



VERTICAL KNEE RAISE TR020

SKU: TT15794

199.00 €

Stock: In stock

Categories: [Fitness](#), [Fitness Equipment](#),
[Vertical Knee Raise](#)

PRODUCT DETAILS

Vertical Knee Raise TR020:

Elevate your fitness routine with the Vertical Knee Raise TR020, a versatile and robust machine designed to enhance your upper body and core workouts. This model boasts easy and convenient step entry, making it simple to get started on your fitness journey. Its thick, comfortable DuraFirm™ back pads and arm supports are engineered to reduce fatigue and discomfort, allowing you to focus on sculpting your abs and obliques effectively.

The TR020 is not just about comfort; it's also about versatility. The Dip Station handles come with oversized handgrips, providing a superior grip for intense triceps, deltoid, and lower pec exercises. The heavy-gauge steel frame, featuring all-4-side welded construction, ensures rock-

solid support and stability, giving you the confidence to push your limits safely.

Key features include:

1. 10° Reverse Pitch: This unique design increases the abdominal range-of-motion and securely locks you into position for more effective workouts.
2. Lat Pull-Up / Chin-Up Station: Easy step-up entry makes accessing this station a breeze, allowing for seamless transitions between exercises.
3. Easy Access Dip Station: Equipped with oversized diameter grips, this station offers ultimate comfort for your dip exercises, targeting your upper body muscles efficiently.
4. Push-Up Station: Cushioned and mounted a full 12" off the floor, this station enables the deepest pec-building push-ups possible, enhancing your chest workouts.
5. Ultra-Thick DuraFirm™ Back Pad: Features extra lumbar support, ensuring your back is protected during intense exercise sessions.
6. Heavy-Gauge Steel Mainframe: Constructed with 2"x 2" all-4-side welded high tensile strength steel, providing unmatched durability and stability.

Exercise Benefits of the Vertical Knee Raise TR020

The Vertical Knee Raise TR020 is a powerhouse for your fitness routine, offering multiple benefits:

Enhanced Core Strength: The reverse pitch and DuraFirm™ padding allow for deep, controlled abdominal exercises, targeting your abs and obliques to build a strong, defined core.

Upper Body Conditioning: The Dip Station, with its oversized grips, focuses on your triceps, deltoids, and lower pectoral muscles, providing a comprehensive upper body workout.

Back and Spinal Support: The ultra-thick back pad with lumbar support ensures that your spine is protected during exercises, reducing the risk of injury and promoting better posture.

Improved Muscle Definition: The combination of the Lat Pull-Up/Chin-Up Station and the Push-Up Station allows for varied and intense upper body workouts, helping you achieve greater muscle definition and strength.

Full-Body Engagement: Engaging multiple muscle groups through different stations promotes overall muscle balance and coordination, improving your overall fitness and athletic performance.

Convenient and Safe Use: The easy step-up entry and stable construction ensure that users of all fitness levels can use the TR020 safely and effectively, minimizing the risk of injury and maximizing workout efficiency.

Maximum Load Weight

135 Kg

Dimentions When Assembled (LxWxH)

147.32 x 27 x 208.28 cm