

Sterling Series, T Bar Row

The Sterling Series T-Bar Row is designed to simulate the barbell bent over row. This machine effectively targets the lissimus dorsi, traps and erector spinae, as well as the biceps. The abdominals, hamstrings and glutes must also be engaged to stabilise your body in the bent-over position as your lift. The reduced risk of back strain through a slight curved arc of motion, the soft chest pad and anti-slip floor plate, makes the T-bar Row an extremely safe piece of kit.



Anti-slip Handles



Olympic Weight Horn



Heavy Duty Construction



Black Comfortable Pad



Technical Specifications

Rating	Commercial
Upholstery	Black, 60mm thick pads with industrial vinyl, thick plywood backing and 38mm foam
Tubing	2.5-3mm by 50 x 100 square tubing, electro welded to maximum integrity
Loading Capacity	150kg 330lbs
Product Weight	89kg 196lbs
Dimensions	L 196 x W 102 x H 125 cm L 77 x W 40 x H 49 inches

Key Features

Robust and heavy construction	•
Electro powder-coated and heat cured for superior durability	•
Olympic weight horns fitted as standard for optimum storage capacity	•
Low maintenance due to plate loading nature	•
Application of advanced biomechanics ensures that the equipment follows the body's physiological movement	•
High quality bearings for moving parts	•