

Our wooden outdoor dip bars strengthen the hands, fingers, anterior deltoid, forearms, pectoralis major, abdominal, triceps and inner core musculature – helping to develop upper body strength, whole-body co-ordination and abdominal strength using the chest and tricep dip exercises. A fantastic and simple piece of wooden outdoor exercise equipment ideal for parks, playgrounds or gardens.

We only use the most durable and tough materials for our outdoor dip bars, such as oak and stainless steel. The outdoor dip bars are designed to be as robust as possible to take the the punishment of public park use, or for back garden use. Easy to install and can be ready to go in under a hour.

Guarantees

Timber - 15 years

Steel tubes - 15 years

Fixing- 20 years