

10 T-BAR ROWS



IMITATION WITH SPECIFIC MACHINE
REPRODUCING T-BAR MOVEMENT

Stand on the platforms provided on each side of the T-bar. Keep your knees slightly bent and your back straight. Bend over at about a 45-degree angle or rest against the incline bench if one is provided:

- Inhale and pull the T-bar up until the plates contact your chest
- Exhale as you complete the movement

This exercise

To avoid any risk of injury when doing T-bar row without an incline bench, make sure your back is never rounded throughout the movement.



Strength Training Anatomy

Jessica J Manson

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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