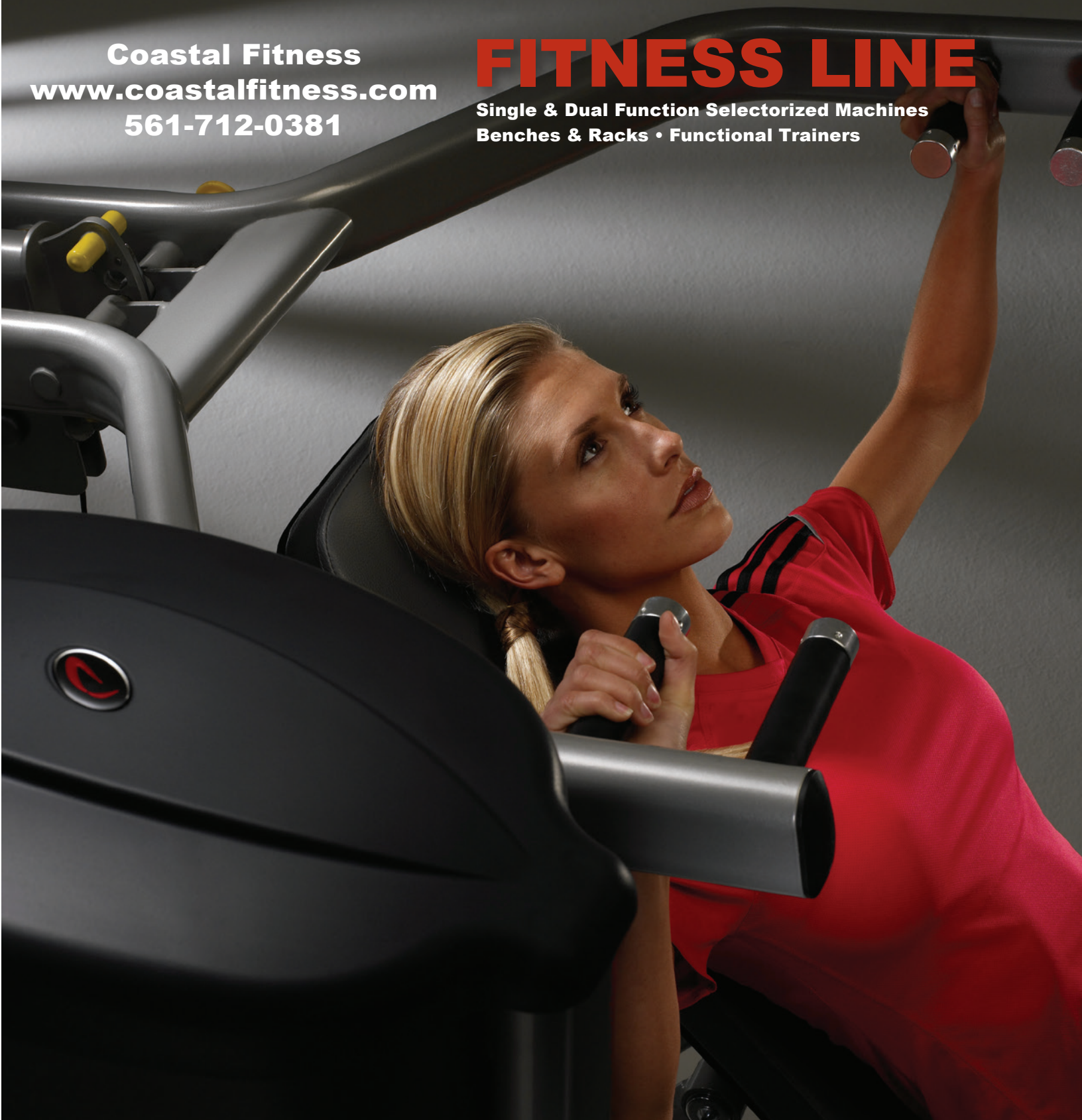


Coastal Fitness
www.coastalfitness.com
561-712-0381

FITNESS LINE

Single & Dual Function Selectorized Machines
Benches & Racks • Functional Trainers



THE NEW TRUE FAMILY
 **TRUE** &  **PARAMOUNT**

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The Fitness Line family of products includes a wide range of dual and single station selectorized machines, functional trainers, and complimentary utility benches and training stations. Modern styling and space efficient designs make the value engineered Fitness Line the perfect choice for hotels and resorts, corporate fitness centers, police and fire agencies, apartment and condominium complexes, personal training studios or any facility where space and budget are limited.

