

## Iron Gym Pull Up Reviews

*Upper body muscle building exercises like pull ups and chin ups are one of the two best ways to get the body into great shape.*

**Aug. 4, 2009 - [PRLog](#)** -- Who doesn't love the look and feel of a strong back and defined arms and shoulders? The Iron Gym promises to deliver the results people are looking for and this article represents customer reviews and opinions based on their use of the Iron Gym.

### Iron Gym Customer Highlights:

The Iron Gym Pull Up Bar installs in the doorway of a home. There are no tools or screws needed for installation and assembles in about 10 minutes.

Using ones own body weight, the Iron Gym supports up to 300 lbs of and stays securely in place.

There are 3 grip positions, neutral - wide - narrow, to provide variations to a workout routine.

It comes with an informative manual that includes workout routines and a healthy eating guide.

At only around \$30.00, the Iron Gym seems to be a great idea and fun addition to any home gym fitness equipment.

### The Iron Gym Workout:

Working with the resistance of your own body weight is known to be very effective. The Navy Seals work out this way, so it has to be one of the best ways to build a strong body.

The Iron Gym will target the chest, arms and back in one pull up.

Abs get in shape as well with the Iron Gym by pulling up legs to chest and if you twist from side to side the obliques get targeted too.

Put Iron Gym on the bottom of the doorway and do some killer push ups for arms back and chest.

### Positives:

Most people are satisfied with the Iron Gym, saying it delivers what is promised in the infomercial.

Basically, you get what you put into it, was often mentioned. One guy said he enjoys his so much, he often walks through the doorway to his bedroom and stops to do a set or two before bed, work or anytime through out the day. He said he could only do 2 pull ups the first day and now he's up to 7 in two months. It would be a nice way to get the blood flowing.

Customers liked the time saving factor the Iron Gym provides compared to hitting the gym after work.

Other praised the value and space saving features.

Reports all said that the Iron Gym offers faster results in less time and they love how Iron Gym targets so many muscle groups at once.

Several customers weighing over 200 lbs wrote in to say the Iron Gym held their weight just fine and remained very secure during the workout.

### Negatives:

Your doorway needs to be 24 - 32 inches wide and 5.5 - 6 inches thick in order for the Iron Gym to fit.

Some older homes may not have the right size for the Iron Gym to fit securely, so make sure you measure

the door. You'll need a few inches on each side of the door as you can see in the pictures, so measure for that too. There is a chance for the door frame to get scuffed a little.

There were some who didn't care for the limited range of motion for dips as you can't get very low. Otherwise the workout was highly praised.

One lady said she hit the floor while doing pull up, but said it wasn't installed properly.

Over All Conclusion:

Iron Gym is a nice alternative to a full size home gym. It goes well with a free weight workout or any other for that matter. Most forum writers agreed that those who had problems with Iron Gym must not have had it installed correctly or their door wasn't the right size. Otherwise customers said it was well worth the money paid.

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