

ASSISTED DIP CHIN

JFB - 2020

Assisted Dip Chin is a versatile machine designed to facilitate various upper body exercises. Its unique dual position handles allows exercise variation. This machine also offers a foldable kneepad for unassisted training and it offers a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.



Scan Here
to Access the Video

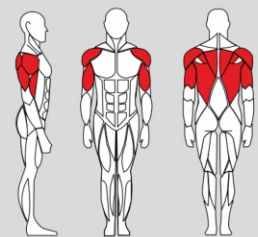
FEATURES

- ◆ **Adjustable Assistance:** Customizable resistance for dips and chin-ups.
- ◆ **Multi-Function Design:** Supports both dips and chin-ups.
- ◆ **Ergonomic Handles:** Comfortable grip for proper form.
- ◆ **Durable Construction:** High-quality, long-lasting build.
- ◆ **Compact Design:** Space-efficient for smaller gyms.

SPECIFICATIONS

DIMENSIONS:

Length: 58 inches / 147 cms
Width: 46 inches / 117 cms
Height: 85 inches / 216 cms
Weight: 619 lbs / 281 kg
Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Erector Spine, Latissimus Dorsi, Anterior Deltoid, Biceps & Triceps, Posterior Deltoid

COLOUR AVAILABLE: Black.

*Plates, barbell, attachments and accessories are not included and need to be bought separately.