

# PVKC83X Vertical Knee Raise

**POWERLINE** USA<sup>®</sup>  
*by Body-Solid*



Dips



Chin Ups



Push Ups

## **PVKC83X** Vertical Knee Raise

Designed to provide an intense ab workout while eliminating strain on the lower back, the Powerline PVKC83X Vertical Knee Raise machine is hard to beat for vacuuming the waistline. Easy and convenient step up 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. Features Dip Station handles with oversized handgrips for a killer triceps/ deltoid/ lower pec workout. Push-up station is cushioned and mounted a full 12" off the floor for the deepest pec building push-ups possible. Rock solid support and stability is delivered via heavy-gauge steel frames with all-4-side welded construction.

Weight: 69 lbs  
Dimensions: 37"L x 26"W x 83"H

## **Special Features**

- Safe No-Slip step up entry
- Thick DuraFirm back and arm pads
- Comfortable oversized handgrips
- Distance between dip handles 21"
- Distance between arm pads 18"
- Lat chin bar 43"

## **Warranty**

Frame & Welds .....10 Years  
Bushings and Hardware .....1 Year  
Pads, Grips, Cables and Pulleys .....1 Year