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Best Pull-up Bars of 2024

By [Cathy Nelson](#)



Reviewed by [Marlo Jappen Porto](#)

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Using a pull-up bar is a challenging but effective way to increase strength in your back, shoulder, and arm muscles. Adding this unit to your home gym gives you a lot of bang for your buck. Pull-ups help improve your grip strength and benefit the core and rotator cuff muscles, which help stabilize the upper body when performing the [exercises](#). Pull-ups are a versatile strength exercise: Work the upper body muscles from different angles by simply changing your grip position. This piece of equipment can also help you improve shoulder tightness and forward rounded shoulders.

Size, stability, where you'll place the bar, mounting type, and weight capacity are all important considerations to keep in mind when shopping for a model. This guide narrows down the options to find the best pull-up bar for your needs, space, and budget.

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Best Overall

Ultimate Body Press XL Doorway Pull-up Bar »



PROS:

CONS:

- ✓

Multigrip design allows for versatility
- ✓

10-inch wall clearance makes it suitable for taller users
- ✓

No permanent mounting required
- ✗

Can take longer than other bars to assemble

Buy From Amazon

Denise Chakoian, certified personal trainer (CPT) and owner and founder of CORE Studio in Providence, Rhode Island, says this pull-up bar is the best, most secure model she’s used. The bar earns raves from reviewers for its sturdiness thanks to its thick steel construction and bar couplers, which add stability. For setup, it requires no screws or drilling. One of the standouts of this model is its curved design that allows for 10 inches of wall clearance, giving users – including taller individuals – a full range of motion with ample headroom.

Chakoian likes the bar’s three grip positions because they allow for variety when performing pull-ups. Each grip position is padded with high-density foam to provide hand comfort.

The bar’s design and sturdiness mean you can safely attach [resistance bands](#) or other accessories. Since there’s no hardware involved, the bar can easily be taken off a doorframe and placed on the floor to use for other [strength-training exercises](#) like push-ups and dips.

Specs

List Price:	\$96.99
Maximum Weight Capacity:	300 lbs.
Mounting	Doorway

Type:[Buy From Amazon »](#)

Best Budget

ProSourceFit Multi-Grip Pull-Up Bar »

**PROS:**

- ✓ Affordable price point
- ✓ Sturdy
- ✓ Multi-grip design

CONS:

- ✗ Can be difficult to install
- ✗ Can be hard to align

[Buy From Amazon](#)

Though low in price, this lightweight, portable option doesn't cut corners when it comes to quality and sturdiness, plus it has some extras to boot. The bar is made of high-grade steel with a J-bracket mount for extra stability, which is particularly handy if you're a larger athlete or do intense workouts.

The door mount fits standard 24- to 36-inch frames, with a design that works for mounting on doorframes up to 6 inches thick. The bar itself is 41 inches long, allowing for a wider grip and bigger range of motion than many bars, another bonus for bigger individuals.

If you desire a comfortable grip, this bar should serve you well. The multi-grip design has 10 cushioned foam grips so you can perform pull-ups and chin-ups from a variety of angles while still taking it easy on your hands. There are also two optional foam grips for protecting your doorframe.

Remove the bar from the door, place it on the floor, and the bars can be used for push-ups, sit-ups, and dips, making it a nice multi-functional piece of equipment for home gym enthusiasts. Another plus: No extra tools are needed for assembly.

Specs

List Price:	\$34.99
Maximum Weight Capacity:	300 lbs.
Mounting Type:	Doorway

[Buy From Amazon »](#)

Best Doorway

Garren Fitness Maximiza Pull-up Bar »

**PROS:**

- ✓ Sturdy and stable doorway mount
- ✓ Extra-long cushioned grips
- ✓ Reasonable price

CONS:

- ✗ Basic design with no extras
- ✗ Requires installing door mounts

[Buy From Amazon](#)

If you're looking for a pull-up bar that fits inside of your doorframe, this hefty chrome steel model offers a clean, basic design at a reasonable price point. The bar comes with two sets of heavy-duty door mounts and one set of medium-duty door mounts, allowing for flexible installation and the ability to move the bar between doorframes in your home if needed. The bar is adjustable and can fit doorways between 26 inches and 39 inches wide, which is wider than what most models allow.

The non-slip foam grips cover the entire bar, preventing hand fatigue and delivering maximum comfort regardless of the grip position you're using. Users like how this bar is easy to install while also offering a high level of stability.

Though this model is a basic bar, it’s an ideal pick if you’re simply looking for a no-frills, quality doorway-mount bar.

