

## FCD-STK

### Body-Solid - Weight Assist Knee Raise, Dip and Chin Station



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With its weight-assisted kneepad mechanism, the Fusion Chin-Dip with G-Stack provides the same benefits of chin and dip exercises to everyone, regardless of their current fitness level or weight. Plus, its 210 lb. weight stack enables you to counterbalance your own body weight.

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

Dimensions: 54"W x 64"L x 80"H

#### Special Features

- Lifetime warranty
- Dip Station handles with oversized hand grips for a killer triceps/deltoid/lower pec workout
- Counter-resistance kneepad platform allows user to control desired weight-assist balance
- Easy access Dip Station features oversized diameter grips for ultimate comfort
- Ultra-thick DuraFirm™ back, arm and kneepads
- Rock solid support and stability is delivered via heavy gauge steel frames with all-4-side welded construction