

## Portable Doorway Chin Up bar Pull Ups Weights Gym

RRP: \$34.95

Great for most any doorway in the house, the Portable Chin-Up Bar will give you the ability to do pull-ups, chin-ups, knee and leg raises, and more. It's ideal to increase your upper body strength in a quick and effective way, including the chest, arms, and abs.

The heavy-duty steel chin-up bar is ready to go right out of the package. Just hold it in the doorway and twist either side until the arms extend for a tight, firm fit. There are also screw holes to make the installation permanent. Comfort grips make both overhand and underhand grip positions possible. The bar is rated to support persons up to 120kg.

Rarely does such a simple and easy-to-install piece of fitness equipment give you the potential for truly massive upper body gains. Order Your Portable Chin-Up Bar to start on the path to a better you today.

Features of the Portable Chin-Up Bar:

- Great for chin-ups, pull-ups, leg raises and more
- Adjustable to fit in most any doorway; just twist and secure
- Adjustable from 62cm to 100cm
- Weight limit of 120kg
- Constructed with heavy-duty steel
- Comfort grips

