

Fitness Breakthru

Personalised Fitness Equipment Specialists

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Specs – Vertical Knee Raise with Chin Up Bar



Designed to provide an intense abdominal 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 to keep working on your abs and obliques. The machine features a Dip Station with oversized handgrips 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.

- 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.
- Ultra-thick DuraFirm(tm) back pad features extra lumbar support.
- Heavy-gauge 2"x2" all-4-side welded high tensile strength steel mainframe construction.

Dimensions: 208cm(H) x 144cm(L) x 109cm(W)

Body-Solid®