

Pull-up Bar Free Standing Pull up Stand Sturdy Frame Indoor Pull Ups Machine

RRP: \$554.95

One of the most versatile pieces of gym equipment on the market today, this free-standing pull-up stand by Randy & Travis Machinery can do a lot more than help you build your upper body and core. It can also stand in as a punching bag stand -- or even as a base for your kids' swing. With its sturdy triangular design and heavy-duty steel construction, it can hold users of up to 200 kilogrammes. Its adjustable pull-up bar gives you the option of eight different heights to accommodate users 150 to 200 centimetres in height.

Its free-standing design allows you to move it easily around your house – or even take it outside when weather permits. Unlike using a wall- or door-mounted pull-up apparatus, you can fold it up and stash it out of sight when guests arrive. It accommodates full body swings – no knee bending needed to keep your feet off the ground. Soft, cushioned foam handle grips are easy on your hands, even during the most rigorous workout. Sturdy support bars reduce wobble by an incredible 92 per cent.

Features and specifications:

- Material: Powder-coated steel alloy and foam (handle grips)
- Maximum load: 200kg
- Height: 140-250cm
- Dimensions (base): 120 x 110-180cm
- Weight: 20kg
- Accessories: 7mm foam handle grips and hanging hooks
- Accommodates users up to 200 kg between 150-200cm
- Easily adjustable spread range
- 8 adjustable heights
- Support bars reduce wobble by 92%
- Has a variety of uses – hang a hammock, swing, or punching bag as well as using it as a push-up bar
- Folds up for storage
- Easy to assemble

