



Spirit ISO Bent Over Row

SKU: SPE-PL-3042

- ✓ Designed & manufactured in our UK factory
- ✓ Conforms with ISO/CEN equipment standards
- ✓ Commercial use structural lifetime warranty

The Exigo® Plate Loaded 2.0 ISO Bent Over Row has been expertly developed alongside leading fitness professionals to deliver elite-level biomechanics, targeting the upper and mid-back with maximum efficiency and control. Manufactured in our UK factory using a combination of 70mm and 80mm box section steel this machine sets the benchmark for durability in high-performance training environments.

Engineered for adaptability, it features an adjustable seat pad with 5 positions available to set up high and low row variations, adjustable handles with 4 positions for narrow, mid, and wide grips, as well as rotatable handles for overhand, neutral, and underhand positions - allowing for total customisation and full muscular engagement across all pulling angles.

This linear row machine has also been designed with a split platform and anti-slip footplates for easier access and added stability, while premium 30mm linear bearings deliver ultra-smooth movement. Dual band pegs are placed at the bottom of the machine to offer dynamic resistance options for advanced strength training and top band pegs are available to assist the lift and neutralise the starting weight.

Standard Colour Options



Features

Adjustable Handles

Adjustable handles with 4 positions for narrow, mid and wide grips.

Rotating Handles

Rotatable handles allow overhand, neutral, and underhand positions for total grip customisation.

Adjustable Seat

5-position gas strut assisted seat to set up high and low row variations.

Dynamic Resistance

Includes dual band pegs for dynamic resistance options and top band pegs for reverse banding.

Split Platform

Designed with a split platform and anti-slip footplates for easier access and added stability.

Precision Bearings

Dual 30mm precision linear shafts and bearings deliver ultra-smooth movement.

Long-Term Durability

Key components are made from stainless steel for resistance to rust, wear, and heavy use, providing long-term durability.

Exercise Placard

Complete with an easy to understand instructional placard with targeted muscles.

Made in Britain

Designed and manufactured in Great Britain for superior build quality.

Specifications

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Length

1650mm / 65"

Width

1779mm / 70.1"

Height

1280mm / 50.4"

Weight

199kg / 438.72lbs

Start Weight

26kg / 57.33lbs

Max Load

320kg / 705.5lbs

Storage

Allows 4 Storage Horns

Frame

80x80x3mm / 70x70x3mm

Certifications

EN ISO 20957-1 / EN 957-2

Warranty

Lifetime - Full Commercial

 MADE IN BRITAIN

SPIRIT

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