

CHIN / DIP ASSIST

HD-3700



FEATURES

- Offers 14 exciting exercise variations; 7 with assistance and 7 without
- Patented Flip N Grip® upper handles allow users to perform neutral grip pull-ups and narrow grip chin-ups
- Patented Flip N Dip® grips flip between wide and narrow grips to accommodate all user types
- Rock grip handles that develop wrist, arm and shoulder strength
- Knee pad adjusts to accommodate assisted exercises or can be placed into stowed position for unassisted exercises

SPECS

- Product Dimensions L x W x H: 48.00" (122 cm) x 52.00" (132 cm) x 83.00" (210 cm)
- Product Weight: 649 lbs (294 kg)
- Weight Stack: 210 lbs (95kg)



CHIN UP (ASSISTED)



DIP (UNASSISTED)