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Pull-Up Bar

Wall Mounted Multi-Grip Pull-Up Bar Wall-mount pull-up bar with multiple grip options to vary your routine and challenge different muscle groups. If installed properly, the weight capacity for this pull-up bar is 700lbs. Product Name : Pull-Up

Bar



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Product Name : Pull-Up Bar

The GOODFitness multi grip pull up bar is the athlete's answer to variance. The wide-neutral grip is perfect for pull ups targeting the mobility and strength of the upper back region. The narrow-neutral grip can simulate the false-grip muscle up position that can always use work. Dead hang and gymnastic kipping pull ups can be done with the traditional grip. The option to change your hand position without changing your equipment is ready for your fitness power rack.

The solid steel bar covered with black paint coating finish to prevent rust & corrosion . And It is perfect for working out your backs, shoulder, chest, arms, triceps, biceps, lats, and also good for the front of your abs exercise . Besides this chin-up bar is easy to install .

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