

Ceiling Wall Joist Mount Pull Up Bar Chin Up Gym

RRP: \$239.95

Constructed using a robust 1.5mm thick steel pipe and a 6mm thickened mounting plate, this pull up bar boasts a remarkable capacity of 270kg, ensuring steadfast durability and stability. Its sturdiness prevents any wobbling or shaking. The solid steel bar has been thoughtfully widened and thickened, then coated in black powder to fend off rust and corrosion, thereby extending its lifespan.

For heightened stability, each stand is equipped with four mounting holes, promoting exceptional rigidity. Experience versatility with six adjustable heights ranging from 55 to 75cm, allowing you to select the ideal level to suit your stature.

Assembly is a breeze, taking approximately five minutes to put together before being securely mounted to the joist. The package includes eight 7CM (2.75-inch) concrete anchors, and the installation requires a hammer and a 12mm (15/32 inch) drill bit for concrete.

Unlock a multitude of muscle groups with the provision of four fully padded grip positions: Parallel, Narrow, Standard, and Wide. This apparatus facilitates rapid development of your shoulder, arm, back, and abdominal muscles.

Enhancing your workout experience, the slip-proof rubber grips are ergonomically designed for comfort and safety, constructed from high-quality high-density foam.

Specifications:

- Material: Iron
- Mounting anchors included
- Colour: Black
- Total weight capacity: 600lb (270kg)

***Note: Not for Wood Joist

