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STRENGTH MACHINES AND EQUIPMENT

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Product catalog

“Our mission is to make, not only Sweden, but the world healthier and more sustainable.”

**- Kari Jernvall**

Founder and Product Designer



# Welcome!

Welcome to Gymleco - a Swedish, family owned business with a passion for health, innovation and sustainability. Gymleco is today the biggest designer and producer of strength training equipment in Northern Europe. We offer a complete line of strength training and exercise equipment, and are one of few in the Nordics producing our products by ourselves. We want our customers to see us as a total solution and a profitable investment.

Since 1994 Gymleco has focused on designing Swedish, unique and functional equipment with a long lifespan and without maintenance needs. At Gymleco we are truly passionate about wellness and hope that you want to join us in achieving our dream of a healthier world and a sustainable future.

## Why choose Gymleco?

- Swedish brand founded in 1994
- Made by experience
- NO maintenance
- Quality materials
- Small footprint
- Suitable for all users
- Ergonomically correct
- Affordable quality

# CONTENT



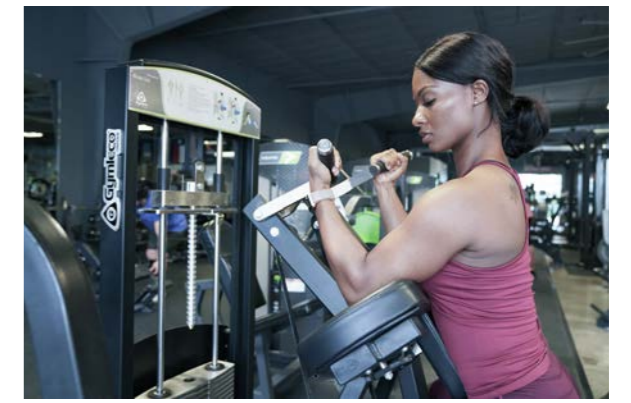
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# Gymleco 1994

## Aims for a sustainable future

It all started 1994 in a small kitchen, south of Stockholm in Sweden with the idea of providing the market with affordable, functional and sustainable fitness equipment. The ambition was to develop maintenance free strength training equipment with high functionality and quality. The equipment would be born by the muscle throughout the movement, without a negative impact on the joints.

The goal has always been to offer sustainable equipment that our customers can have at their gyms for decades, and now we are here. We have customers who have equipment left from the 90's - *still going strong*.

Since the start, we have focused on designing unique and functional equipment with long lifespan and without maintenance needs. We truly believe in our own sustainable design and construction, with other words: products for a sustainable future.



# Gymleco now

## Still going strong

Today we are located in the capital of Sweden, in Stockholm. Under the same roof you can find the head office, production, warehouse and showroom. This gives us the opportunity to have control all the way from order to shipment and therefore work customer-focused with excellent communication.

With our own manufacturing we can shorten the delivery time, and it also provides an opportunity for you as a customer to order custom-made and customized solutions that are not in the ordinary product range.

Gymleco is family owned and we strive every day closer to our vision of a healthier and sustainable future. We stand behind the product development and create our Swedish equipment with proper function and movement combined with ease of use.

Everyone should be able to workout correctly with Gymleco's exercise equipment. That is why our products are designed so that the movements are proper to help you get more out of your workout whether you are a beginner or an athlete. The machines are easy to understand and use for anyone.



# 15 smart features in Gymleco's machines

1. Stable designs with genuine Swedish quality. Every machine is designed and manufactured by ourselves with decades of experience. Our equipment has a good looking and clean design.

2. Every machine from our 300-series comes with an easy to read instructions board in English, Swedish or Finnish. Our instruction board is indestructible, unlike those made of plastic or stickers, which are destroyed very fast. Our instruction board is made of aluminium with pictures that shows start and stop position and stretch suggestion, and describes with text and pictures which muscles that are being exercised and connected.

3. Probably the best looking weight stacks on the market and the most functional with low weight interval. The chromed weight stacks with distinctly laser marked and black colored kg number that are marked in rising succession. The chromed treatment and the laser marked kg number will look just as good after ten or twenty years. Special bump absorbing discs are lying between each weight plate to allow shock absorbent and a more quiet and softer exercise.

4. No more trouble with wires! The system in our equipment is called Poweband™. This belt has many advantages compared to wire constructions, such as: low friction, softer and more comfortable training, the life is much longer, keeps clean, won't break without warning, enables better, smoother and more good looking construction. The belt is always stretched and won't draw out on the length, won't jump out of it's path and doesn't entangle itself as wires do.

