

ASSISTED DIP CHIN

JPRB - 202 - RBK - BL

The X-Pro Series Assisted Dip Chin is a versatile machine designed to support users in performing dips and pull-ups with controlled assistance. It features a knee-supporting seat pad that counterbalances body weight, making it ideal for beginners and progressive strength training. The top section offers multiple pull-up grips wide, narrow, and neutral for varied upper-body targeting, while the side dip handles are ergonomically positioned for safe tricep and chest engagement. Foot grips provide added stability when entering or exiting the machine.



FEATURES

- ◆ **Adjustable Assistance:** Customizable resistance for dips and chin-ups.
- ◆ **Multi-Function Design:** Supports both dips and chin-ups.
- ◆ **Ergonomic Handles:** Comfortable grip for proper form.
- ◆ **Durable Construction:** High-quality, long-lasting build.
- ◆ **Compact Design:** Space-efficient for smaller gyms.

SPECIFICATIONS

DIMENSIONS:

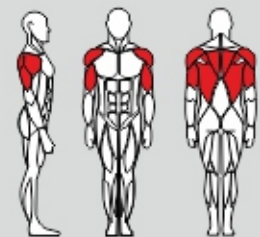
Length: 54 inches / 137 cms

Width: 55 inches / 140 cms

Height: 84 inches / 213 cms

Weight: 540 lbs / 245 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Erector Spine, Latissimus Dorsi, Anterior Deltoid, Posterior Deltoids, Biceps, Triceps

COLOUR AVAILABLE: Black.