

5 in 1 Multi-Training Door Gym Set

Transform Your Body With Just One Bar!



Multi-Training Door Gym

Performs Muscle-Blasting Vertical Knee Raise, Dip Sit-Up, Push-Up and Pull-Up

Dual AB & Core Straps

Develop Ripped Abs & a Powerful Core

- Develop and strengthen multiple muscles (chest, back, abs, arms, shoulders and more)
- Performs vertical knee raise, dips, sit-ups, push-ups and pull-ups
- Fits in doors 34" or smaller
- Attach in seconds. No damaging screw holes
- Easily stores under beds and in closets
- Maximum user weight: 250lbs
- Includes abs and core straps



PULL UP

1



DIP

3



VERTICAL KNEE RAISE

2



SIT UP

4



PUSH UP

5