

# CHIN / DIP ASSIST

## HD-3700

CHIN UP (ASSISTED)



DIP (UNASSISTED)



EASY ASSIST  
PAD STORAGE



PULL-UP / CHIN-UP  
GRIPS



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

52.0" x 48.0 x 83.0" (132 cm x 122 cm x 210 cm)

### PRODUCT WEIGHT HD

579 lbs (262 kg)

### PRODUCT WEIGHT HDG

579 lbs (262 kg)

### WEIGHT STACK HD

210 lbs (95 kg)

### WEIGHT STACK HDG

210 lbs (95 kg)

## FEATURES

- ◆ Compact, kneeling design saves space for a smaller footprint in fitness facilities
- ◆ Four pull-up/chin-up grip options including HOIST's patented Flip 'N Grip® handles and rock climbing grips
- ◆ Knee pad folds out for assisted exercises and can be placed into stowed position for unassisted exercises
- ◆ Dual-position dip handles (wide and narrow)