

VERTICAL KNEE UP  
JBR-118

- ◆ Unique design allows three exercises. Angled back pads and arm pads ensures user comfort while performing leg raise.

- ◆ **DIMENSION:**  
Length : 56 inches / 142 cms  
Width : 36 inches / 91 cms  
Height : 70 inches / 178 cms

- ◆ **MUSCLE WORKED:**  
Rectus Abdominus  
Hip Flexors  
Biceps Brachii

