

Perform Series, Assisted Chin / Dip

The multi-functional Perform Series Assisted Chin Dip 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.



Water Bottle Holder



Instructions placard



High-density Poly-foam



Adjustable Knee Pad

Technical Specifications

Rating	Commercial
Adjustments	Adjustable knee pad allow easy operation for comfort.
Upholstery	High-density poly-foam and double stitches offer comfort and durability
Tubing	Tube of the functional part is primarily at a 3mm thickness. The weight stack cage is with D-shape tube size: 95 x 81.1 x 3mm and a racetrack tube size: 50 x 100 x 3mm which ensure ultra-durability and stability.
Instructions Plaque	Instructions placards to review proper set-up, movement and muscles trained
Shroud	Translucent ABS shroud at a thickness of 3.2mm ensures ultra-durability and shock resistance.
Weight Stack	72.5kg 160lbs
Product Weight	171kg 376.9lbs
Maximum User Weight	150kg 330lbs
Dimensions	L 157.3 x W 131.5 x H 228.6 cm L 61.8 x W 21.4 x H 90 inches

Key Features

Space efficient design requires minimal floor space	•
Self-lubricate American loos™ cable with nylon-coated 12 complex fiber ensures service life more than 250 thousand times.	•
Water bottle holder fixed on the cage is within reach.	•
Ergonomic handlebars in TPV material with aluminium ring limit offers comfort and security during a workout	•
All dynamic components are shielded for safety purpose	•
Lathed pulley with bearings of less tolerance ensure smooth movement	•
Meets EN957 safety regulation	•