

- ◆ Unique design allows three exercises. Angled back pads and arm pads ensures user comfort while performing leg raise. In addition, pull ups / chin ups exercise can be performed.

VERTICAL KNEE UP AB DIP CHIN
JBR-119

- ◆ **DIMENSION:**
Length : 56 inches / 142 cms
Width : 36 inches / 91 cms
Height : 90 inches / 229 cms

- ◆ **MUSCLE WORKED:**
Pectoralis Major, Anterior Deltoid,
Biceps Brachii, Trapezius,
Latissimus Dorsi, Rectus Abdominis

