



Spirit T-Bar Row Chest Support

SKU: SPE-PL-3050

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

The Spirit Plate Loaded T-Bar Row Chest Support is engineered for precise back training, combining efficient biomechanics with a strong construction for serious back development. Whether you're targeting the lats, rhomboids, or traps, this machine offers unmatched stability, customisation, and control to maximise every rep.

Our T-Bar Row features a spring-assisted adjustable platform with 7 height settings for targeting different areas of the back and to support various users. A supporting chest pad ensures a stable and secure lifting position throughout, while the freemoving arm provides a completely natural feel and range of motion. This machine also features rotating handles that can be adjusted horizontally across 5 positions to allow narrow, mid, and wide grips.

Also equipped with dual band pegs for varied resistance, the Spirit T-Bar Row Chest supports advanced training methods such as explosive lifts and progressive overload. Manufactured in the UK using a combination of 80mm and 70mm box section steel to endure the demands of busy commercial gyms.

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 Platform

7-Position spring assisted adjustable platform with stainless stell housing and anti-slip footplates.

Dynamic Resistance

Equipped with dual band pegs for varied resistance and advanced training methods.

Long-Term Durability

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

Frame Protection

Includes a 10mm ABS PA-757 Plastic strip that shields the main frame from impact.

High Impact Feet

High impact ABS PA-757 Plastic feet with concealed floor fixing points.

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

SKU

SPE-PL-3050

Length

2031mm / 80"

Width

1160mm / 45.7"

Height

1326mm / 52.3"

Weight

100kg / 220.47lbs

Start Weight

22kg / 48.51lbs

Max Load

160kg / 352.74lbs

Storage

N/A

Frame

80x80x3mm / 70x70x3mm

Certifications

EN ISO 20957-1 / EN 957-2

Warranty

Lifetime - Full Commercial