



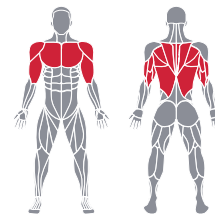
DUALS

# CSD-PUDA

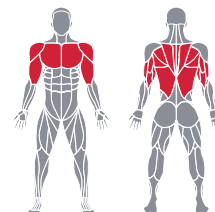
PULL UP / DIP ASSIST



PULL UP



DIP ASSIST



The Pull Up and Dip Assist machine uses a weight stack to reduce the user's own body weight for pull up and dip exercises. The user platform positions users in a kneeling position for a greater sense of security. Dip handles rotate to fit different shoulder widths. An integrated, digital rep counter ensures users know how fast or slow they are moving, which is key to improving muscular endurance and strength.

## CSD-PUDA PULL UP / DIP ASSIST

- Premium grips and beveled knee pad with sport stitching
- 5 lb (2 kg) increment weight
- 230 lb (104 kg) weight stack
- Premium strength cables
- Integrated rep counter and time display
- Large storage tray at top of tower

Item #  
16812493140

**SPIRIT**  
COMMERCIAL

<b>Performance</b>	<ul style="list-style-type: none"> <li>• 230 lb (104 kg) Weight Stack</li> <li>• 5 lb (2 kg) Increment Weight               <ul style="list-style-type: none"> <li>• 4 x 10 lb (5 kg) Top Plate</li> <li>• 10 lb (5 kg) Plate</li> <li>• 12 x 15 lb (7 kg) Plates</li> </ul> </li> <li>• Pulley Ratio 1.1 x Weight</li> <li>• Premium Strength Cables</li> <li>• Premium Beveled Edge Pads</li> <li>• Sport Stitching</li> </ul>	
<b>Convenience</b>	<ul style="list-style-type: none"> <li>• Rep/Time Counter (2 C Batteries required, not included)</li> <li>• Start/Finish Workout Diagrams</li> <li>• Multiple Grip Options</li> <li>• Storage Trays (Top of Weight Tower)</li> <li>• Pivoting Knee Pad</li> </ul>	
<b>Frame</b>	<ul style="list-style-type: none"> <li>• Heavy Gauge Steel Frame</li> <li>• Low Profile Design</li> <li>• High-Quality Electrostatic Powder Coat Finish</li> <li>• Fully Enclosed Weight Stack</li> <li>• Max User Weight Capacity: 360 lb (163 kg)</li> </ul>	
<b>Dimensions and Weight</b>	<ul style="list-style-type: none"> <li>• Setup Dimensions: 49"L x 47"W x 88"H, 583 lb (124 x 119W x 224H cm, 264 kg)</li> <li>• Shipping Dimensions &amp; Shipping Weight:</li> </ul>	N.W. / G.W. 20lb (9kg) / 22lb (10kg) 117 lb (53kg) / 146lb (66kg) 251lb (114kg) / 287 lb (130 kg) 4 lb (2 kg) / 7 lb (3 kg) 191lb (86kg) / 215lb (97kg)
<b>Commercial Warranty</b>	<ul style="list-style-type: none"> <li>• 10 Years: Frame, Weight Plates, Cams, Swivel Welded Parts</li> <li>• 5 Years: Bushings, Bearings, Shocks, Pulleys, Guide Rods</li> <li>• 1 Year: Paint and Finishes, Cables, Grips, Counter/Timer, Pull-Pin Components, Rail Wheels, Attachments, All Other Parts Not Mentioned</li> <li>• 6 Months: Upholstery</li> <li>• 1 Year: Labour</li> </ul>	