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- Start out slowly and work up to a more vigorous workout. Page 3: Overview Non-slip rubberized feet Foam end pieces Arched bar grips Inner bar grips Outer bar grips... Page

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Includes upper body workout guide. Strengthen and tone your biceps, triceps, chest, arms, shoulders and abs. All Original IRON GYM Workout Bars come with exercise guide, with illustrations how to perform all 7 different exercises: 3 different pull ups, 2 different push ups, sit ups and dips.

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The Best Iron Gym Workouts - Home

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Fitness Life

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