



GVKR60

Body-Solid - Vertical Knee Raise and Dip Station



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Vertical Knee Raise and Dip Chin

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. Features 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: 60"H x 37"L x 24"W

Special Features

- Lifetime warranty
- Safe, no-slip step-up entry
- Thick DuraFirm™ back and arm pads
- Comfortable oversized hand grips
- Ideal for home and commercial use