



Overhead pull-up bar 1100 mm O'Live Fitness

Effective Workouts with the Fly Bar

Elevate your workout routine with our cantilever bar, designed specifically for performing conventional pull-ups and challenging muscle-ups. With a 25 cm offset center, this bar allows you to execute your exercises more efficiently, improving your technique and maximizing your strength. Its innovative and functional design gives you the flexibility you need to achieve your training goals. With dimensions of 109 x 27 x 17 cm, it fits into any exercise space, making it a must-have addition to your fitness equipment.

Product description:

Versatility of Installation and Use

The **cantilever bar** can be installed in multiple ways, making it a versatile option for your personal or professional gym. You can attach it to an **80 x 80 or 160 x 80 cm** crossbar and also bolt it underneath to adjust the height to your preference. This flexibility allows users of different heights and skill levels to use it comfortably, making it ideal for families or training groups. **Maximize your space and optimize your routine with this adaptable equipment.**

Sturdy and Safe Design

Made from **32 mm diameter tubing** and coated **with high-quality epoxy powder coating**, our cantilever bar is not only sturdy, but also offers a textured surface that ensures a firm and secure grip during your workouts. With a **total width of 109 cm**, you can install two bars on

either side of the crossbar, giving you the ability to train with a partner or simply diversify your workouts. Invest in equipment that combines durability, safety and effectiveness.

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