



Landmine - T-Bar Trainer B2

SKU: B2

Product Images



Short Description

The **T-Bar** from the Evolution Line is the **perfect complement for your rack***. It's just that simple; it's one of the most **versatile** and **effective** tools for strength and **athletic performance**.

What makes it so special?

This **simple** and **humble accessory** not only allows you to become stronger, but also trains the **power** and **coordination** of your body.

Think about it: this accessory allows you to **move the weight of the bar** from **any angle** and in **any direction freely**. This means that **your body receives a different type of stimulation** due to the imbalance generated by the load, and you **work on mobility, rotation, and stability**.

Also known as **landmine**, it allows you to train your **entire body**, especially the **shoulders, chest, glutes, quadriceps, and core**.

It has everything!

Row, shoulder press, Russian twist with vertical bar, inclined row, push press... With this **T-Bar**, you can perform a **wide variety of pushing exercises**.

What are you waiting for to incorporate it into your workout routine?

*It has no individual usability; this accessory is only compatible with the following racks:

- [Titanium Strength Evolution RH50 Heavy Duty Half Rack](#)
- [Titanium Strength Evolution RH60 Heavy Duty Power Rack](#)
- [Titanium Strength Evolution RH70 HD Power Rack with Storage](#)
- [Titanium Strength RM10 Evolution Deluxe Multipower and Rack](#)

Description

Why should you buy the Landmine - T-Bar Trainer B2 from Titanium Strength?

If you incorporate the **Titanium Strength T-Bar** into your **Home Gym**, you'll significantly expand your exercise routine with a multitude of exercises for shoulders, back, and torso.

It's truly versatile!

The sleeve is designed to pivot **360° in a smooth movement**, which is **essential in rotation training exercises**.

Add an **Olympic bar** to your **Titanium Strength T-Bar** from the Evolution Line and enjoy a challenging and functional workout.

BENEFITS AND USES:

- Core strength and stability
- Rotational strength
- Upper body mobility
- Shoulder stability
- **Movements include:** Russian twists, one-arm deadlifts, one-arm rows, shoulder shrugs, and much more

TECHNICAL INFORMATION:

- Solid construction
- Double bearings inside for smooth rotation.

FITS:

- [Titanium Strength Evolution RH50 Heavy Duty Half Rack](#)
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- [Titanium Strength Evolution RH70 HD Power Rack with Storage](#)
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SPECIFICATIONS:

- **Length:** 46 cm
- **Width:** 14 cm
- **Height:** 10 cm

About Titanium Strength:

Leading brand in the sale of **equipment** and **machines** for **strength** and **cardio** training.

Additional Information

Use	Home
Colour	Black
Manufacturer	Titanium Strength
Large cms.	0
Product Line	Evolution