Selectorized Dual & Single Stations

More Than 20 Health Club Quality Exercises

- biomechanically accurate movements
- compact and space efficient designs

User Friendly Features

- large easy to read instruction labels with QR codes linked to instructional online videos
- intuitive yellow adjustment knobs

Modern Styling & Construction

- low profile frames, contoured pads and fully shrouded weight stacks
- proven commercial materials and components



Access instructional videos from your phone



Leg Extension / Leg Curl

FS-50

- 5 position back pad and 6 position leg curl thigh pad to accommodate a wide range of users.
- 5 starting positions for both extensions and curls allow users to choose the range of motion best suited to their individual needs.
- Self adjusting ankle pad for proper support throughout the entire range of motion.
- Dimensions: 63" deep x 43" wide x 57" tall



LEG EXTENSION



LEG CURL

Starting Adjustment

Set your range of motion while in the seated position for both Extensions and Curls using the conveniently located adjustment arm. Four starting positions are included for both exercises.



Leg / Calf Press

FS-51

- Low profile design and ergonomically positioned handles for easy entry and exit.
- Contoured back pad provides low back support throughout the entire range of motion.
- Oversize, non-skid foot platform for exercise variation.
- Dimensions: 71" deep x 41" wide x 65" tall



Assisted Adjustment

Easily set the foot platform in any of 6 different starting positions with assistance from an integrated gas cylinder.



Inner / Outer Thigh

FS-52

- Swiveling thigh pads are easily accessible from the seated position and accommodate both Inner and Outer Thigh exercises.
- Contoured back pad, ergonomically positioned handles, and rubber covered foot placement posts provide support and encourage proper alignment during exercise.
- Dimensions: 71" deep x 41" wide x 65" tall



INNER THIGH

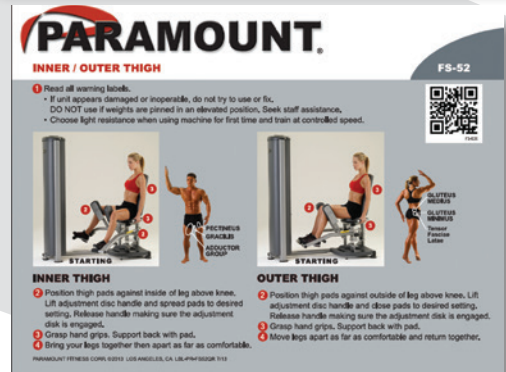


OUTER THIGH



Starting Adjustment

Set your range of motion while in the seated position for both Inner and Outer Thigh exercises using the conveniently located adjustment arm. 14 starting positions are included.



Lat Pulldown / Seated Row

FS-53

- 8 position thigh pad easily adjusts to accommodate a wide range of users.
- Dual foot platforms provide support and encourage proper alignment during Seated Row movement.
- Rubber grip lat bar and row handle for comfort.
- Dimensions: 77" deep x 48" wide x 84" tall



LAT PULLDOWN



SEATED ROW



Multi-Press

FS-54

- 4 position seat and back pad assembly easily adjusts for Supine, 25 and 45 degree Incline, and Shoulder Press movements.
- 5 position arm allows users to choose the range of motion best suited to their individual needs.
- Dual hand grips accommodate a wide range of users and allow exercise variation.
- Dimensions: 82" deep x 53" wide x 57" tall



4 Exercise Choices

Change exercise position quickly using the integrated seat and back pad adjustment.

SHOULDER PRESS



SUPINE PRESS



INCLINE PRESS



Pec Fly / Rear Delt

FS-55

- 6 position seat assembly accommodates wide range of users.
- 7 position arm adjustment provides full range of motion for both Pectoral Fly and Rear Deltoid movements.
- Dual-position handles with angled grips pivot to accommodate a wide range of users and to replicate fluid dumbbell movements.
- Weight stack conveniently located for easy access and to minimize floor space requirements.
- Dimensions: 60" deep x 56" wide x 73" tall



PEC FLY



REAR DELT



Biceps / Triceps

FS-56

- 5 position seat with low back support to accommodate wide range of users.
- 3 starting positions for both curls and extensions allow users to choose the range of motion best suited to their individual needs.
- Unique rotating handles require no adjustments and provide comfort and support throughout the entire range of motion.
- Dimensions: 47" deep x 51" wide x 57" tall

