



# Standing T Bar Row Machine

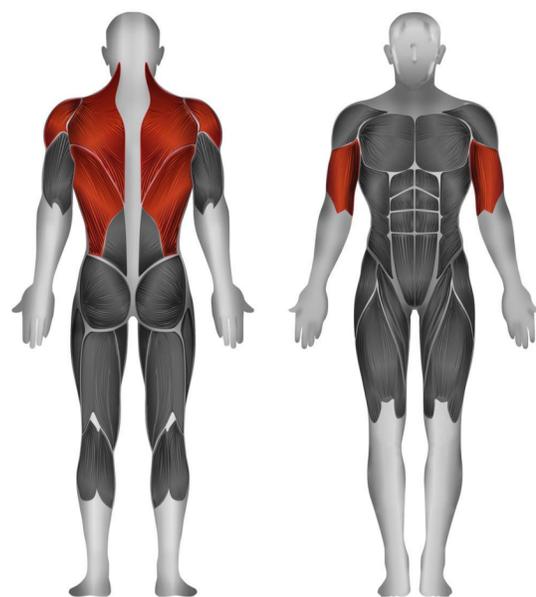
**PLSTR**

**BICEPS OR SHOULDER, BUT WHY NOT BOTH?!**

Let's get a wonderful training experience by using the PLSTR to develop the biceps and shoulder.

An oversized footplate helps to maintain the body balance on each movement.

Uniquely designed for the handgrip provides three different positions that are wide, normal, and narrow to adjust enhancing workout functionality.



Instruction video

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