# Multi-grip chinning bar



## Details

Heavy duty wall mounted chinning bar with rubber handle grips to ensure maximum grip, comfort and safety when using.

The multi grip position offers a variety of workouts for training the chest and arms.

Easily attached to any solid brick or stone surface, suitable for indoor or outdoor use.

***PLEASE NOTE:*** This item is supply only for self-installation. If you require Continental technicians to install the item please contact us for a quotation.