

## INCLINE T-BAR

JPL - 116

Unique design for training lats and upper back. Chest pad provided to overcome lower back injury. Multi position footplate and hand grips for barbell and neutral position.



Scan Here  
to Access the Video

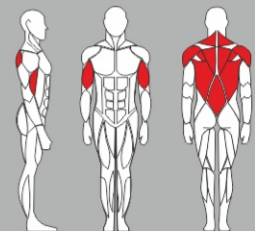
### FEATURES

- ◆ **Inclined Design:** Optimal angle for targeting the lats, traps, and rhomboids with improved muscle engagement.
- ◆ **Adjustable Chest Pad:** Provides support and comfort for proper body alignment during exercises.
- ◆ **Plate-Loaded System:** Customizable resistance to suit users of all fitness levels.
- ◆ **Non-Slip Foot Platforms:** Ensures stability and safety during heavy lifts.
- ◆ **Durable Construction:** Built to handle heavy loads, ideal for advanced strength training.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 78 inches/198 cms  
Width: 40 inches/102 cms  
Height: 47 inches/119 cms  
Weight: 181 lbs/82 kg  
Start Weight: 21.1 kg  
Max Loaded: Single Side: 132 lbs/60 kg



**MUSCLE WORKED:** Erector Spine, Trapezius, Latissimus Dorsi, Rear Deltoids & Biceps

**COLOURS AVAILABLE:** White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.

*\*Plates, barbell, attachments and accessories are not included and need to be bought separately.*