

Seated Row Handle Bar

RRP: \$54.95

Its solid construction and effective design, makes this Close Grip Triangle Row ready for the punishment of everyday use at the gym. It is carefully designed to fit on all cable exercise equipment. Our Close Grip Triangle Row features heavy duty construction and is sturdy enough to take a real pounding while at the same time helps you expand your workout routine. Our Close Grip Triangle Row has earned a "Class A" rating is unmatched in its class. You can rely on this equipment to give you solid and intense workouts for years to come!

While maximizing the effectiveness of your training, an intense isolated workout focused on a variety of muscle groups is one of the benefits of the opting for our Close Grip Triangle Row. Enjoy the best and most effective cable exercises you have ever experienced with the addition of this Close Grip Triangle Row to your workout regimen. The cable attachment is versatile and can be used at the gym or at home. Take your fitness training to the next level with this product. It will expand your workout routine to a wider range of exercises that will help build that rock solid body you want!

Product Specifications:

- Built to last with high quality heavy-gauge steel design that supports even the most rugged workout
- Solid contoured chrome handles with knurling
- Allows for a huge range of exercises
- One-piece solid construction handle
- A popular cable attachment in many private gyms
- 17cm: Inside handle length

Exercises:

- Reverse Rows
- Bent Over Rows
- 45 Degree Lat Pulldown
- Close Grip Lat Pulldown
- Seated/Low Row
- And Many More Exercises

