

# SVKR1000 Pro Clubline Vertical Knee Raise

Body-Solid®  
Pro Club Line



Dips



Knee Raises



Pull-Ups and Chin-Ups  
(with multiple hand grips)

## SVKR1000 Vertical Knee Raise

Take your pull-ups, chin-ups and dips to the next-level with Body-Solid's SVKR1000 Vertical Knee Raise - one of the most versatile and effective VKR machines on the market today. Revolving dip handles move out of the way to allow you to perform the dozens of available exercises. Build strong shoulders, lats, traps and more by performing a variety of pull-up and chin-up exercises, and utilizing multiple close and wide grips (including an exclusive rock-climbing grip) or work on body weight training and develop your core with leg raises and hang crunches.

Multiple steps make access easy for any size users while an oval heavy gauge steel frame ensures unmatched durability regardless of the facility or frequency of use.

Weight: 305 lbs.  
Dimensions: 62"L x 37"W x 103"H

## Special Features

- Multiple close and wide hand grips and Rock Climbing Grips for Pull-Ups and Chin-Ups
- Revolving Dip Handles move out of the way during other exercises
- Multiple steps for easy access
- Heavy gauge oval steel frame

## Warranty



Frame & Welds ..... Lifetime  
Bushings and Hardware ..... 3 Years  
Pad, Rollers and Grips ..... 1 Year



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