

FCD

Body-Solid - Vertical Knee Raise, Dip and Chin Station



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By doing pull-ups, chin-ups and dips, you can effectively and efficiently build muscles in your arms, shoulders and back. Add vertical knee raises and you'll soon see an increase in definition of your lower abdominal muscles. The benefits of these exercises can be enjoyed by fitness enthusiasts of all skill and strength levels.

Dimensions: 27"W x 63"L x 82"H

Special Features

- Lat pull-up (wide grip)/chin-up (close grip) station features easy step-up entry
- Easy access dip station features oversized diameter grips for ultimate comfort
- Ultra-thick DuraFirm™ back, arm and knee pads
- 11-gauge steel frame with 2" x 3" oval tubing
- 2"x 2" all-4-side welded high tensile strength steel mainframe construction