

◆ The Multi-Angled T-Bar is an innovative piece of equipment designed to target all major back muscles effectively in an isolated manner. With its multiple hand grip positions, users can accurately target different areas of the back, including the lats, rhomboids, and traps. This variety of grip options allows for a comprehensive back workout, promoting overall back strength and muscle development.

MULTI ANGLED T-BAR
JPL-115

◆ **DIMENSION:**
Length : 74 inches / 188 cms
Width : 40 inches / 102 cms
Height : 20 inches / 51 cms



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