5. Our unique patent applied for belt tensioner together with correctly designed wheels will guarantee optimal function and endlessly long life for all details. The wheels of the belt has double bearings that won't need any maintenance. Furthermore, the design of the wheels automatically ensures that the belt (PowerBand™) is centralized.

6. With our cam shaft the weight load changes after the body's own strength curve. Due to that, the muscle perceive the weight as equally heavy throughout the entire motion. Each camarm's length is specially adapted to every machine. (Biomechanics = the muscle's changed strength during the entire motion.)

7. The weight stack bars are solid and treated to allow minimal friction and in order to demand little maintenance. The bars won't bend.

8. Rubber covered handles with a good looking knob in the end. Antiseptic rubber with very high firmness and with 10 years guarantee.

9. Gymleco's steel profiles and welding joints have our lifetime guarantee. That's why we can guarantee that the quality in the exercise equipment is the best.

10. Ergonomic and comfortable. The cushions are of the highest quality and come in two kind of colors: black and red. Furthermore, the cushion are designed and constructed to provide full stability.

11. The cushion cover can be delivered with your logo choice.

12. We use flange bearings on our equipment which provide maintenance free operation and come with a lifetime guarantee. These bearings provide the least friction and highest quality.

13. We prioritize quality and finish on every machine.

14. Color choice can be customized on any piece for a custom appearance. Our standard frame color is black but we have a few different color options that allow you to provide the gym experience you desire. At Gymleco we use environmentally friendly products.

15. The stack covers have an aesthetically pleasing design that adds to the overall finish while also providing protection. The stack covers are also available in a short version that covers the height of the weight stack.





# Assistance at Gymleco

You can certainly fix everything by yourself, but you don't need to. At Gymleco, we help you with everything from planning to installation of your gym. When you are thinking about choosing your gym equipment, you will receive advice and help from our specialists. Together, we review your needs and wishes to find a solution that fits.



## Ideas and planning

Our staff can help you with planning and designing floor plans for both small and large gyms. We help you find smart and sustainable solutions that strengthen your business.



## Delivery

We offer fast delivery home or to your company. We deliver worldwide. Together we plan the delivery so that it suits you.



## Assembly and installation

We can help you with the installation of your gym equipment. We will find out all the conditions before installation and when it is time, we come and put everything together and in place according to your wishes.

# Warranty

## Warranty - ISO-9001

Gymleco's unique warranty ensures that your training equipment always works. We can confidently guarantee that our equipment is designed and manufactured with the goal of high performance combined with maintenance free operation. In order to maintain a top tier performance, Gymleco follows the ISO-9001 insurance system.

We offer a unique warranty that clearly defines coverage for various equipment parts. All of our spare parts are kept ready and available for quick delivery. A lifetime warranty is provided on all steel frames and weldings, large bearings, weight stack, engraving, shock absorbing discs in weight stack, weight stack bars, bar hangers and cam shaft. The lifetime guarantee includes fabrication and material errors.

A 10 year warranty is provided on Powerband (only 300-Series), the band stretching system, bearings and band wheels, the seat adjustment system, all setting possibilities, and the rubber handles. Guarantee is also provided on fabrication and material errors.

One year warranty on pads and one year warranty on the Powerband (200-Series)

## ISO-9001 Quality Insurance System

At Gymleco we work in accordance with the ISO Quality Insurance System in order to maintain control and improve all production simultaneously as changes are implemented. This coordination allows the manufacturing process to be more efficient and delivers a better product to customers.

The goals of ISO-9001 are as follows: superior quality, accurate delivery, best price, quick production and service. All Gymleco products are produced in-house which allows us to maintain the production and quality.

We take pride in all of our products as we strive to provide the finest gym equipment on the market.



# 010 -series:

## Plate Loaded machines

Gymleco's Plate Loaded machines are maintenance free, need little space and have excellent functionality. The individual levers allow, according to extensive studies, the safest and most efficient training.

The Plate Loaded machines also work incredibly well with rehabilitation. The levers are individually linked which results in better coordination between the right and left side which quickly increases muscle balance. Therefore, training is more efficient compared to other exercise equipment. These also have a very low starting weight so that weights can be added in small increments if desired. The machines are designed to be easily adjustable for all types of trainers.

