

BFVK10 Vertical Knee Raise



Chin-Ups



Knee Raises



Dips

BFVK10 Vertical Knee Raise

Owning the Best Fitness Vertical Knee Raise is like having multiple workout stations in a single, lightweight piece of equipment. The freestanding Vertical Knee Raise challenges you to use your own bodyweight to efficiently power your way through gut-slimming routines and muscle-defining exercises. Whether you're focused on tightening your abs and obliques or concentrating on a chiseled look accomplished through pull-ups, chin-ups, push-ups and dips, there's nothing like shaping and toning your physique in the comfort and privacy of your own home.

The Best Fitness Vertical Knee Raise is designed to provide an intense workout while eliminating strain on your lower back. Comfortable pads and sturdy, welded steel construction create a solid platform for you to lose inches and achieve a ripped fit look.

Weight: 69 lbs
Dimensions: 43" L x 28" W x 83" H

Special Features

- Ideal for knee raises, pull ups, dips, push ups
- Compact frame fits almost anywhere
- Thick, comfortable back pad and arm supports
- Dip station handles offer a thick, comfortable grip.
- Built-in push-up handles

Warranty

Frame & Welds	3 Years
Motor (if applicable)	1 Year
Parts	1 Year
Electronics (if applicable)	3 Months
Wear Parts	30 Days