



Now Anyone with a weight set can make their own T-bar row machine.
It's simple. It's easy. It's strong. And It's not expensive!
Fits all standard (1") and Olympic (2") bars



BODY-SOLID TOOLS

TBR10 T-Bar Row Platform

Help you get great landmine **workouts**

Assembly order (recommended)

- Step 1** – Base positioning. Place the base plate on the floor or align it with the rack upright tubing (depending on version). Ensure the unit sits flat and square.
- Step 2** – Install pivot arm / swivel: Insert the pivot arm into the base housing. Align bolt holes and install pivot bolt(s) with washers and lock nuts. Tighten until secure while still allowing free rotation.
- Step 3** – Mount to rack or floor. Rack mount: bolt the unit to the upright at the specified height (usually low position). Floor mount: anchor using appropriate floor bolts (not included).
- Step 4** – Final check .Rotate the pivot through its full range (360°). Confirm no binding, grinding, or looseness.

How to use (basic operation) :

Insert one end of an Olympic barbell into the pivot cup. Load plates on the free end of the bar and secure with collars. Stand facing or straddling the bar. Perform rowing or pressing movements by guiding the bar through its arc. Common exercises T-Bar rows (neutral / wide grip with attachment) One-arm landmine rows ,Landmine presses, squats, and deadlift variations.

Safety notes: Always ensure the platform is securely bolted before heavy loading. Use collars on plates at all times.

Do not use for ballistic or dropping movements.

Inspect pivot bolts periodically and retighten if needed.

THE Manufacturer

INTERNATIONAL OFFICE

3F28, No 5, Sec 5, Shin-Yi Rd, Taipei, Taiwan 110

Tel: +886-2-2720-9980

Fax: +886-2-2722-9750

E-mail: joong@ms13.hinet.net

<https://www.steelflexfitness.com>