All the machines have black frames as standard color and black or red cushions.  
Read more about each product on our website: [www.gymleco.com](http://www.gymleco.com)



Seated Row  
**Art.nr: 010**

Length: 150 cm  
Width: 75 cm  
Height: 115 cm

Weight: 68,5 kg



Iso Lateral Pulldown  
**Art.nr: 011**

Length: 156 cm  
Width: 104 cm  
Height: 199 cm

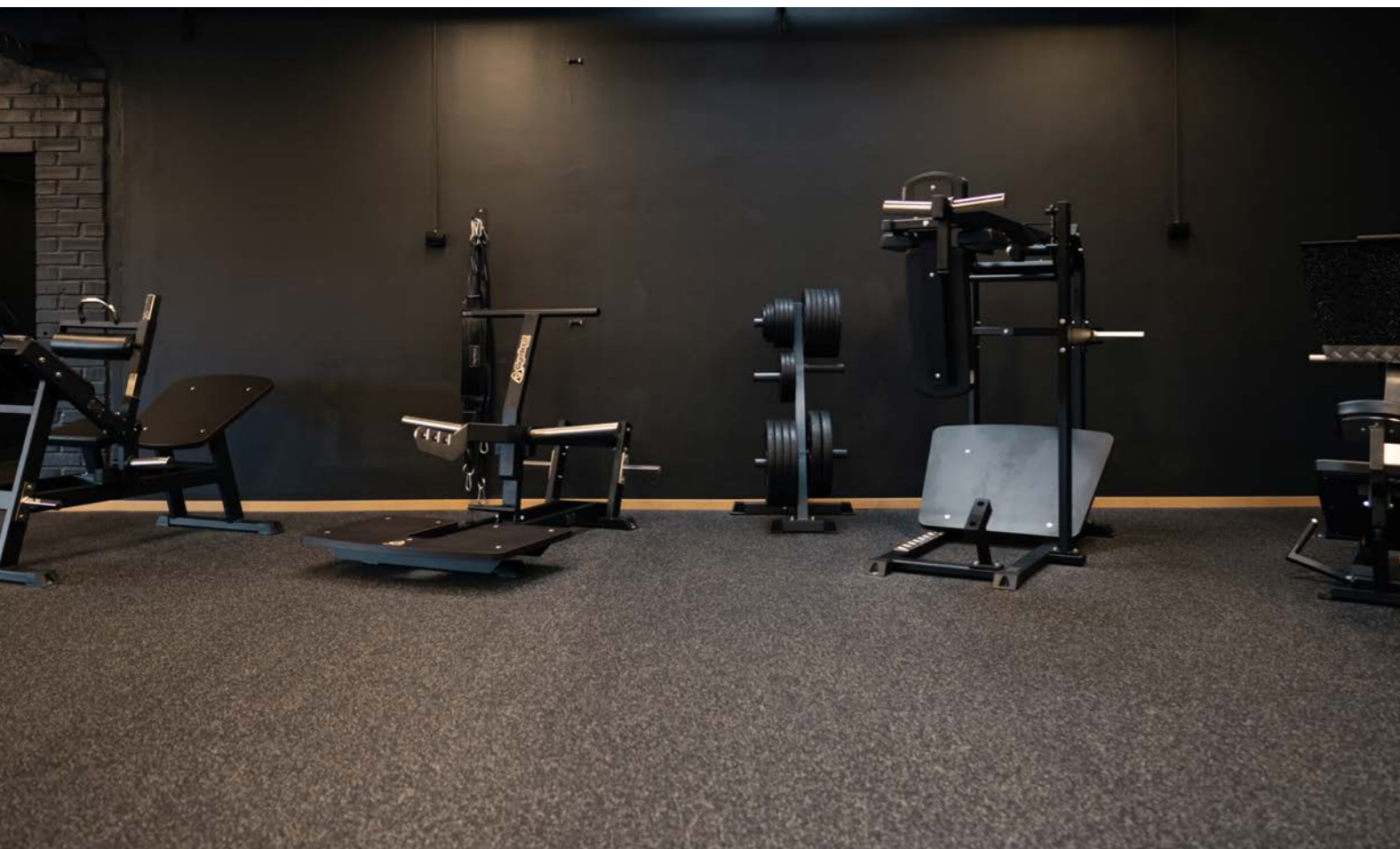
Weight: 136 kg



Iso Lateral Low Row  
**Art.nr: 012**

Length: 120 cm  
Width: 112 cm  
Height: 174 cm

Weight: 112 kg



Iso Lateral High Row  
**Art.nr: 013**

Length: 160 cm  
Width: 110 cm  
Height: 198 cm

Weight: 152 kg



Lateral Incline Press  
**Art.nr: 020**

Length: 110 cm  
Width: 113 cm  
Height: 177 cm

Weight: 115 kg



Lateral Wide Chest  
**Art.nr: 021**

Length: 180 cm  
Width: 104 cm  
Height: 137 cm

Weight: 101 kg





Iso Lateral Bench Press  
**Art.nr: 022**

Length: 163 cm  
Width: 133 cm  
Height: 114 cm

Weight: 92,5 kg



Pec Deck, Individual arms  
**Art.nr: 023**

Length: 155 cm  
Width: 164 cm  
Height: 93 cm

Weight: 100 kg



Chest Press, Standing  
**Art.nr: 028**

Length: 152 cm  
Width: 100 cm  
Height: 163 cm

Weight: 135 kg



Viking Press  
**Art.nr: 038**

Length: 121 cm  
Width: 98 cm  
Height: 154 cm

Weight: 125 kg  
Start weight in the handles: 21 kg



Leg Extension  
**Art.nr: 040**

Length: 92 cm  
Width: 120 cm  
Height: 130 cm

Weight: 93 kg



Leg Curl Seated  
**Art.nr: 041**

Length: 125 cm  
Width: 100 cm  
Height: 110 cm

Weight: 95,5 kg



Shoulder Press  
**Art.nr: 030**

Length: 130 cm  
Width: 114 cm  
Height: 149 cm

Weight: 111 kg



Shoulder Rotation  
**Art.nr: 031**

Length: 105 cm  
Width: 114 cm  
Height: 135 cm

Weight: 95,5 kg



Upright Row  
**Art.nr: 032**

Length: 120 cm  
Width: 140 cm  
Height: 94 cm

Weight: 79,2 kg



Leg Curl Standing  
**Art.nr: 042**

Length: 96 cm  
Width: 117 cm  
Height: 123 cm

Weight: 83,5 kg



Leg Press  
**Art.nr: 043**

Length: 226 cm  
Width: 78 cm  
Height: 180 cm

Weight: 130 kg



Squat / Hack Squat  
**Art.nr: 044**

Length: 177 cm  
Width: 85 cm  
Height: 156 cm

Weight: 115 kg





Pendulum Squat  
**Art.nr: 045**

Length: 191 cm  
Width: 87-110 cm  
Height: 163 cm

Weight: 150 kg



Donkey Raise  
**Art.nr: 046**

Length: 146 cm  
Width: 65 cm  
