



Chin/Dip/VKR/Ab Crunch/Push-Up | CCD-337

- Free standing, space efficient with multiple body weight exercise options such as chin-ups, dips, knee raises, ab crunches and push-ups.
- Knurled multi-grip pull-up station for wide, narrow, reverse and neutral grip upper body exercises.
- Dual function support pad designed for VKR back support as well as ab crunch board.
- Maximum weight 400 lbs.

LWH: 44 x 45 x 84 in/112 x 114 x 213 cm

WT: 175 lb/79 kg



Shown are some of the bodyweight exercises



Point camera and tap on code