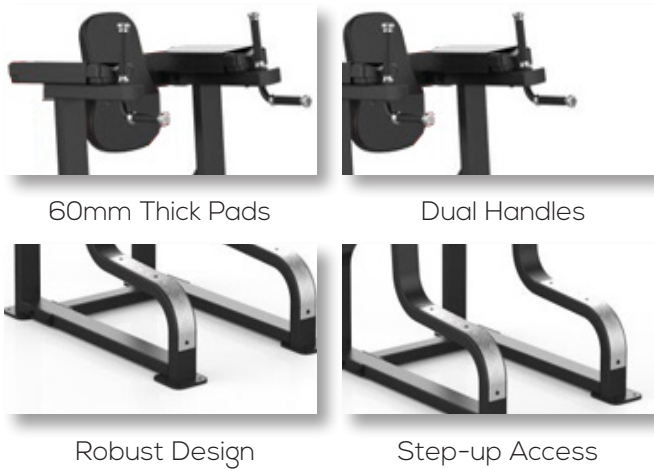


Sterling Series, Knee Raise Frame

The Gym Gear, Sterling Series Vertical Knee Raise provides users with a solid strength training platform, ideal for performing a range of upper body and abdominal exercises. The handgrip, elbow supports and back pad provide stability for knee-up exercises and an additional hand grip allows for dip exercises.



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	74kg 163lbs
Dimensions	L 119 x W 116 x H 76.5 cm L 47 x W 46 x H 30 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	•