Height: 156 cm

Weight: 80,5 kg



Tibia Dorsi Flexion  
**Art.nr: 047**

Length: 102 cm  
Width: 60 cm  
Height: 51 cm

Weight: 35,5 kg



Gluteus, One Leg kick  
**Art.nr: 060**

Length: 126 cm  
Width: 119 cm  
Height: 133 cm

Weight: 112,5 kg



Reverse Hyper  
**Art.nr: 061**

Length: 116 cm  
Width: 140 cm  
Height: 144 cm

Weight: 87,5 kg



Reverse Hyper Pendulum  
**Art.nr: 062**

Length: 137 cm  
Width: 133,5 cm  
Height: 111 cm

Weight: 100 kg



Iso Lateral Biceps  
**Art.nr: 050**

Length: 104 cm  
Width: 120 cm  
Height: 103 cm

Weight: 91 kg



Iso Lateral Triceps  
**Art.nr: 051**

Length: 124 cm  
Width: 102 cm  
Height: 136 cm

Weight: 96 kg



Dip Press  
**Art.nr: 055**

Length: 190 cm  
Width: 70 cm  
Height: 90 cm

Weight: 84 kg



Hip Thrust machine  
**Art.nr: 066**

Length: 160 cm  
Width: 96 cm  
Height: 124 cm

Weight: 109 kg



Abdominal Seated  
**Art.nr: 070**

Length: 83 cm  
Width: 114 cm  
Height: 168 cm

Weight: 72 kg



Ab Roll up  
**Art.nr: 072**

Length: 100 cm  
Width: 96 cm  
Height: 140 cm

Weight: 72,5 kg





Belt Squat machine  
**Art.nr: 082**

Length: 170 cm  
Width: 100 cm  
Height: 115 cm

Weight: 100 kg



Deadlift / Squat machine  
**Art.nr: 083**

Length: 140 cm  
Width: 130 cm  
Height: 82 cm

Weight: 96 kg  
Start weight: 23 kg



Leg Press  
**Art.nr: 243**

Length: 218 cm  
Width: 78 cm  
Height: 142 cm

Weight: 161,5 kg



Hack Lift 45°  
**Art.nr: 244**

Length: 195 cm  
Width: 80 cm  
Height: 145 cm

Weight: 137,5 kg



Leg Press/Hack Lift  
Combination  
**Art.nr: 245**

Length: 230 cm  
Width: 81 cm  
Height: 145 cm

Weight: 150 kg





# 100 -series:

## Basic equipment

The 100-series consists of user-friendly gym equipment that suits a wide range of both commercial gyms and home gyms. In this series you will find our benches, a few racks and some machines. As always the equipment is constructed to commercial specifications that have been tested and proven for over 25 years. If you are looking for more equipment, please look into the Gymleco Product Catalog for accessories.

At Gymleco we are always implementing user friendly designs. All equipment have black frames as standard and black or red cushions. Read more about each product on our website: [www.gymleco.com](http://www.gymleco.com)



