

VERTICAL KNEE UP

JFBR - 1110

Unique design allows three exercises. Angled back pads and arm pads ensures user comfort while performing leg raise.



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FEATURES

- ◆ **Heavy-Duty Frame:** Designed to ensure stability and lasting performance for core exercises.
- ◆ **Ergonomic Back and Arm Pads:** High-density foam pads ensure comfort and reduce strain during exercises.
- ◆ **Non-Slip Handles:** Secure, textured handles provide a firm grip for controlled movements.
- ◆ **Compact Design:** Space-efficient design makes it ideal for home or commercial gym setups.
- ◆ **Targeted Core Training:** Perfect for vertical knee raises and leg lifts, focusing on core and lower abdominal muscles.

SPECIFICATIONS

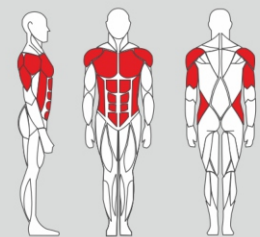
DIMENSIONS:

Length: 63 inches / 160 cms

Width: 30 inches / 76 cms

Height: 83 inches / 211 cms

Weight: 126.7 lbs / 57.5 kg



MUSCLE WORKED: Rectus Abdominus, Hip Flexors, Biceps Brachii

COLOUR AVAILABLE: Black.