

VERTICAL KNEE UP AB DIP CHIN

JBR - 119

Unique design allows three exercises. Angled back pads and arm pads ensures user comfort while performing leg raise. In addition, pull ups / chin ups exercise can be performed.



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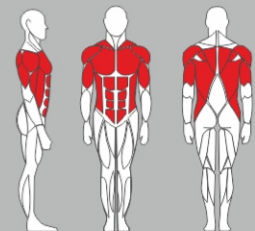
FEATURES

- ◆ **Multi-Function Design:** Supports vertical knee raises, dips, and chin-ups for comprehensive upper body and core training.
- ◆ **Heavy-Duty Frame:** Built with a durable structure to ensure maximum stability and long-lasting strength.
- ◆ **Ergonomic Padding:** High-density foam back and arm pads ensure comfort and reduce strain during workouts.
- ◆ **Non-Slip Handles:** Textured handles provide a secure grip for dips and chin-ups.
- ◆ **Compact and Space-Efficient:** Ideal for both home and commercial gym setups with minimal space requirements.

SPECIFICATIONS

DIMENSIONS:

Length: 56 inches/142 cms
Width: 36 inches/91 cms
Height: 90 inches/229 cms
Weight: 226.6 lbs/102.8 kg



MUSCLE WORKED: Pectoralis Major, Anterior Deltoid, Triceps Brachii

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.