

Bench Press Gym Rack and Chin Up Bar

RRP: \$504.95

When you're trying to build upper body and core strength, there's no better tool than this free-standing chin-up bar and bench press rack by Randy & Travis Machinery. This two-in-one apparatus features a sturdy chin-up bar that provides you with safety as you perform chin-ups, pull-ups, hanging knee raises, knees-to-elbows exercises, hanging leg raises, L-sits, muscle-ups, and many more exercises. Its wide profile creates a super-stable base so that you can exercise without worrying about the equipment rocking or tipping. Whether you're cross-training for your favourite sport or just want to become leaner and fitter, this athletic device is the perfect way to work out at home.

Its easily adjustable height can accommodate a wide variety of users, while its free-standing profile keeps your doorways and walls free from dents and other marks caused by wall-mounted and doorway-mounted chin-up bars. With its included bench press rack and adjustable barbell hooks, you can lift confidently without needing an additional rack. It's the perfect fitness solution when space is an issue, or you don't have a home gym. It takes up little floor space, and you can stash it in a large wardrobe when guests arrive. Don't put off getting in shape because you can't get out to the gym. Order your chin-up and bench press combo today!

Features and specifications:

- Material: Sturdy metal tubing
- Colour: Black
- Maximum weight capacity: 150kg
- Dimensions: 132cm x 121cm x 140-220cm (L x W x H)
- Weight: 24kg
- Height-adjustable
- Adjustable J-hooks range from 70 cm to 115cm
- Compatible with both standard (6ft) and Olympic (7ft) barbells
- Stable and durable
- Easy to set up and maintain

