



## Plate Loaded 2.0

# Exigo® Linear T-Bar Row

SKU: PL-3048

Made in the UK

Proven Biomechanics

ISO/EN Certified

Lifetime Warranty

The Exigo® Plate Loaded 2.0 Linear T-Bar Row delivers exceptional back isolation and combines British engineering with precision biomechanics for uncompromising quality. Made in the UK using heavy-duty materials and premium components, this machine guarantees structural integrity and long-term durability for the most demanding and high-performance training facilities.

The Linear T-Bar Row utilises premium 30mm linear bars to deliver an ultra-smooth and controlled movement path that maintains consistent resistance through the entire range of motion, maximising muscle activation while eliminating unwanted momentum and instability.

An adjustable chest pad with 4 positions provides secure upper-body support and precise alignment, while the spring-assisted adjustable platform features anti-slip footplates and 7 height settings to accommodate all users and optimise pulling angles. For complete versatility, the T-Bar Linear Row is equipped with 360° rotating handles that adjust horizontally across 5 positions, offering narrow, mid, and wide grip options to effectively target different areas of the back.

Built for serious performance and refined control, the Exigo® Linear T-Bar Row delivers precision and stability for powerful back development.

### Standard Colour Options (More colours available on request)



## Features

### Adjustable Chest Pad

An adjustable chest pad with 4 positions provides secure upper-body support and precise alignment.

### Adjustable Platform

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

### High Impact Feet

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

### Adjustable Handles

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

### Precision Bearings

Precision 30mm linear bearings deliver an ultra-smooth and controlled movement that maintains consistent resistance.

### Exercise Placard

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

### 360° Rotating Handles

360° rotating handles enable 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.

### Made in Britain

Designed and manufactured in Great Britain for superior build quality.

## Specifications

### SKU

PL-3048

### Length

1789mm / 70.5"

### Width

990mm / 39"

### Height

1457mm / 57.4"

### Weight

### 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

MADE IN BRITAIN

