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Hammer Strength Select Assist Dip Chin



SKU: ONEUP-3611

The Hammer Strength Select Assist Dip Chin offers dual functionality, enabling dips and chin-ups, with added steps for safe access.

As a key element in strength training, it features foldable kneepads for both assisted and unassisted workouts, and adjustable handles to accommodate various exercises and user sizes.

This machine facilitates a seamless transition to unassisted exercises and caters to users of different statures with its adaptable design.

The Assist Dip Chin simplifies performing two exercises on a single device, ensuring ease of use for all fitness levels and aiding in progression to unaided pull-ups.

The Hammer Strength Select range presents a user-friendly initiation into Hammer Strength's robust equipment, designed to endure the rigors of frequent use.

The range includes 22 pieces, offering a comprehensive introduction to the brand's strength training gear.

For those interested in purchasing Hammer Strength equipment, including the Dip/Chin Assist, for home or commercial gyms, visit our website to explore our products.