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Yes4All T Bar Row Platform B01077P1W2

Yes4All Adjustable T Bar Row Landmine Attachment Instruction Manual

Model: T Bar Row Platform (B01077P1W2)

Brand: Yes4All

INTRODUCTION

Thank you for choosing the Yes4All Adjustable T Bar Row Landmine Attachment. This versatile fitness accessory is designed to enhance your strength training routine by providing a secure and flexible pivot point for barbells. It supports a wide range of exercises, targeting various muscle groups including the back, arms, and quads. This manual provides essential information for the safe and effective setup, operation, and maintenance of your new attachment.

SAFETY INFORMATION

- Always ensure the T Bar Row platform is securely attached to a stable surface or equipment rack before use.
- Verify that the barbell is properly inserted and secured with the tightening knob to prevent accidental dislodgement.
- Do not exceed the maximum weight limit of 880 lbs (400 kg) to avoid damage to the attachment or personal injury.
- Perform exercises with controlled movements. Avoid sudden jerks or excessive force that could compromise stability.
- Consult a fitness professional for proper exercise techniques and to ensure the attachment is suitable for your fitness level.
- Keep children and pets away from the equipment during use.

PACKAGE CONTENTS

The Yes4All Adjustable T Bar Row Landmine Attachment package includes:

- 1 x Yes4All T Bar Row Platform (Alloy Steel construction)
- Necessary securing knobs and bolts for installation

SETUP

The T Bar Row platform offers multiple installation options for versatility in your home gym:

1. **Equipment Rack Attachment:** Slide the attachment onto the base of a dumbbell rack, squat rack, or power cage. Turn the securing knobs to maximum tightness to firmly hold the platform in place.
2. **Floor Attachment:** The platform can be anchored to a flat surface on the floor using appropriate bolts (not included) through the pre-drilled holes for permanent installation.
3. **Wall Attachment:** For specific exercises, the platform can be bolted to a sturdy wall using appropriate hardware (not included).

Ensure the attachment is stable and does not move during use, regardless of the chosen installation method.