Specs

List Price:	\$65
Maximum Weight Capacity:	300 lbs.
Mounting Type:	Doorway

[Buy From Amazon »](#)

Best Freestanding

BaseBlocks The Big Bar »



PROS:

- ✓ Sturdy
- ✓ Adjustable height
- ✓ Easy to assemble
- ✓ Feet fold up for compact storage
- ✓ Supports up to 660 pounds

CONS:

- ✗ Expensive
- ✗ Might not be ideal for shorter users

Buy From BaseBlocks

Freestanding pull-up bars can be bulky, unstable, and hard to assemble, but this model from BaseBlocks wins raves from users for its stability, along with being lightweight and easy to put together. One of the bar’s standout features is its foldable feet that allow for space-saving storage.

The bar is 81 inches in height when assembled, but can also be adjusted down to 45 inches if you want to add dips or rows to your routine. It supports up to 660 pounds, which, combined with its height, makes the bar a good choice for heavier or taller users.

The model comes with the brand’s signature thick bar, a plus if you’re looking to improve grip strength. The design is basic yet functional, and you can easily add attachments or bands to the bar.

Specs

List Price:	\$245
Weight Capacity:	660 lbs.
Mounting Type:	Freestanding

Buy From BaseBlocks »

Best Wall-Mounted

OneTwoFit Multifunctional Wall Mounted Pull-...



PROS:

- ✓ Sturdy, heavy-duty steel construction
- ✓ High weight capacity
- ✓ Multigrip design with dip station

CONS:

- ✗ Can be difficult to install
- ✗ Compatible with only certain types of walls

[Buy From Amazon](#)

Wall-mounted pull-up bars are a popular choice for those looking for extra stability or to take their workouts up a notch in intensity. We like this model because of its sturdy construction, high weight capacity of 440 pounds, and multi-grip design.

More than a pull-up bar, this unit also functions as a mini home gym, with a dip station with padded armrests, an adjustable padded back pad, and strong suspension anchors that allow you to safely add a body suspension trainer, a boxing bag, or other gear.

The manufacturer recommends that the unit only be installed on a solid brick, concrete, or tile wall. Many users chose to install the unit on top of a plywood base for added stability.

Specs

List Price:	\$109.99
Maximum Weight Capacity:	440 lbs.
Mounting Type:	Wall

[Buy From Amazon »](#)

Best Ceiling-Mounted

Ultimate Body Press Ceiling Mounted Pull-Up ...

**PROS:**

- ✓ Ergonomically designed
- ✓ Dual risers for flexible installation
- ✓ Steel construction with powder-coated finish

CONS:

- ✗ Installation required hardware
- ✗ Takes two people to install

[Buy From Amazon](#)

Ceiling-mounted pull-up bars are a good choice if you're looking to get a full range of motion without worrying about bumping into a floor, wall, or doorframe. Reviewers praise this unit's quality, sturdiness, and versatility. This model features patented reversible dual-position risers so you have options when mounting the unit.

It's ergonomically designed with injury prevention and comfort in mind. For instance, the bar is angled to provide a more natural hand position, reducing wrist and elbow strain. Additionally, the four foam-padded grip positions help keep your grip comfortable while the parallel grip bars are spaced 20 inches apart for an ideal neutral grip.

Specs

List Price:	\$89.95
Maximum Weight Capacity:	300 lbs.
Mounting Type:	Ceiling

[Buy From Amazon »](#)

Best for Larger Individuals

REP Wall Mounted Multi-Grip Pull-up Bar »



PROS:

- ✔ Supports up to 700 pounds

CONS:

- ✘ Bulky

- ✔ Multigrip design allows for versatility
- ✔ Can attach additional equipment to bar

✘ No grip cushioning

Buy From Amazon

If you’re looking for a bar that can support extra weight, this heavy-duty pull-up bar can support up to 700 pounds. In addition to its sturdy, 11-gauge steel construction, the wall-mounted bar offers a multi-grip design that those who like variety in their routines should appreciate.

The two internal and six internal bars allow you to mix things up when doing traditional, neutral, close, wide-grip, or angled pull-ups, although some users didn’t like the lack of an extra-wide bar for grip training. The bar can also be installed invertedly for those who are short or would like additional ceiling space.

The bar is coated in non-slip powder coating, which might not be ideal if you prefer a cushioned grip. However, this design makes it easy to add grip attachments or resistance bands for assisted pull-ups, and the bar is sturdy enough to support body suspension trainers.

