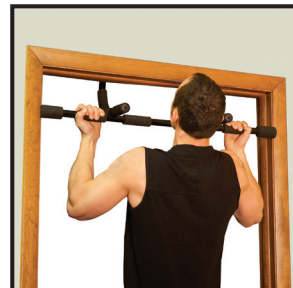


PUB30 Doorway Pull Up Bar



PUB30 Doorway Pull Up Bar

Installs in seconds without hardware!
Sit Ups, Pull Ups, Push Ups!

Just place the top bar above your trim on the inside of your doorway and begin pull-ups. Do push-ups simply by placing bar on floor, or do sit-ups by placing bar on floor inside doorway. A cantilever design uses your own body weight to keep it in place. It also has two protruding neutral-grip handles that let you work out with your palms facing each other, a good position for isolating the muscles in the center of your back that control posture.

Fits doorways 27.5" to 30" wide, supports up to 300lbs. Pull-up Bar is secured by downward force, an upward force may cause bar to dislodge. Doorway trim should be secure and at least 2" wide.

Special Features

- Adjustable from 27.5" to 30" in width
- For Sit Ups, Pull Ups and Push Ups
- A cantilever design uses your own body weight to keep it in place
- Two protruding neutral-grip handles
- No hardware needed
- Capacity: 300 lbs.