

Spirit Standing T-Bar Row

SKU: SPE-PL-3055

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



The Spirit Plate Loaded Standing T-Bar Row is designed to for serious back development with uncompromising biomechanics and build quality. Manufactured in the UK using a robust combination of 80mm and 70mm box section and premium components, this machine is made to withstand the most demanding commercial facilities while delivering a smooth and powerful rowing motion.

Engineered for versatility, it features adjustable and rotating handles with 5 positions for targeting different areas of the back and total grip customisation. Anti-slip footplates provide a secure and stable lifting base even under heavy loads, and band pegs offer dynamic resistance options for explosive training or progressive overload.

The Spirit Standing T-Bar Row is complete with high impact ABS feet with concealed floor fixing points to protect gym flooring and keep it securely in place if required.

Standard Colour Options



Features

Adjustable Handles

Adjustable handles with 5 positions allow narrow, mid and wide grips for targeting different areas of the back.

Dynamic Resistance

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

Exercise Placard

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

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.

Anti-Slip Footplates

Equipped with durable anti-slip footplates to provide a secure and stable base during heavy lifts.

High Impact Feet

High impact ABS plastic feet with concealed floor fixing points protect gym floors and can be used for added stability.

Specifications

SKU

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Length

1839mm / 72.5"

Width

940mm / 37.1"

Height

648mm / 25.6"

Weight

78kg / 172lbs

Start Weight

Max Load

160kg / 352.74lbs

Storage

N/A

Frame

80x80x3mm / 70x70x3mm

Certifications

EN ISO 20957-1 / EN 957-2

Warranty

Lifetime - Full Commercial