

◆ Unique dual position handle design simulates the position of the conventional lat bar exercise. Diverging movement accurately targets intended muscle groups. Counterbalanced arms for light starting weight. An adjustable leg lock ensures a stabilized body position. The Jerai Fitness Assisted Dip Chin provides a maximum weight of up to 165 lbs.

◆ **DIMENSION:**

Length : 58 inches / 147 cms

Width : 46 inches / 117 cms

Height : 85 inches / 216 cms

Weight Stack : 165lbs / 75kg

◆ **MUSCLE WORKED:**

Erector Spine, Latissimus Dorsi

Anterior Deltoid, Biceps & Triceps

Posterior Deltoid