Chin Rack for Cable Cross  
**Art.nr: 110K**

Length: 140 cm  
Width: 18 cm

Weight: 6,5 kg



Chin Rack, Wall mounted  
**Art.nr: 110V**

Length: 145 cm  
Width: 61,5 cm  
Height: 42 cm

Weight: 9,5 kg



Chins Rack, Standing  
**Art.nr: 111**

Length: 126 cm  
Width: 150 cm  
Height: 240 cm

Weight: 73,5 kg



T-bar Row  
**Art.nr: 115**

Length: 206 cm  
Width: 86 cm  
Height: 47 cm

Weight: 59,5 kg



Incline T-bar row with Breast Cushion  
**Art.nr: 116**

Length: 219 cm  
Width: 92 cm  
Height: 109 cm

Weight: 74 kg



Seal Rowing Bench  
**Art.nr: 117**

Length: 147 cm  
Width: 122,5 cm  
Height: 91 cm

Weight: 55 kg

*The barbell is not included.*



Incline Bench Press  
**Art.nr: 120**

Length: 125 cm  
Width: 150 cm  
Height: 124 cm

Weight: 61 kg



Bench Press with Fixed Bar Holder  
**Art.nr: 122F**

Length: 123 cm  
Width: 123 cm  
Height: 124 cm

Weight: 53 kg



Bench Press Stand with Adjustable Bar Holders  
**Art.nr: 122R**

Length: 125 cm  
Width: 123 cm  
Height: 104 cm

Weight: 37 kg



Sissy Squat  
**Art.nr: 144**

Length: 77 cm  
Width: 64 cm  
Height: 57 cm

Weight: 27,5 kg



Calf Press, Seated  
**Art.nr: 145**

Length: 140 cm  
Width: 60 cm  
Height: 85 cm

Weight: 54,5 kg



Calf Raise Block  
**Art.nr: 146**

Length: 51 cm  
Width: 31 cm  
Height: 13 cm

Weight: 5 kg



Bench Press with Safety Bar Support  
**Art.nr: 122RS**

Length: 125 cm  
Width: 124 cm  
Height: 104 cm

Weight: 46 kg



Glute Ham Raise  
**Art.nr: 141**

Length: 110 cm  
Width: 60 cm  
Height: 90 cm

Weight: 51 kg



Bench Press and Squat Rack  
**Art.nr: 142**

Length: 128 cm  
Width: 69 cm  
Height: 75 - 163 cm

Weight: 31 kg



Squat Rack  
**Art.nr: 148**

Length: 162 cm  
Width: 100 cm  
Height: 186 cm

Weight: 65 kg



Power Rack  
**Art.nr: 149**

Length: 122 cm  
Width: 90 cm  
Height: 205 cm

Weight: 76,5 kg



Curl Bar Rack  
**Art.nr: 150**

Length: 70 cm  
Width: 95 cm  
Height: 127 cm

Weight: 22 kg





Scott Curl Bench, seated  
**Art.nr: 151**

Length: 101 cm  
Width: 70 cm  
Height: 95 cm

Weight: 35,5 kg



Scott Curl Bench, standing  
**Art.nr: 152**

Length: 63 cm  
Width: 53 cm  
Height: 92 cm

Weight: 26 kg



Fixed Bench 70 degrees  
**Art.nr: 153**

Length: 76 cm  
Width: 40 cm  
Height: 92 cm

Weight: 19 kg



Back Raise, 45 degrees  
**Art.nr: 162F45**

Length: 102 cm  
Width: 60 cm  
Height: 117 cm

Weight: 38 kg



Back Raise, 90 degrees  
**Art.nr: 162F90**

Length: 102 cm  
Width: 60 cm  
Height: 104 cm

Weight: 36,5 kg



Back Raise, Knee standing  
**Art.nr: 163**

Length: 105 cm  
Width: 59 cm  
Height: 79 cm

Weight: 38 kg



Stand for Decline Bench  
**Art.nr: 154**

Length: 125 cm  
Width: 170 cm  
Height: 110 cm

Weight: 52,5 kg



Dip Press stand  
**Art.nr: 155**

Length: 80 cm  
Width: 80 cm  
Height: 140 cm

Weight: 37 kg



Back Raise, Adjustable  
**Art.nr: 162**

Length: 102 cm  
Width: 60 cm  
Height: 117 cm

Weight: 41,5 kg



Hip Thrust bench  
**Art.nr: 166**

Length: 150 cm  
Width: 73 cm  
Height: 50 cm

Weight: 43,5 kg



Abdominal Bench  
(Romain Chair)  
