

MONKEY CHIN UP BAR FOR STRENGTH EQUIPMENT

The Monkey Bars (1x standard 32mm and 1x fat grip 50mm), allowing variable grip chin-ups and kipping. The 2 Chin-up Bars can be positioned at any of the precision laser cut holes in the top crossbars.

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-up

Perfect for kipping

Fat grip pull up variations with 50mm bar

The Monkey Bars 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.