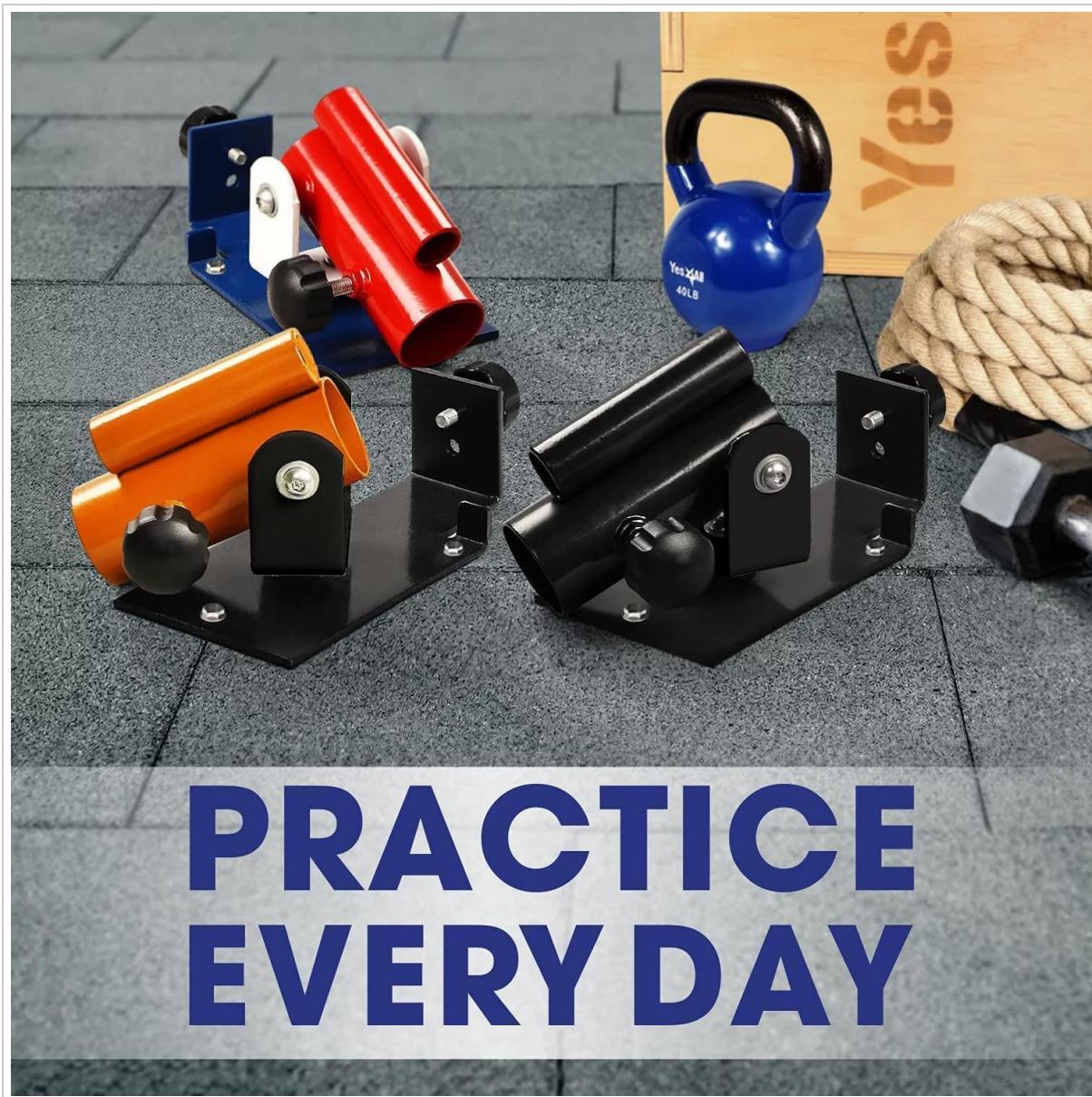


Image: The T Bar Row Platform securely attached to the base of a squat rack, demonstrating its firm attachment capability.



Image: Visual representation of the T Bar Row Platform's versatility, showing how it can be attached to the floor or a wall.

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Video: A product overview demonstrating the features and basic setup of the T Bar Row Platform.

OPERATING INSTRUCTIONS

The Yes4All T Bar Row platform is designed for ease of use and a wide range of motion:

- 1. Insert Barbell:** Slide the end of your barbell into the sleeve of the T Bar Row attachment. The attachment is compatible with both 1-inch standard and 2-inch Olympic barbells.
- 2. Secure Barbell:** Tighten the knob on the side of the sleeve to firmly hold the barbell in place. This prevents the barbell from slipping out during your workout.
- 3. Perform Exercises:** The 360-degree swivel design and up-and-down motion allow for a full range of movement, enabling various exercises such as T Bar rows, landmine presses, Russian twists, and squats.
- 4. Adjust Resistance:** Load appropriate weight plates onto the barbell according to your training needs.

