

Doorway Situp Bar Under Door Sit Up Attachment Ab Crunch Abdominal Workout

RRP: \$49.95

If you've been putting off getting in shape, this doorway sit-up bar by Randy & Travis Machinery makes it easy and convenient to work out in the comfort of your own home. It's easy to install and easy to remove. To install, slide the sit-up bar underneath the door. Tighten or loosen the screw to adjust it. To remove, simply reverse the process and store.

Carry it wherever you go and never miss a workout again. With its compact, lightweight profile, it's easy to carry to work, to your hotel, or even to pack into your luggage when you go on holiday.

Workouts are comfortable, thanks to the foam-cover handlebars. Rest your feet on the foam bars as you crank out your daily sit-ups. If you need to adjust it, it's easy. Simply tighten or loosen the screw.

No worries about door damage. The end of the bolt that fastens the equipment to the door screws into a soft foam pad, preventing any scuffs or scratches to your door.

Features and specifications:

- Dimensions: 33 x 15.2 x 10.2cm (L x W x H)
- Weight: approximately 1kg
- Portable and adjustable
- Fits any door
- Lightweight and compact
- Foam-covered handlebars for traction and extra comfort
- Use with a closed door for support

