

Iron Gym Workout Manual

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Iron Gym Workout Manual

PULL-UP PUSH-UP Refer to the Variable Hand Grip Positions for Pull Ups Choose a clear place on the floor and set the IRON GYM™ (SEE Page 6 FIG 5). down. Grab and hold the desired grips, then slowly lower Hold the desired Grips, then pull yourself up and lower yourself towards the floor until you reach the bottom of the push.

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Transform your doorway into a gym - IRON GYM™ is the multi-function exercise bar you can use to do pull-ups, chin-ups, push-ups, sit-ups, arm and shoulder exercises - every exercise you need to build a powerful upper body! The IRON GYM™ uses your body's own resistance to deliver powerful results fast.

PULL-UPS DIPS PUSH-UPS SIT-UPS

Watch How To Train with the ORIGINAL Upperbody Workout Bar by IRON GYM!

IRON GYM

IRON GYM MAX™ Total Upper Body Workou Bar includes set of Safety Brackets, Safaty Brackets are designed to prevent IRON GYM MAX™ from dislodging from doorway during exercises. Installation of Safety Brackets is strongly advised before using IRON GYM MAX™ in any door frame. WARNING: Fitness training can result in serious or fatal injury.

IRON GYM MAX™ - Spartan-Sport

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Click here for a huge list of nearly every bodyweight exercise: <http://www.thebioneer.com/almost-every-bodyweight-exercise-ever-150-moves/>

The Iron Gym Workout (Door Frame Pull Up Bar) - YouTube

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HOLISTIC HEALTH AND FITNESS - United States Army

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How the Right Bench Can Amplify Your Weightlifting Workouts. An increasingly popular form of exercise amongst men and women, weightlifting provides a multitude of health benefits including denser bones, stronger connective tissue muscles, and tendons, improved balance, and much more.

Fitness Reality Strength & Cardio Equipment | Home Page

The Iron Gym is an ideal piece of exercise equipment for completing strength training exercises from the comfort of your home. Using this equipment, you can complete an array of strength exercises for the upper body including pushups, abdominal crunches, pull-ups, and dips. To use this equipment correctly, you must first attach it to your door frame.

The Best Iron Gym Workouts - Home Fitness Life

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IRON GYM® - Homepage

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IRON GYM WORKOUT BA IRONG-MC4 - Best Buy

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