

116 Gymleco Incline T-Bar Row

100 series Basic equipment



Chest supported Incline T-Bar Row is one of the most common exercises we see for the back muscles. This can be because the exercise targets all the major back muscles, but mainly the latissimus dorsi. T-Bar rows are actually one of the few exercises where going heavy is advised. This because you place the body in an advantageous position, allowing it to move heavy weights in a safe way.

What makes this machine special is the excellent aspect between the position of the breast pad and the inclination together with the movement of the lever. Training with this gym machine will be fun and rewarding. The design of the handle allows full movement length without compromise.

- Easy start and finish
- Long range of motion
- Rubberized handles
- Standard frame color: black
- Standard cushion color: black / red

Lenght	Width	Height	Weight
219 cm	92 cm	109 cm	74 kg

No maintenance needed
Clean with gentle detergents