



How does Gruper Pull Up Bar ensure safety and comfort at the same time?

Gruper Pull-up bar adopts 1.5mm thickness high-density stainless steel which makes it anti-deformation and anti-breaking. It supports over 440lbs without breaking.

The handlebar is cover by NBR foam. It is tear-proof and sweats absorption material and featured with anti-slip and antiallergic. It makes your hands more comfortable while you workout with it at home.

The protective pads can ensure that no marks will be left on the wooden door frame when your body weight is under 220 pounds. When your weight over 220 pounds, choose a steel door frame would be better.



Do you hate to drill holes on your wall?

With the Gruper Latest Upgraded Pull Up Bar, You Will Experience

No Screw Needed!

No Drilling Needed!

No Installation Needed!

Only One Step To Get it Done!

Redefine What Is "Easy To Use"



How do I Know Gruper pull up bar fits my door?

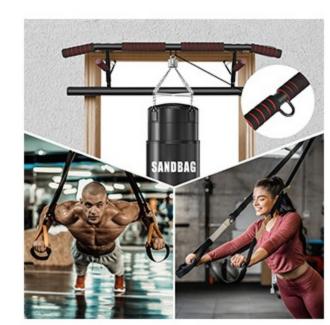
Our pull up bar is designed for home workout usage. It almost fits most of the doors in your room.

Doorframe Height: No Limits

Minimum Doorframe Width: 23 inches

Maximum Doorframe Width: 35 inches

For a better experience, measuring your door width first before the order would be better. Even though it not fits, You are welcome to return it freely.



What else can I do with Gruper pull up bar?

As a beginner, you can hang up a pull-up assist band to assist you to accomplish your first standard pull-up.

As an experienced bodybuilder, It allows you to hang up punchbag, resistance strap, gymnastics rings to accomplish more workout programs.





