

BFVK10

Best Fitness Vertical Knee Raise/Chin Dip



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The freestanding VKR challenges you to use your own body-weight to efficiently power your way through gut-slimming routines and muscle-defining exercises. The BFVK10 is designed to provide an intense workout while eliminating strain on your lower back. Comfortable pads and sturdy, welded steel construction create a solid platform for you to lose inches and achieve a ripped fit look.

Dimensions: 83"H x 43"L x 28"W

Special Features

- 3-year Best Fitness in-home warranty
- Sturdy steel frame delivers a solid performance day after day
- Thick, comfortable back pads and arm supports are designed to reduce fatigue and discomfort
- Dip station handles offer a thick, comfortable grip
- Lightweight design allows you to easily move the machine from an out-of-the-way corner to the middle of the room