



# Elite Series, Vertical Knee Raise

SKU: **GG-ELITE-117**

Stable support for core and upper body training The Elite Series Vertical Knee Raise is built for effective ab and dip exercises, giving users the stability needed for confident, controlled movement. Comfortable padding and multiple grip options add variety and ease to every session.

## Key Features

- Targets core and upper body strength with knee raises and dips
- Heavy duty steel frame built for commercial use
- Durable electrostatic powder-coated finish
- Multiple handle positions for versatile movement options
- Upholstered back and elbow pads for comfort and stability
- Step-up platform for safe entry and exit

## Technical Specifications

|                |        |              |     |
|----------------|--------|--------------|-----|
| Weight         | 53 kg  | Plate Loaded | Yes |
| Length / Depth | 113 cm |              |     |
| Height         | 152 cm |              |     |
| Width          | 79 cm  |              |     |
| Frame Weight   | 53 kg  |              |     |

