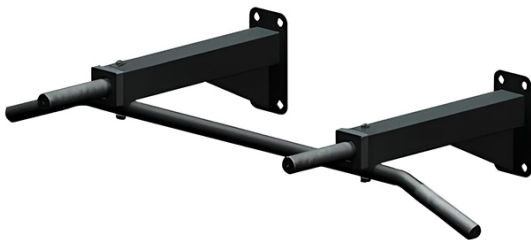


CHIN UP BAR

SKU: TT19258

35.00 €



Stock: In stock

Categories: [Fitness](#), [Fitness Accessories](#),
[Pull Up Bar / Door Gym Bar](#)

PRODUCT DETAILS

Wall Chin-Up Bar with Multiple Grip Positions

Elevate your fitness routine with the versatile Wall Chin-Up Bar, designed to help you build strength and muscle across multiple groups. This high-quality pull-up bar is engineered for durability and performance, making it an essential addition to any home gym.

Key Features:

Multiple Grip Positions: The bar features three distinct grip positions, allowing you to target a variety of muscle groups. With premium high-density foam grips, you can extend your workouts comfortably and effectively.

Ample Wall Clearance: With 14-22 inches of wall clearance and a 39" wide pull-up bar, you can

achieve a full range of motion. This design is perfect for incorporating accessories such as resistance bands or TRX systems.

Robust Construction: Crafted from high-grade steel, this chin-up bar offers maximum durability and stability. Its precision engineering ensures it can be easily mounted to 16-inch on-center wall studs.

Comfort and Safety: Foam grips provide additional comfort during intense workouts, while anti-slip rubber feet ensure safety and prevent slipping during use.

Easy Installation: The bar comes with complete mounting hardware for both cement and wooden walls, detailed installation instructions, and mounting templates for hassle-free setup. Quick and easy assembly means you can start your workout in no time.

Versatile Installation Options: Whether you prefer a vertical or horizontal setup, this chin-up bar can be installed to suit your space and workout needs.

Specifications:

Product Weight: 5.5 kg

Gross Weight: 6 kg

Max Load Capacity: 120 kg

Dimensions: Width 90 cm, Depth 53 cm

Exercise Benefits:

1. **Upper Body Strength:** Utilize multiple grip positions to perform a variety of exercises such as chin-ups, pull-ups, and muscle-ups, targeting your biceps, triceps, shoulders, and back muscles.
2. **Core Stability:** Engage your core muscles with exercises like leg raises and knee tucks, enhancing stability and strength.
3. **Improved Flexibility and Range of Motion:** The wide bar and ample wall clearance allow for a full range of motion, improving flexibility and joint health.
4. **Enhanced Endurance:** Incorporate high-repetition sets and varied grip positions to boost muscular endurance and overall fitness.
5. **Functional Fitness:** Strengthen muscles used in everyday activities, improving overall functionality and reducing the risk of injury.
6. **Transform your home workouts with the Wall Chin-Up Bar,** a reliable and versatile tool designed to help you achieve your fitness goals with comfort and safety.

Maximum User Weight	120 kg
Gross Weight	6 kg
Dimensions When Assembled (LxWxH)	(Approximate) Width 90 cm, Depth 53 cm