T BAR ROW PLATFORM

FIT ALL Ø 1" STANDARD BAR
Ø 2" OLYMPIC BARBELL

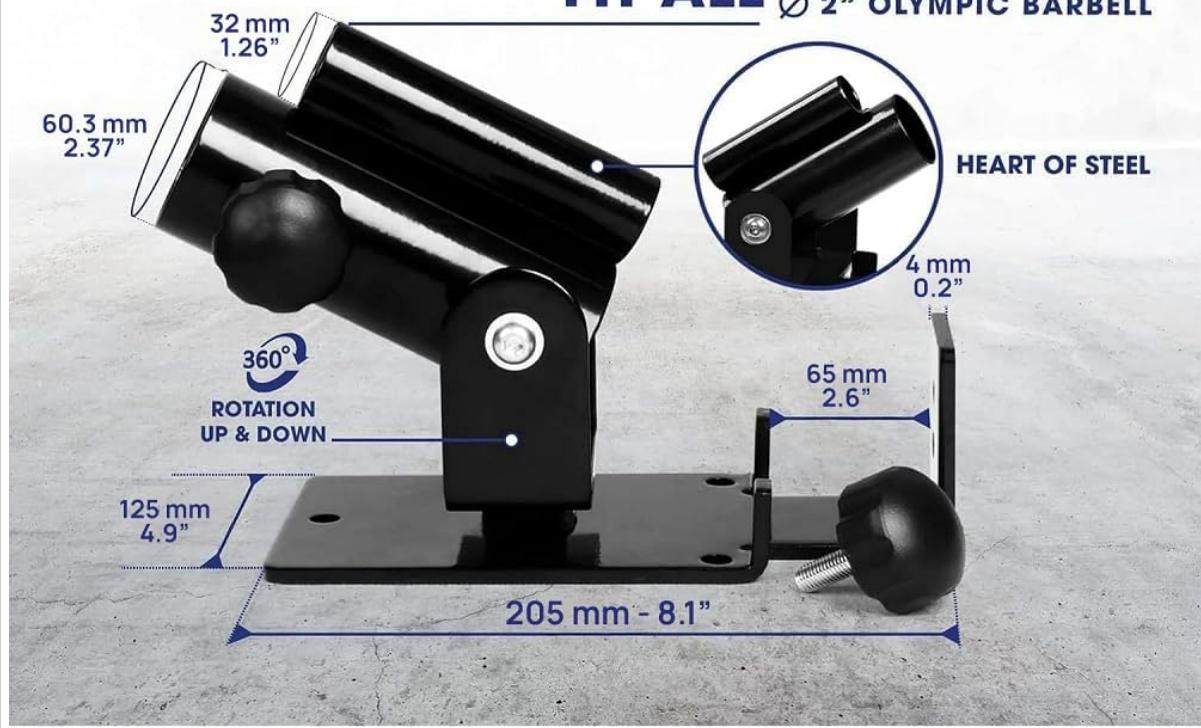


Image: Detailed view of the T Bar Row Platform highlighting its dimensions and compatibility with both 1-inch and 2-inch barbells.

