



Keeping South Florida Healthy  
& Fit for over 25 Years!

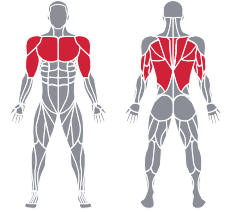
**SPIRIT** | 40 YEARS

# CSD-PUDA PULL UP / DIP ASSIST

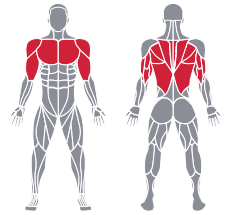


LEG PRESS  
LAT PULLDOWN

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
- 5lb increment weight for more variety
- Premium LOOS brand USA cables
- Low profile, modern design
- Large storage tray at top of tower
- 230lb weight stack



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## SPECIFICATIONS

<b>Performance</b>	<ul style="list-style-type: none"> <li>• 230 lb Weight Stack             <ul style="list-style-type: none"> <li>• 5 lb Increment Weight</li> <li>• 4 x 10 lb Top Plate</li> <li>• 10 lb Plate</li> <li>• 12 x 15 lb Plates</li> </ul> </li> <li>• Pulley Ratio 1.4 x Weight</li> <li>• LOOS USA 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</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 lbs</li> </ul>
<b>Dimensions and Weight</b>	<ul style="list-style-type: none"> <li>• Setup Dimensions: 48.7" x 46.7" x 88"</li> <li>• <b>Shipping Dimensions &amp; Shipping Weight:</b> <ul style="list-style-type: none"> <li>• Carton A: 69" x 24" x 5" - 22 lb</li> <li>• Carton B: 74" x 29" x 10" - 145.5 lb</li> <li>• Carton C: 87" x 38" x 17" - 286.6 lb</li> <li>• Carton D: 33" x 35" x 13" - 6.6 lb</li> <li>• Carton E: 21" x 20" x 11" - 214.7 lb</li> </ul> </li> </ul>
<b>US Light Commercial Warranty</b>	<ul style="list-style-type: none"> <li>• 10 Years Frame</li> <li>• 5 Years Bushings, Bearings, Shocks, Pulleys, Guide Rods</li> <li>• 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 Labor</li> </ul> <p>*Prisons and correctional facilities are excluded from warranty coverage.</p>

