

Pro Series PL T-Bar Row

The Pro Series Plate Loaded T-Bar Row is a powerhouse for building upper body strength and muscle. This machine targets the back, specifically the latissimus dorsi, rhomboids, and trapezius muscles, while also engaging the biceps. It's equipped with a sturdy pin-locking mechanism for a secure grip, ensuring stability during intense workouts. Designed for space-efficiency, it's a perfect addition to personal training studios or home gyms, providing a compact yet powerful solution for comprehensive upper body training.



Limiting Mechanism



Multi-Grip Option



High-Strength weight Horns



Sturdy Design

Technical Specifications

Rating	Commercial
Adjustments	Adjustable Handles
Loading Capacity	100kg per weight peg (200kg total)
Max User Weight	150kg 330lbs
Dimensions	L 207.9 x W 90.8 x H 63.5 cm L 81.9 x W 35.7 x H 25 inches

Key Features

Multi-Grip Options for a more comfortable workout	•
High-strength engineering plastic barbell tube protective cover	•
Limiting mechanism to ensure the safety of the trainer	•