

The advantages of using the Body-Solid Fusion Chin Dip with G-Stack

Long a favorite of personal trainers for their capacity to develop upper body strength and core muscles, chin dip stations continue to grow in popularity because of their ease of use and their efficiency in providing an intense ab workout while eliminating strain on the lower back.

The Body-Solid Fusion Chin Dip with G-Stack takes things to a whole new level by introducing a 210 lb. weight stack and weight assisted kneepad mechanism, so you can counterbalance your own bodyweight.