

Reasons for choosing the Fusion Chin Dip with G-Stack

Start with the basics. Pull-ups & Chin-ups force you to lift your own body-weight. They are the best strength training exercises you can do for upper-body strength & muscle mass. They are also ideal exercises for those who enjoy sports involving gripping, grappling or pulling.

Finish with the facts. Body-Solid's Fusion Chin-Dip with G-Stack allows you to leverage your own bodyweight to build strength in your upper body. With its 210 lb weight stack and weight-assisted dip and pull-up station, this muscle-massing workout partner offers the encouragement and support you need for a superior upper body workout