**Art.nr: 170**

Length: 102 cm  
Width: 58 cm  
Height: 57 cm

Weight: 21 kg



Abdominal Bench Plus  
**Art.nr: 171**

Length: 102 cm  
Width: 58 cm  
Height: 105 cm

Weight: 22 kg



Leglift with dips  
**Art.nr: 173**

Length: 70 cm  
Width: 91 cm  
Height: 143 cm

Weight: 68 kg



Brutal Bench  
**Art.nr: 174**

Length: 75 cm  
Width: 50 cm  
Height: 160 cm

Weight: 24 kg



Dip for Brutal Bench  
**Art.nr: 174-1**

Length: 101 cm  
Width: 69 cm

Weight: 7,5 kg



Flat Bench Adjustable  
**Art.nr: 192**

Length: 122 cm  
Width: 35,5 cm  
Height: 56 cm

Weight: 16 kg



Decline Bench, Adjustable  
**Art.nr: 193**

Length: 133 cm  
Width: 45 cm  
Height: 42 - 115 cm

Weight: 31.5 kg



Decline Bench Curved,  
Adjustable -15+85 degree  
**Art.nr: 193S**

Length: 133 cm  
Width: 45 cm  
Height: 42 - 115 cm

Weight: 33 kg



Leglift with chins and dips  
**Art.nr: 179**

Length: 70 cm  
Width: 91 cm  
Height: 227 cm

Weight: 78 kg



Adjustable Bench  
**Art.nr: 190**

Length: 125 cm  
Width: 45 cm  
Height: 43,5 cm

Weight: 25,5, kg



Flat Bench Fixed  
**Art.nr: 191**

Length: 124 cm  
Width: 45 cm  
Height: 43,5 cm

Weight: 24,5 kg



Decline Bench Fixed  
**Art.nr: 194**

Length: 148 cm  
Width: 60 cm  
Height: 60 cm

Weight: 27,5 kg



Decline Bench Adjustable  
**Art.nr: 194R**

Length: 148 cm  
Width: 60 cm  
Height: 60 cm

Weight: 27,5 kg



# 200-series:

## Cable machines and multigym

The 200-series consists of modern equipment which is engineered to provide optimal function and designed to save space with a compact design. All of our pulleys are designed for a smooth user experience which provide less resistance and better feeling.

The band (Powerband™) we use on our pulleys, lifts with the band wheels which centralizes the band to allow a comfortable and smooth run. When using our band you will have a better workout experience because our band provides an even run compared to other cable machines. All of our machines are designed to be modern and reliable with innovative details. If desired, all of our machines can be ordered with bigger weight stacks customized for the users needs.

All the machines have black frame as standard color and black or red cushions.  
Read more about each product on our website: [www.gymleco.com](http://www.gymleco.com)



Seated Row  
**Art.nr: 210**

Length: 100 cm  
Width: 55 cm  
Height: 227 cm

Weight: 178,5 kg  
Weight Plate: 100 kg



Lateral Pulldown  
**Art.nr: 211**

Length: 124 cm  
Width: 52 cm  
Height: 227,5 cm

Weight: 168,5 kg  
Weight Plate: 100 kg



Lateral Pulldown Rehab  
**Art.nr: 211R**

Length: 124 cm  
Width: 52 cm  
Height: 227,5 cm

Weight: 168,5 kg  
Weight Plate: 100 kg



Pulldown position



Row position



Lateral Pulldown/Seated Row  
**Art.nr: 214**

Length: 112 cm  
Width: 132 - 213 cm  
Height: 225 cm

Weight: 168,5kg  
Weight Plate: 100 kg



Four Station Multigym  
**Art.nr: 215**

Length: 323 cm  
Width: 58 cm  
Height: 243 cm  
Weight N.W: 545 kg  
*Cable Cross: 60 kg*  
*Row: 100 kg*  
*Pulldown: 100 kg*  
*Triceps: 60 kg*



