

# Horizontal Chin Up Station \$1,196.00

<https://www.dunriteplaygrounds.com/store2/74269-Horizontal-Chin-Up-Station>

## Product Image

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## Description

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The Horizontal Chin-Up offers many of the benefits of traditional Chin-Ups but also allows the user to balance his or her feet on the platform, thus enabling the individual to control the amount of body weight he or she is lifting with the arms. This component utilizes the Plyometric Box as the platform and thus offers the additional fitness benefits of the Plyometric Box -two exercises in one- for step ups, dips, and balance exercises.