

Vertical Knee Raise, Dip, Pull Up

FEATURES

Designed to provide an intense ab workout while eliminating strain on the lower back, the Vertical Knee Raise Machine is hard to beat for vacuuming the waistline. Easy and convenient step entry makes getting started a breeze. Thick, comfortable DuraFirm™ back pads and arm supports reduce fatigue and discomfort allowing you keep working on your abs and obliques. Both machines feature 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.

- 10° reverse pitch increases abdominal range-of-motion and securely locks you into position
- 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 300mm off the floor for the deepest pec building push-ups possible
- Ultra-thick DuraFirm™ back pad features extra lumbar support
- Heavy-gauge 50 x 50mm all-4-side welded high tensile strength steel mainframe construction
- Distance between dip handles 52cm
- Distance to top of dip handles 137cm
- Distance between arm pads 41cm
- Distance to top of arm pads 150cm
- 107cm lat chin bar



TECHNICAL SPECIFICATIONS

Usage	Commercial
Dimensions (cm)	145L x 109W x 208H

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