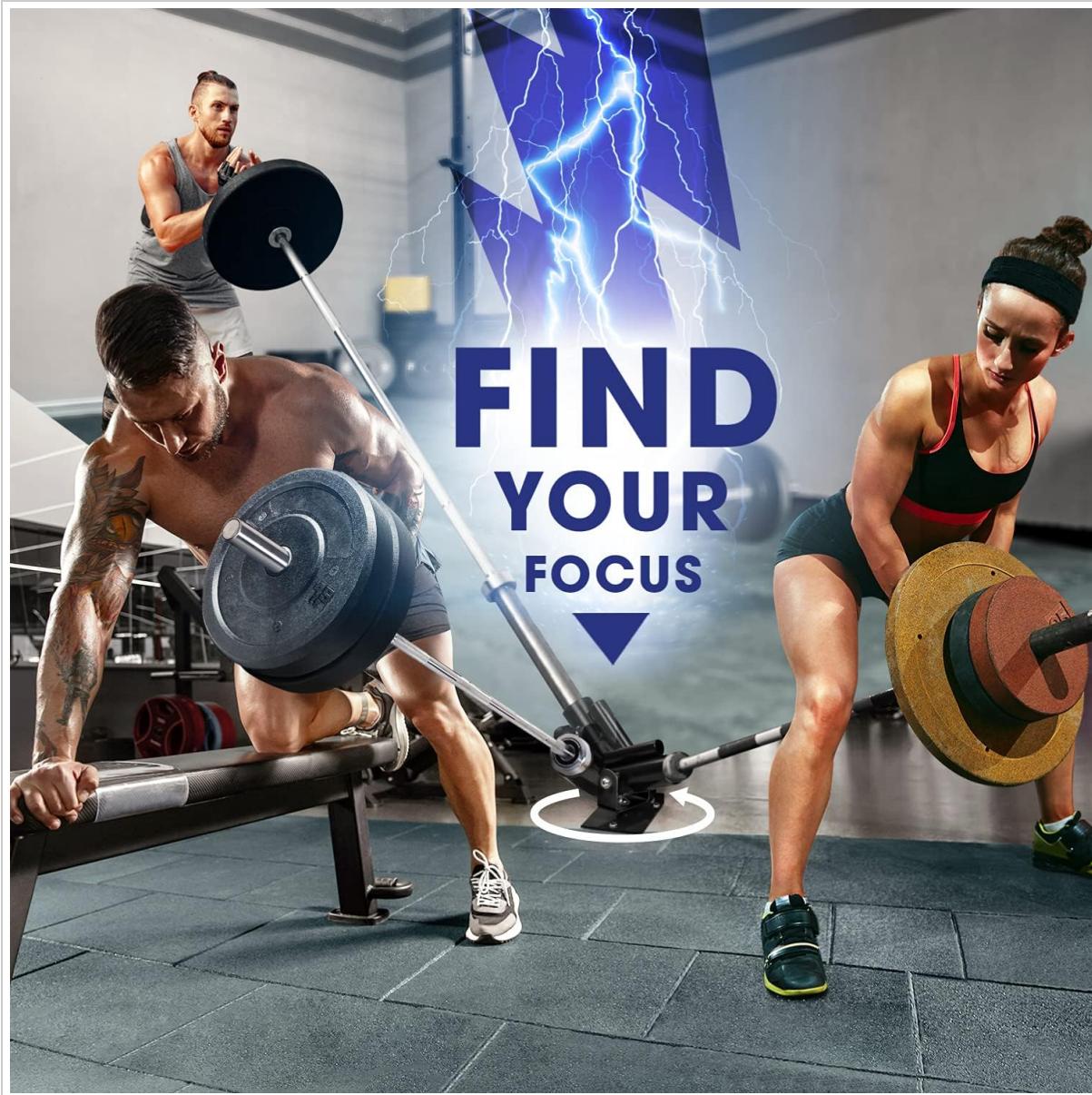


Image: An athlete demonstrating a T Bar Row exercise, showcasing the attachment's functionality during a workout.

Maintenance

To ensure the longevity and optimal performance of your Yes4All T Bar Row Landmine Attachment:

- Regularly inspect all bolts and knobs to ensure they are tight and secure.
- Wipe down the attachment with a damp cloth after each use to remove sweat and dust.
- Store the attachment in a dry environment to prevent rust or corrosion.
- Check for any signs of wear or damage on the metal components. If any damage is found, discontinue use and contact customer support.

Troubleshooting

If you encounter any issues with your T Bar Row Landmine Attachment, consider the following:

- **Attachment feels loose:** Ensure all securing knobs and bolts are tightened appropriately. For rack attachments, confirm it is properly seated under the rack's leg.
- **Barbell is not stable:** Make sure the barbell is fully inserted into the sleeve and the tightening knob is securely fastened.

- **Restricted movement:** Check for any obstructions around the pivot point. Ensure the attachment is clean and free from debris.

For persistent issues, please refer to the Warranty and Support section.

SPECIFICATIONS

Material	Alloy Steel
Item Weight	3 Pounds (1.36 kg)
Product Dimensions	10"L x 5.25"W x 6.5"H (25.4cm L x 13.3cm W x 16.5cm H)
Weight Limit	880 Pounds (400 kg)
Sleeve Length	6.02 Inches (15.3 cm)
Bar Compatibility	1-inch Standard and 2-inch Olympic Barbells
Swivel Design	360-degree rotation and up/down motion
Finish Type	E-Coated

WARRANTY AND SUPPORT

The Yes4All Adjustable T Bar Row Landmine Attachment comes with a **1-year warranty** from the date of purchase.

For warranty claims, technical support, or any questions regarding your product, please contact Yes4All customer service through the retailer where the product was purchased or visit the official Yes4All website for contact information.

Please retain your proof of purchase for warranty validation.