

# GVKR60 Vertical Knee Raise and Dip

*Body-Solid*<sup>®</sup>  
Built for Life



## GVKR60 Vertical Knee Raise and Dip

Designed to provide an intense ab workout while eliminating strain on the lower back, the GVKR60 Vertical Knee Raise and Dip machine is hard to beat. Easy and convenient step entry makes getting started a breeze. Thick, comfortable DuraFirm back pads and arm supports reduce fatigue and discomfort allowing you to keep working on your abs and obliques. Featuring Dip Station handles with oversized handgrips 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.

Weight: 61 lbs.  
Dimensions: 37”L x 24”W x 60”H

## Special Features

- Safe, no-slip step-up entry
- Thick DuraFirm back and arm pads
- Extra-wide and solid base provides maximum stability
- Comfortable oversized handgrips
- Ideal for home and commercial use

## Warranty



Frame & Welds ..... Lifetime  
Bushings and Hardware..... 3 Years  
Pads, Cables and Grips ..... 1 Year



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