Multigym 4 Station With Cable Cross  
**Art.nr: 215K**

Length: 410 cm  
Width: 323 cm  
Height: 243 cm

Weight N.W: 682 kg

*Cable Cross: 60 kg x 2*  
*Row: 100 kg*  
*Pulldown: 100 kg*  
*Triceps: 60 kg*



Multigym 8 Station With Cable Cross  
**Art.nr: 215DK**

Length: 410 cm  
Width: 323 cm  
Height: 243 cm

Weight N.W: 1227 kg

*Cable Cross: 60 kg x2*  
*Row: 100 kg x2*  
*Pulldown: 100 kg x2*  
*Triceps: 60 kg x2*



Lateral Triceps Pushdown  
**Art.nr: 251**

Length: 110 cm  
Width: 70 cm  
Height: 223 cm

Weight: 126,5 kg  
Weight Plate: 60 kg



Lateral Biceps/Triceps  
**Art.nr: 255**

Length: 192 cm  
Width: 60 cm  
Height: 180 cm

Weight: 145 kg  
Weight Plate: 60 kg



Cable Crossover Multigym  
**Art.nr: 225**

Length: 308 cm  
Width: 58 cm  
Height: 225 cm

Weight: 258 kg  
Weight Plate: 60 kg x 2



Half of a Cable Cross  
**Art.nr: 225B**

Length: 48 cm  
Width: 58 cm  
Height: 225 cm

Weight: 122 kg  
Weight Plate: 60 kg



Dual Pulley, Adjustable  
**Art.nr: 226**

Length: 151 cm  
Width: 77 cm  
Height: 228 cm

Weight: 279 kg  
Weight Plate: 80 kg x 2



Smith Machine  
**Art.nr: 280**

Length: 207 cm  
Width: 90 cm  
Height: 208 cm

Weight: 113 kg



Smith Machine  
with counterweight  
**Art.nr: 281**

Length: 207 cm  
Width: 90 cm  
Height: 208 cm

Weight: 115 kg



Multi Smith Machine  
**Art.nr: 285**

Length: 207 cm  
Width: 149 cm  
Height: 220 cm

Weight: 145 kg



# 300 -series:

## SelectORIZED machines

The 300-series consists of gym machines designed specifically for those who want the absolute best. All machines are of timeless design and each piece is engineered for reliable performance.

At Gymleco our top priority is function, for example our unique details such as the cam arm or band that transfers weight. All Gymleco machines are easy to maintain with a few simple adjustments, that are easy to access with no disassembly. Some of our 300 series machines have an R after the art. number, which means that the start angle is adjustable for rehabilitation use. All machines are constructed to the highest quality and built to withstand years of intense use. The weight stack stands are low to provide a more open and free design, and the instruction board is clearly labeled.

All the machines have black as standard frame color and black or red cushions. Read more about each product on our website: [www.gymleco.com](http://www.gymleco.com)



