## **1690 POWER TOWER**



- Exercises include push-ups, pull-ups, sit-ups, chin-ups with multiple grip positions, tricep dips, and vertical knee raises
- Comfortable, secure, foam hand grips at push-up, pull-up, and chin-up stations
- Steel frame construction for solid support
- No slip end caps

Assembled dimensions: 81.5" tall x 50" long x 41.5" wide

