

2-WAY PUSH UPS / DIPS STAND

JHBR - 109

Dual function stand for body weight exercises. Can be used by 2 people at the same time with safety and stability. Perform dips and push-ups with ease.



Scan Here
to Access the Video

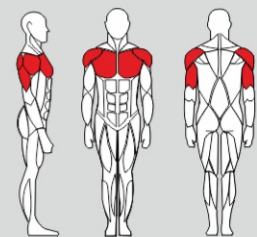
FEATURES

- ◆ **Dual Functionality:** Designed for push-ups and dips, targeting upper body and core muscles.
- ◆ **Sturdy Construction:** Ensures stability and safety during workouts.
- ◆ **Compact Design:** Ideal for home gyms, taking up minimal space.
- ◆ **Non-Slip Handles:** Provides a secure grip for enhanced performance and comfort.
- ◆ **Ergonomic Design:** Supports proper form and reduces strain on wrists and shoulders.

SPECIFICATIONS

DIMENSIONS:

Length: 32 inches/81 cms
Width: 46 inches/117 cms
Height: 57 inches/145 cms
Weight: 90.2 lbs./ 41 KG



MUSCLE WORKED: Pectoralis Major, Anterior Deltoids, Triceps Brachii

COLOURS AVAILABLE: Black.