



Sterling Series, T-Bar Row

SKU: **GG-STER-131**

The Sterling T-Bar Row offers a safer alternative to the traditional barbell bent-over row. Built for strength and stability, this machine targets the lats, traps, erector spinae and biceps, while engaging the core and posterior chain for control. With a curved movement path, anti-slip footplate, and padded chest support, it delivers an intense upper body workout with reduced strain on the lower back.

Key Features

- Heavy-duty construction with premium needle bearings
- Durable, heat-cured electrostatic powder-coated frame
- Large anti-slip footplate for stability and control
- Biomechanically optimised for smooth, natural movement
- Low maintenance, plate-loaded design



Technical Specifications

Weight	89 kg	Plate Loaded	Yes
Length / Depth	196 cm		
Height	125 cm		
Width	102 cm		
Frame Weight	89 kg		
Loading Capacity	150 kg		

