

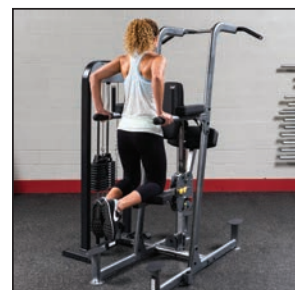
# FCDSTK

## Body-Solid -Weight Assisted Chin Dip VKR

Body-Solid®  
Built for Life



Pull-Ups



Dips



Knee Raises

### FCDSTK

## Weight Assisted Chin Dip VKR

With its weight-assisted kneepad mechanism, the Weight Assisted Chin Dip VKR provides the same benefits of chin and dip exercises to everyone, regardless of their current fitness level or weight. The 210 lb. weight stack enables you to counterbalance your own bodyweight.

By doing pull-ups, chin-ups and dips, you can effectively and efficiently build muscles in your arms, shoulders and back. Add vertical knees raises, and you'll soon see an increase in definition of your lower abdominal muscles. Best of all, the benefits of these exercises can be enjoyed by fitness enthusiasts of all skill and strength levels.

Weight: 479 lbs

Dimensions: 65"L x 54"W x 83"H

## Special Features

- Weight-assist counterbalance knee pad
- Lat Pull-Up (wide overhand grip) / Chin-Up (close underhand grip) Station features easy step-up entry
- 11 gauge steel frame with 1 5/8" x 3" oval tubing
- Ideal for home and commercial use
- 210lb. Weight Stack

## 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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