

A Vertical Knee Raise station offers one of the best solutions for staying in shape and toning your body. Now you can get a full workout right in your own home by combining ab-tightening knee raises, leg raises and oblique bends with muscle-defining push-ups, pull-ups and chin-ups.

By changing the angle at which you raise your legs, you can isolate the lower, mid and side abdominal muscles for a very intense workout. Raise your legs straight up, and your lower and middle abs will feel the burn. Add a twisting motion by alternately lifting your right and left legs over each other, and your outer obliques will start to take shape.

Pound for pound, the BFVK10 provides you with an excellent piece of equipment for performing all of the exercises you need to bulk up your arms and shoulders while shedding inches and developing rock-hard abs.

- Multi-station functionality features pull-up bar, chin-up bar, vertical knee raise and parallel dip bars.
- Front and side knee raises for washboard abs.
- Chin-up bar for complete lat, shoulder and back development.
- Parallel dip bars for entire chest, bicep and tricep workout.
- Pull-up bar lets you choose a wide or narrow grip to build your back and arms.
- Built-in push-up handles for total chest and tricep development.