

# GVKR82

## Vertical Knee Raise, Dip & Pull-Up

Body-Solid®  
Built for Life



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#### Vertical Knee Raise, Dip & Pull-Up

Easy and convenient step in entry makes getting started a breeze. Thick, comfortable DuraFirm back pads and arm supports reduce fatigue and discomfort allowing you to keep working on your abs and obliques. Featuring Dip Station handles with oversized handgrips for a killer triceps/ deltoid/ lower pec workout. Rock solid support and stability is delivered via heavy-gauge steel frames with all-4-side welded construction. Designed to provide an intense ab workout while eliminating strain on the lower back.

#### Special Features

- 10° reverse pitch increases abdominal range-of-motion
- Lat Pull-Up / Chin-Up Station features easy step-up entry
- Easy access Dip Station features oversized diameter grips for ultimate comfort
- Push-Up Station is cushioned and mounted a full 12" off the floor

#### Warranty



Frame & Welds ..... Lifetime  
 Bushings and Hardware ..... 3 Years  
 Pads, Cables and Grips ..... 1 Year



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 Bushings and Hardware ..... Lifetime  
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Weight: 126 lbs.  
 Dimensions: 58"L x 43"W x 82"H