

Hammer Grip Multi-Grip Chin Up bar for STRENGTH EQUIPMENT

The Hammer Grip Multi-Grip Chin Up bar allows for a variety of grips which then allow you to move through the following exercises:

Weight Rating: 400kg / 880lbs (static rating)

Variations as follows:

Chin-ups

Pull-ups

Wide Grip Chin-ups

Neutral/Parallel-Grip Chin-ups

Reverse-Grip Pull-ups

Semi-Supinated Pull-ups

The Hammer Grip Chin Up Bar is bolted flush to the support brackets, so there is no movement and with a solid fixture it can take up to 400kg/880lbs in weight each.