

Multi Purpose Home Gym

RRP: \$204.95

The Punching Bag Bracket and Chin-Up Bar combines two great ways to get fit. And it can be yours at our everyday low price.

This piece of fitness equipment is attached to brick or stone (hardware, speedball and instructions are included). You can use the padded grips for chin-ups, pull-ups, leg raises and more. Or you can hang a speed ball or punching bag from the central beam. The bracket can hold up to 200kg, so even very heavy punching bags can be attached.

And don't worry about having an intense workout — the bracket is made from a heavy-duty steel with a black powder-coated finish. It will be your fitness companion for many years to come.

Perfect for the home, garage or gym, the Punching Bag Bracket and Chin-Up Bar is a great choice no matter your fitness level.

Features:

- 2-in-1 punching bag bracket and bar for chin-ups and pull-ups
- Heavy-duty steel construction with black powder-coated finish
- Must be attached to stone or brick; hardware and instructions included
- Supports weight of up to 200kg (440 lbs)

NOTE: SpeedBall is included but NOT the Punching Bag

