

Sterling Series, Chin / Dip / Knee Raise Frame

The Sterling Series, Chin / Dip / Knee Raise Frame 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.



Technical Specifications

Rating	Commercial
Upholstery	Black, 60mm thick pads with industrial vinyl, thick plywood backing and 38mm foam
Tubing	2.5-3mm by 50 x 100 square tubing, electro welded to maximum integrity
Product Weight	31.5kg 69lbs
Dimensions	L 119 x W 116 x H 239 cm L 47 x W 46 x H 94 inches

Key Features

Robust and heavy-duty construction complete with high-quality needle bearings for moving parts	•
Electrostatic powder-coated and heat cured for superior durability	•