

VERTICAL KNEE UP

JBR - 118

Unique design allows three exercises. Angled back pads and arm pads ensures user comfort while performing leg raise.



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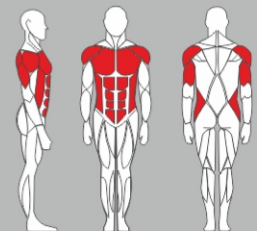
FEATURES

- ◆ **Heavy-Duty Frame:** Designed to ensure stability and lasting performance for core exercises.
- ◆ **Ergonomic Back and Arm Pads:** High-density foam pads ensure comfort and reduce strain during exercises.
- ◆ **Non-Slip Handles:** Secure, textured handles provide a firm grip for controlled movements.
- ◆ **Compact Design:** Space-efficient design makes it ideal for home or commercial gym setups.
- ◆ **Targeted Core Training:** Perfect for vertical knee raises and leg lifts, focusing on core and lower abdominal muscles.

SPECIFICATIONS

DIMENSIONS:

Length: 56 inches/142 cms
Width: 36 inches/91 cms
Height: 70 inches/178 cms
Weight: 177 lbs/80.3 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.