



Natural Playgrounds Store

Natural Playgrounds Company

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Chin Up Bars

SP-ACUPB

Shipping Weight: 125 lbs

Shipping Dimensions: 48"L X 10"W X 10"H

Brand: Natural Playgrounds

Toxicity: child friendly wood preservative

Age Appropriateness: all ages

One of the greatest upper body challenges, the Chin-Up/Pull-Up Bars are a must-have on any playground, fitness course, or challenge course.

We have found that children as young as toddlers love to hang from bars, so this infinitely versatile play element can be made for any age group, up to and including adults. Also, because the bars can be mounted side by side, and at different heights, they can be used for hanging, pull-ups, chin-ups, push-ups, and simple gymnastic exercises.

By the way, pull ups is undoubtedly the most universal exercise used by climbers who lock their elbows at 90° and 135° for extended periods of time. This exercise is also called "Frenchy."

The Chin Up Bar comes in 3 different versions. The Adjustable is just that. It will easily adjust for any age, from young children to adults. Just lift it up, and reset it in any of the slots.

The Double consists of 3 posts in a line, and the Triple consists of 4 posts making a straight line or an L (your choice).

If you're looking for a similar item, we suggest you look at our Horizontal Ladders.

Comes with complete installation instructions.

For schools and public playgrounds, a fall zone would be required.