

Multi Grip Chinning Bar (Wall Mounted)

£120.00

Product Images



Short Description

Secure properly to the wall and you have a superb way to workout. This chinning bar comes with all the necessary screws and fixings for your home or a gym/fitness centre.

Chin ups are great for increasing upper body strength and the multi-grip positions allow you to perform wide and narrow grip pull ups to target different muscle groups. You can also use this bar to connect a suspension trainer to which gives you extra exercise possibilities.

Multi Grip Chin Ups

One of the most simple and effective exercises for upper body strength, chin ups train a variety of different muscles. The multi grip chin up bar from Exigo combines a wide grip and narrow grip to train the muscles of the shoulders and back. You can also use the narrow grip to utilise the biceps more as well. You will find that you will be able to do more narrow grip pull ups than wide grip ones.

The narrow grips on this bar are set at a 5° angle to create the correct bio-mechanical position for your wrists.

Why This Chinup Bar?

This wall mounted chin up bar is extremely sturdy and can also be used as a suspension training anchor point to give over 75 exercise possibilities. It's a truly versatile piece of strength and conditioning equipment that is designed with gyms and health clubs in mind so you know it is built to last.

If you require more information on any of our products or would like to check availability, simply contact us on 01494 952182. Delivery time for this product can be up to 2 weeks.

Key Features

- Heavy duty construction
- Biomechanical 5° Angled front bars
- Rubber handles provide optimum grip
- All fixings supplied

Additional Information

SKU	2401-1
Weight	9.000000
Equipment Usage	Home & Commercial Use
Length Dimensions	1200mm
Width Dimensions	510mm
Height Dimensions	290mm