

50-0050

DOOR GYM PLUS



- Multiple (five) grip positions allow you to build and tone upper body muscles
- Professional quality, heavy duty training tool supports up to 250 pounds
- Sturdy steel construction
- Comes with thick padding and non-slip comfort grips
- Simple assembly, portable, and attaches and removes easily from the doorframe
- Fits standard doorways
- Excellent for pull ups, triceps dips, push ups, and sit ups
- Requires sturdy doorframe with trim

Assembled dimensions: 11" tall x 37" long x 16" wide