



GVKR82

Body-Solid - Vertical Knee Raise, Dip & Pull Station



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Designed to provide an intense ab workout while eliminating strain on the lower back, the Vertical Knee Raise Machine is hard to beat for vacuuming the waistline. Easy and convenient step entry makes getting started a breeze. Thick, comfortable DuraFirm™ back pads and arm supports reduce fatigue and discomfort allowing you keep working on your abs and obliques. Feature Dip Station handles with oversized hand grips for a killer triceps/deltoid/lower pec workout. Rock solid support and stability is delivered via heavy-gauge steel frames with all-4-side welded construction.

Dimensions: 82"H x 57"L x 43"W

Special Features

- Lifetime warranty
- 10° reverse pitch increases abdominal range of motion and securely locks you into position
- Lat Pull-Up/Chin-Up Station features easy step-up entry
- Easy access Dip Station features oversized diameter grips for ultimate comfort
- Push-Up Station is cushioned and mounted a full 12" off the floor for the deepest pec building push-ups possible