BICEPS CURL



TRICEPS EXTENSION



Low Back / Abdominal

FS-57

- 5 position range of motion adjustment allows users to easily change between Low Back and Abdominal exercises.
- Dual non-slip foot positions accommodate a wide range of users while providing support during exercise.
- Dimensions: 44" deep x 49" wide x 57" tall



LOW BACK EXTENSION



ABDOMINAL CRUNCH



Leg Extension

FS-60

- 5 position back pad to accommodate a wide range of users.
- Self aligning ankle pad eliminates adjustment while providing proper support throughout the entire range of motion.
- Dimensions: 46" deep x 44" wide x 57" tall



Leg Curl

FS-61

- 5 position back pad and 6 position thigh pad to accommodate a wide range of users.
- Self aligning ankle pad eliminates adjustment while providing proper support throughout the entire range of motion.
- Dimensions: 59" deep x 46" wide x 57" tall



Chest Press

FS-64

- Dual hand grips accommodate a wide range of users and allow exercise variation.
- 5 position seat adjusts to accommodate a wide range of users.
- Dimensions: 37" deep x 55" wide x 57" tall



Shoulder Press

FS-65

- 3 grip positions accommodate a wide range of users and allow exercise variation.
- 5 position seat adjusts to accommodate a wide range of users.
- Dimensions: 47" deep x 55" wide x 57" tall



Free Weight Benches & Racks

Flat/Incline/Decline Bench

FS-20

- 6 position adjustment from -10 to 80 degrees.
- Wheels for easy moving.
- Dimensions:
49" deep x 31" wide x 19" tall



Ab Crunch Bench

FS-21

- Back pad angled 20 degrees and dual ankle pads for comfort and ergonomics.
- Wheels for easy moving.
- Dimensions:
46" deep x 24" wide x 23" tall



Low Back/Abdominal Bench

FS-22

- Unique easy to adjust design for both back extension and abdominal crunch exercises.
- 7 position thigh pad at 45 degrees for proper ergonomics during back extension.
- Back pad angled 15 degrees and 3 position ankle pad for support during abdominal crunch.
- Dimensions: 51" deep x 31" wide x 32" tall



Knee Raise/Dip/Chin

FS-23

- Back pad at 75 degrees and angled elbow pads for proper support during knee raise exercise.
- Multiple grip chin bar and dip handles.
- Dimensions:
45" deep x 37" wide x 86" tall

3 Tier Flat Tray Dumbbell Rack

FS-24

- Top tray accommodates kettlebells or dumbbells.
- Shown with optional Medicine Ball Rings.
- Dimensions: 29" deep x 63" wide x 39" tall



Smith Machine

FS-30

- 8 position bar catch assembly with dual adjustable safety stops.
- Multiple grip chin bar for exercise variation and 8 storage posts standard.
- Dimensions:
54" deep x 77" wide x 84" tall



* Accessories shown are not included

EXTREME Functional Trainer

XFT-100

- Dual 2:1 weight stacks allow users to choose different resistance levels or allows for two simultaneous users.
- Pulleys adjust vertically through 20 clearly marked positions in 3 inch increments.
- Patent pending dual adjustment columns rotate 360 degrees to allow unrestricted movement in multiple plains.
- Patent pending Extreme Swing arm allows 180 degrees of rotation and choice of 14 horizontal positions using conveniently located foot pedals to position pulleys as close as 17 inches and as far apart as 67 1/2 inches.
- Chrome plated chin bar offers multiple grip positions.
- Dimensions: 39" deep x 72" wide x 87" tall (84" w/ optional cross bar)



VERTICAL ADJUSTMENT

Quick adjustment through 58" and 20 vertical positions clearly marked A-T.

HORIZONTAL ADJUSTMENT

Easily adjust pulley housings through 180° to 14 different horizontal positions clearly marked 1-14 using spring-loaded foot pedal.

14 Position EXTREME SWING ARM

Position pulleys as close as 17" and as far apart as 67 1/2"



Optional Accessory Kit for XFT-100 & FS-100 includes:
Triceps Rope, Sports Handle, Ankle Strap, Teardrop Press Attachment (2)



Conveniently located color-coded exercise guide on the XFT-100 clearly illustrates the starting and ending positions of 18 primary exercises divided into 6 categories.

Functional Trainer

FS-100

- Dual 2:1 weight stacks allow users to choose different resistance levels or allows for two simultaneous users.
- Pulleys adjust vertically through 23 clearly marked positions in 3 inch increments and rotate 270 degrees for exercise variation.
- Chrome plated chin bar offers multiple grip positions.
- Dimensions: 39" deep x 62" wide x 88" tall

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