



Extralink Adjustable Steel Pull-Up Bar



link to the product:

<https://www.batna24.com/gb/p/training-accessories/extralink-adjustable-steel-pull-up-bar>

Price: **46.74 zł** gross / 38.00 zł net

Manufacturer: EXTRALINK



Referention number: DNXGHIMMKRMMLJ

Full product description

Strength training in your home - Extralink strut bar

The **Extralink pull-up bar** is a sturdy option for those who appreciate convenience and effective training. Thanks to its **adjustable length** (61.5 cm - 102 cm) and **non-slip handles**, you can fit it to your frame or doorframe and perform a full strength workout anywhere.



Adjustable length - to fit any door frame

The strut rod fits a variety of door widths thanks to its **adjustment** range **from 61.5 cm to 102 cm**. You can install it in the **door frame, door frame or between the walls** to suit your needs. Thanks to **its easy adjustment**, it only takes a few seconds to change the width.



Stable construction and strength up to 150 kg

Made of **stainless steel**, the **pull-up bar** can withstand a load of **up to 150 kg**, making it suitable for both amateurs and experienced athletes. **Non-slip rubber tips** further enhance stability, leaving no marks on walls or door frames. As a result, you can mount it without worrying about safety.



Comfortable grip - neoprene handles

The bar is equipped with **neoprene grips** that provide **a comfortable grip**, even during intense workouts. The soft texture helps reduce pressure on your hands, allowing you to do longer series of pull-ups without discomfort. This allows you to **strengthen your shoulder and forearm muscles** without worrying about your hands slipping.



Multipurpose use - strength training and calisthenics

The pull-up bar allows you to perform many exercises, such as pull-ups, pull-ups, Australian pull-ups and abdominal exercises. It will be great for both **home gym and calisthenic training**. Regardless of your level, you can develop your biceps, back and overall fitness, improving your strength and physique.

