

NVCR Vertical Knee
Raise/Dip/Pull Up



VKR MACHINES

Welcome to Highlight
Products

Fusion VKR, Dip, Pull Up
FCD



VKR, Dip, Pull Up **GVKR-82**



By doing pull-ups chin-ups and dips, you can effectively and efficiently build muscles in your arms, shoulders and back. Add vertical knees raises, and you'll soon see an increase in definition of your lower abdominal muscles. Best of all, the benefits of these exercises can be enjoyed by fitness enthusiasts of all skill and strength levels.

Dip Station **GDIP-59**



Vertical Knee Raise & Dip
GVKR-60



Powerline Power Tower **PVKR-83X**

INTERNATIONAL
3F28, No. 5, Shin-Yi Rd., Sec. 5, Taipei, Taiwan 110
Tel: +886-2-2720-9980
Fax: +886-2-2722-9750
E-mail: joong@ms13.hinet.net
http://www.steelflexfitness.com

