

BFVK10**Best Fitness - Vertical Knee Raise/Chin Dip**

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The freestanding BFVK10 challenges you to use your own body weight to efficiently power your way through gut slimming routines and muscle defining exercises. The BFVK10 is designed to provide an intense workout while eliminating strain on your lower back. Comfortable pads and sturdy, welded steel construction create a solid platform for you to lose inches and achieve a ripped fit look.

Dimensions: 83"H x 43"L x 28"W

Special Features

- 3-year Best Fitness in-home warranty
- Sturdy steel frame delivers a solid performance day after day
- Comfortable back pads and arm supports are designed to reduce fatigue and discomfort
- Dip station handles offer a thick, comfortable grip
- Lightweight design allows you to easily move the machine from a corner to the middle of the room