

Assisted Dip/Chin-up (Standing)

Model: ES-55A07YR

FEATURES

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" x 2.95" x 0.12" semi-elliptical steel tubing
Functional area: 4.72" x 1.97" x 0.12" flat oval tubing
Movement arms: 3.15" x 1.57" x 0.12" steel tubing
Joint sections: 3.94" x 1.97" x 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 7x19 strand cable system rated for up to 3,080lbs ensures 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



SPECIFICATIONS

- Net Weight: 551lbs
- Gross Weight: 582lbs
- Footprint (L x W x H): 39.4" x 47.2" x 88.6"
- Weight Stack: 175lbs