



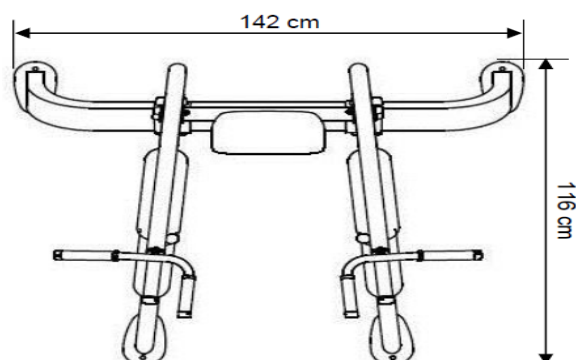
# Product Data Sheet

## NVCR Vertical Knee raise


Get start by Neo series Free Weight now. Steelflex® NVKR Designed to provide an intense ab workout. Easy and convenient step entry, comfortable DuraFirm™ back pads and arm supports reduce fatigue and discomfort allowing you keep working on your abs and obliques. Get one, getting V-line abs efficiently. Both machines feature Dip Station handles with oversized handgrips for a fit triceps/ deltoid/ lower pec workout. Rack solid support and stability is delivered via heavy-gauge steel frames with all-4-side welded construction.



vertical knee raise  
benefits



### SPECIFICATIONS

- A. Mainframe: Heavy-Gauge 1.968" X 3.937" oval tubing (50 x 100 x 2.5T mm)
- B. Upholstery (B/R): Durable double stitched upholstery (ergonomic design) 
- C. 10° reverse pitch increases abdominal range-of-motion and securely locks you into position
- D. Lat Pull-Up / Chin-Up Station features easy step-up entry
- E. Electrostatically applied powder coat paint finish , metallic silver
- F. Product Weight: 144 lbs / 65.5 kg
- G. Dimension: 56" L x 46" W x 91" H (142 cm x 116 cm x 230 cm)
- H. Packing: 2 Cartons, 3.2 Cubic Feet