



Landmine T-Bar Handle



Another Strange Creation

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Summary

A simple handle for doing T-bar rows when the barbell is being used for landmine exercises.

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Having recently gotten back into my other passion of weight lifting, I recently came into possession of a landmine attachment for my power cage. Because of this, I have worked more landmines into my regular routine.

A great use of the landmine is the ability to do a T-Bar Row. This can be done by simply grabbing the bar, but I have also seen people use cable machine handles to do this lift as well.

With that, I set out to create a Tbar handle that was easily printable, easy to quick change in supersets, and strong. What I have here is the first pass at that.

Printing:

I printed this in PETG so there is a tiny bit of flex. I used 5 walls and 25% triangle infill for strength. I did print this with the handles going up so I did not need to use supports. Thus far I have pulled several reps at 90lbs (41kg) with no issues with strength. I suspect this will be stronger if it's printed with supports and the handles on the plate, but I'm happy with what I have so far.

This is a version 1 as I need to rework the support on the bar a little bit, but it does end up being a nice little extra work for your forearms.

Model files



landmine-tbar.stl

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