

BFVK10B Vertical Knee Raise



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Owning the Best Fitness Vertical Knee Raise is like having multiple workout stations in a single, lightweight piece of equipment. The freestanding Vertical Knee Raise challenges you to use your own bodyweight to efficiently power your way through slimming routines and muscle defining exercises. Whether you're focused on tightening your abs and obliques or concentrating on a chiseled look accomplished through pull-ups, chin-ups, push-ups and dips, there's nothing like shaping and toning your physique in the comfort and privacy of your own home.

Special Features

- Ideal for knee raises, pull-ups, dips, & push-ups
- Compact frame fits almost anywhere
- Thick, comfortable back pad and arm supports
- Dip handles offer a thick, comfortable grip
- Built-in push-up handles

Warranty

Frame & Welds3 Years
Parts.....1 Year
Wear Parts30 Days

Weight: 69 lbs
Dimensions: 43" L x 28" W x 83" H