

## 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

<b>Rating</b>	Commercial
<b>Adjustments</b>	Adjustable Handles
<b>Loading Capacity</b>	100kg per weight peg (200kg total)
<b>Max User Weight</b>	150kg 330lbs
<b>Dimensions</b>	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

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