







Sterling Series, Chin / Dip / Knee Raise Frame

SKU: **GG-STER-138**

Versatile and accessible, the Sterling Series Chin / Dip / Knee Raise Frame supports a wide range of upper body exercises including pull-ups, chin-ups, and tricep dips. The type of movement is determined by the user's grip position on the parallel bars, offering multiple options for training the upper body. The integrated counterbalance platform allows users to kneel while adjusting the level of assistance via a simple weight selection. This makes it ideal for beginners building foundational strength, as well as advanced athletes looking to increase rep volume with added control. The assistance feature can be removed entirely by selecting...

Key Features

- Supports pull-ups, chin-ups, tricep dips, and knee raises
- Adjustable grip positions for varied upper body targeting
- Counterbalance platform offers scalable resistance
- Suitable for all fitness levels from beginner to advanced
- Assistance can be removed for full bodyweight workouts

Technical Specifications

Weight	105.5 kg	**Plate Loaded**	Yes
Length / Depth	119 cm		
Height	239 cm		
Width	116 cm		
Frame Weight	105.5 kg		