

Easy Gym Globe Multi-Grip Chin Up Bar for STRENGTH EQUIPMENT

The Globe Multi-Grip Chin Up Bar is great for grip strength training it comes with two different sized globes. The Globe Grip Chin-up Bar also incorporates a Multi Grip Chin-up Bar which allows the user 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-up

Globe Grip Chin-up

The Globe Multi-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.