



2-WAY PUSH UPS / DIPS STAND

JHBR - 109

Dual function stand for body weight exercises. Can be used by 2 people at the same time with safety and stability. Perform dips and push-ups with ease.









Scan Here to Access the Video

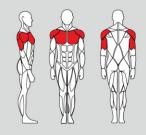
FEATURES

- ♦ **Dual Functionality:** Designed for push-ups and dips, targeting upper body and core muscles.
- ◆ Sturdy Construction: Ensures stability and safety during workouts.
- ◆ Compact Design: Ideal for home gyms, taking up minimal space.
- ♦ Non-Slip Handles: Provides a secure grip for enhanced performance and comfort.
- ◆ Ergonomic Design: Supports proper form and reduces strain on wrists and shoulders.

SPECIFICATIONS

DIMENSIONS:

Length: 32 inches/81 cms Width: 46 inches/117 cms Height: 57 inches/145 cms Weight: 90.2 lbs./ 41 KG



MUSCLE WORKED: Pectoralis Major, Anterior Deltoids, Triceps Brachii

COLOURS AVAILABLE: Black.