Assisted Dip/Chin-up (Standing)

ES-55A07YR



The Standing Assisted Dip / Chin-Up embodies the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. This dual-function unit allows users to perform both assisted dips and chin-ups, helping build upper body strength through controlled, progressive resistance. Designed for full-commercial environments, the assisted platform reduces the effective body weight being lifted, making these traditionally challenging movements more accessible for beginners while still providing a scalable challenge for advanced users. The result is a safe, effective, and confidence-building training experience.

Key Features & Specifications:

- Commercial-Grade Frame Construction: Main frame: 4.65" × 2.95" × 0.12" semi-elliptical steel tubing Functional area: 4.72" × 1.97" × 0.12" flat oval tubing Movement arms: 3.15" × 1.57" × 0.12" steel tubing Joint sections: 3.94" × 1.97" × 0.12" flat oval tubing All structural components utilize high-quality Q235 steel.

- Smooth & Controlled Performance: Assisted weight system provides consistent, adjustable support for both dips and chin-ups. High-strength 7×19 strand cable system rated for up to 3,080lbsensures long-term durability and reliability.

- User-Focused Design: Dual-function layout supports both dip and chin-up exercises in one compact footprint. Assisted platform allows users to progressively build strength with proper form and control.

- Full Shroud Design: Durable full shrouds constructed from 0.16" thick virgin ABS for enhanced safety and a clean, modern appearance.

- Comfort-Driven Components: High-resilience MC foam padding provides long-lasting comfort and support Upholstered with premium-grade PU leather for durability and easy maintenance.

- Net Weight: 551lb
- Gross Weight: 582lb
- Weight Stack: 175lb

DIMENSION IN INCHES

Height	Width	Length
88.6	47.2	39.4