

## VERTICAL KNEE UP

JXBR - 010 - RBK - BL

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



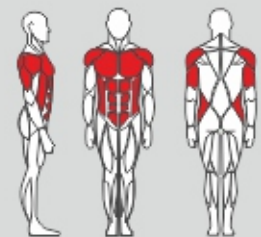
### FEATURES

- ◆ **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: 56 inches / 142 cms  
Width: 36 inches / 91 cms  
Height: 70 inches / 178 cms  
Weight: 177 lbs / 80.3 kg



**MUSCLE WORKED:** Rectus Abdominus, Hip Flexors, Biceps Brachii

**COLOUR AVAILABLE:** Dark Silver