

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.

Dynamic Resistance

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

High Impact Feet

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

Rotating Handles

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

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.

Adjustable Platform

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

Frame Protection

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

Made in Britain

Designed and manufactured in Great Britain for superior build quality.

Specifications

SKU
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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