

## ASSISTED DIP CHIN

JCRB - 102

Assisted Dip Chin provides adjustable assistance for users looking to build upper-body strength through pull-ups, chin-ups, and dips. Designed for both beginners and experienced users, it features a support platform that helps users perform body weight exercises with greater control and confidence. Multiple grip positions enable exercise variation, while the dip handles support effective tricep, chest, and shoulder training. Equipped with a 220 LBS (100 KG) weight stack, it is built for commercial fitness facilities, training studios, and premium home gym environments.



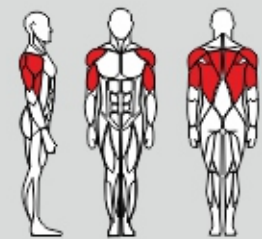
### FEATURES

- ◆ **Adjustable Assistance:** Customizable resistance for dips and chin-ups.
- ◆ **Multi-Function Design:** Supports both dips and chin-ups.
- ◆ **Ergonomic Handles:** Comfortable grip for proper form.
- ◆ **Durable Construction:** High-quality, long-lasting build.
- ◆ **Compact Design:** Space-efficient for smaller gyms.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 52 inches / 132 cms  
 Width: 54 inches / 137 cms  
 Height: 88 inches / 224 cms  
 Weight: 647.7 lbs / 293.8 kg  
 Weight stack: 220 lbs / 100 kg



**MUSCLE WORKED:** Erector Spine, Latissimus Dorsi, Anterior Deltoid, Biceps & Triceps, Posterior Deltoid

**COLOURS AVAILABLE:** Black.