



Built for Core  
Strength.  
Designed for  
Versatility.

## **Fitnex RVKR – Vertical Knee Raise Station**

**Take your training to the next level with the RVKR**  
A premium bodyweight training station that combines core sculpting functionality with unmatched versatility. Designed for gyms, studios, and serious home users, the RVKR goes beyond standard VKR stations to support a full spectrum of strength workouts.

### **Multi-Functional Design**

Ideal for vertical knee raises, leg raises, dips, and more advanced bodyweight routines.

### **Durable Steel Construction**

Commercial-grade frame ensures long-term stability under heavy use.

### **Bench-Compatible Setup**

Seamlessly pairs with any flat, incline, or decline bench to support dumbbell training and barbell lifting—turning it into a compact strength-training hub.



### **Adjustable Arm Width**

Dual arms can be adjusted to fit users of different body types maximizing comfort and support during every rep.

### **Compact & Space-Saving**

Efficient design that fits into tight gym spaces without compromising functionality.

### **push-up training**

enhancing upper-body

### **Non-Slip Handles & Step-Up Platform**

Offers safe entry and exit for all fitness levels.



**More than just a VKR—a complete upper-body & core training platform**