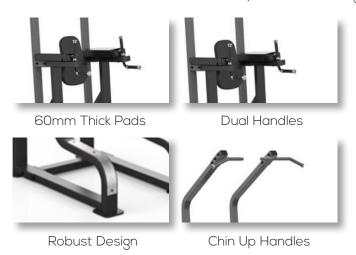
## Sterling Series, Chin / Dip / Knee Raise Frame

The Sterling Series, Chin / Dip / Knee Raise Frame is ideal for performing a variety of compound upper body exercises, including pull-ups, chin-ups and tricep dips. The type of exercise depends on the pre-selected position of the handgrip on the parallel bars attached to the frame. Resistance is dependent on the weight selected and regulated by a counterbalance platform, on which the user kneels. The Assisted Chin Dip is perfect for beginner lifters allowing them to build the strength required to perform bodyweight pull-ups, chins ups and tricep dips. However it is also an incredible tool for more conditioned athletes, allowing them to increase their rep range in a controlled manner, and if necessary the assistance feature can be removed by selected no weight.





## **Technical Specifications**

Rating	Commercial
Upholstery	Black, 60mm thick pads with industrial vinyl, thick plywood backing and 38mm foam
Tubing	2.5-3mm by 50 x 100 square tubing, electro welded to maximum integrity
Product Weight	105.5kg 232.5lbs
Dimensions	L 119 x W 116 x H 239 cm L 47 x W 46 x H 94 inches

## **Key Features**

Robust and heavy-duty construction complete with high-quality needle bearings for moving parts	•
Electrostatic powder-coated and heat cured for superior durability	•

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