Specs

List Price:	\$139.99
Maximum Weight Capacity:	770 lbs.
Mounting Type:	Wall

Buy From Amazon »

The Bottom Line

Pull-up bars are an easy way to add full upper-body training to your workout with only one piece of equipment. We selected the Ultimate Body Press XL Doorway Pull-up Bar as our top pick for its sturdiness, easy installation, versatility, and affordable price. That said, the best pull-up bar depends on how much space you have, whether you want a permanent model or one that's easy to install and uninstall, how much money you want to spend, and if you're looking for extras like multiple grip positions.

Things To Consider When Buying Pull-up Bars

Size: When choosing the size of a pull-up bar, consider where you want to install it and your height and weight. If you're planning on installing your bar inside your doorframe, it's important to measure the frame's width and depth to make sure the bar will fit securely with only minimal movement. The size of a freestanding, wall-, or ceiling-mounted bar, will depend on the space where you intend to use it. Freestanding bars take up more floor space than other types of pull-up bars. When choosing bars, you'll need to measure first and make sure you have room to perform pull-ups safely without your head hitting the ceiling or your feet dragging on the floor.

Ease of Installation and Mounting Type: Models that mount in the doorway are good for saving space, but there are different options in this category. Some doorway models wedge into the doorframe and are the easiest to install. Other doorway models need to have bar holds installed into the doorframe, and some units are installed over the doorway itself. Both door-mounted and freestanding pull-up bars have the advantage of typically not requiring any heavy hardware to install.

Freestanding bars can be more complex to assemble than other bars especially if they come with a dip bar or a push-up bar attachment. Bars that attach to the wall or ceiling are sturdier than freestanding or doorframe models, but are also more permanent and usually require additional hardware like drills to install.

Weight Capacity: One of the biggest safety considerations is making sure the pull-up bar can hold your weight as well as the weight of anyone else who might use the equipment. Most doorway models have been tested to accommodate 200 to 300 pounds, but your doorframe will also take on some of the load, so it's important to choose a sturdy doorframe. Wall- and ceiling-mount pull-up bars can sometimes support higher weight capacities but still need to be installed securely and by manufacturer recommendations.

Grips: You want to be sure the pull-up bar's grips are secure, comfortable, and non-slippery. Some bars have foam cushioning over grip sections of the bar, which can deliver additional comfort.

Stability: To avoid injury, your pull-up bar needs to be stable at all times. Wall-mounted and ceiling-mounted bars tend to be the most stable. For doorframe models, stability requires the bar to fit securely in the doorframe without any movement. If you choose a doorframe model, you should test the stability prior to each use and avoid doing pull-ups at high speeds.

How We Chose the Best Pull-up Bars

To put together our list of best pull-up bars, we consulted Leo Arguelles, PT, DPT, an assistant clinical professor at the Department of Physical Therapy at the University of Illinois and spokesperson for the [American Physical Therapy Association](#). We also spoke with Denise Chakoian, CPT, owner and founder of [CORE Studio](#) in Providence, Rhode Island, who has 30 years of experience in the fitness industry.

These experts offered insight into the benefits of using a pull-up bar, how to use it safely and effectively, and features to look for when choosing this equipment. We also did an in-depth analysis of some of the most highly reviewed and popular pull-up bars with safety, design, ease of installation and use, grip options, cost, and other extras in mind.

WHY SHOULD YOU TRUST US?

[Cathy Nelson](#), the writer of this piece, has been writing and editing fitness, wellness, and health articles for more than 20 years. She has researched, tested, and reviewed

hundreds of products in these categories, and loves nothing more than sharing the best of what she's found with readers. Her work has appeared in multiple outlets online and in print, including Well+Good, Verywell Health, The Detroit Free Press, and The Manual.

FAQ

What are the benefits of doing pull-ups?



What safety precautions should I keep in mind when using a pull-up bar?



What's the proper way to do a pull-up?



Do pull-up bars damage walls?



About Our Team



Cathy Nelson

Contributor

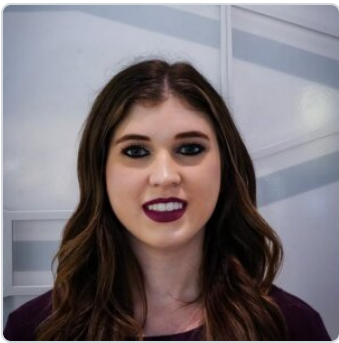


Cathy Nelson is a freelance writer and editor specializing in fitness, health, and commerce. She has more than 20 years of experience covering these topics and her work has appeared in numerous print and online outlets, including Well+Good and Verywell Health.

[Read more](#)

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Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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