Row, Seated  
**Art.nr: 310**

Length: 120 cm  
Width: 60 cm  
Height: 162 cm

Weight: 227 kg  
Weight Plate: 100 kg



Lateral Pulldown  
**Art.nr: 311**

Length: 126 cm  
Width: 95 cm  
Height: 186 cm

Weight: 211 kg  
Weight Plate: 100 kg



Iso Lateral Low Row  
**Art.nr: 312**

Length: 121 cm  
Width: 81 cm  
Height: 166 cm

Weight: 206 kg  
Weight Plate: 100 kg



Chins and dips  
**Art.nr: 314**

Length: 126 cm  
Width: 120 cm  
Height: 200 cm

Weight: 226 kg  
Weight Plate: 100 kg



Chest Press, Incline  
**Art.nr: 320**

Length: 156 cm  
Width: 122 cm  
Height: 173 cm

Weight: 218 kg  
Weight Plate: 100 kg



Chest Press, Seated  
**Art.nr: 321**

Length: 139 cm  
Width: 137 cm  
Height: 149 cm

Weight: 224 kg  
Weight Plate: 100 kg





Pec Deck, Seated  
**Art.nr: 323**

Length: 146 cm  
Width: 171 cm  
Height: 150 cm

Weight: 198,5 kg  
Weight Plate: 100 kg



Pullover with handles  
**Art.nr: 324**

Length: 143 cm  
Width: 89 cm  
Height: 172 cm

Weight: 190 kg  
Weight Plate: 100 kg



Standing Wide Chest  
**Art.nr: 326**

Length: 112 cm  
Width: 135 cm  
Height: 177 cm

Weight: 200 kg  
Weight Plate: 100 kg



Standing Shoulder Rotation  
**Art.nr: 334**

Length: 112 cm  
Width: 82 cm  
Height: 167 cm

Weight: 190 kg  
Weight Plate: 80 kg



Rear Deltoid/Pec Deck  
**Art.nr: 335**

Length: 147 cm  
Width: 70 - 174 cm  
Height: 149 cm

Weight: 224 kg  
Weight Plate: 100 kg



Leg Extension  
**Art.nr: 340**

Length: 95 cm  
Width: 99 cm  
Height: 162 cm

Weight: 202 kg  
Weight Plate: 100 kg



Shoulder Press  
**Art.nr: 330**

Length: 155 cm  
Width: 125 cm  
Height: 165 cm

Weight: 234 kg  
Weight Plate: 100 kg



Shoulder Rotation, Seated  
**Art.nr: 331**

Length: 87 cm  
Width: 75 cm  
Height: 135 cm

Weight: 168 kg  
Weight Plate: 80 kg



Rear Deltoid Shoulder  
**Art.nr: 333**

Length: 147 cm  
Width: 70 - 174 cm  
Height: 149 cm

Weight: 224 kg  
Weight Plate: 100 kg



Leg Extension Rehab  
**Art.nr: 340R**

Length: 95 cm  
Width: 99 cm  
Height: 162 cm

Weight: 213 kg  
Weight Plate: 100 kg



Leg Curl Seated  
**Art.nr: 341**

Length: 100 cm  
Width: 136 cm  
Height: 148 cm

Weight: 163,5 kg  
Weight Plate: 80 kg



Leg Curl Lying  
**Art.nr: 342**

Length: 170 cm  
Width: 97 cm  
Height: 149 cm

Weight: 173,5 kg  
Weight Plate: 80 kg





Leg Curl Lying, Rehab  
**Art.nr: 342R**

Length: 170 cm  
Width: 97 cm  
Height: 149 cm

Weight: 182,5 kg  
Weight Plate: 80 kg



Leg Press, Seated  
**Art.nr: 343**

Length: 221 cm  
Width: 116 cm  
Height: 162 cm

Weight: 316 kg  
Weight Plate: 150 kg



Calf Press, Seated  
**Art.nr: 345**

Length: 120 cm  
Width: 60 cm  
Height: 140 cm

Weight: 203 kg  
Weight Plate: 120 kg



Biceps Curl  
**Art.nr: 350**

Length: 100 cm  
Width: 95 cm  
Height: 153 cm

Weight: 153 kg  
Weight Plate: 60 kg



Triceps Extension  
**Art.nr: 351**

Length: 130 cm  
Width: 60 cm  
Height: 140 cm

Weight: 182 kg  
Weight Plate: 100 kg



Dips press/Shoulder Pull  
**Art.nr: 354**

Length: 174 cm  
Width: 85 cm  
Height: 136 cm

Weight: 235 kg  
Weight Plate: 100 kg



Calf Press, Standing  
**Art.nr: 347**

Length: 130 cm  
Width: 60 cm  
Height: 180 cm

Weight: 247 kg  
Weight Plate: 150 kg



Calf Press, 45 Degree  
**Art.nr: 348**

Length: 150 cm  
Width: 86 cm  
Height: 146 cm

Weight: 255 kg  
Weight Plate: 150 kg



Leg Extension/Leg Curl  
**Art.nr: 349**

Length: 115 cm  
Width: 99 cm  
Height: 163 cm

Weight: 224 kg  
Weight Plate: 100 kg



Biceps/Triceps  
**Art.nr: 355**

Length: 129 cm  
Width: 84 cm  
Height: 149 cm

Weight: 170 kg  
Weight Plate: 60 kg



Forearm, 3 exercises  
**Art.nr: 356**

Length: 61 cm  
Width: 75 cm  
Height: 136 cm

Weight: 147,5 kg  
Weight Plate: 80 kg



Forearm Curl  
**Art.nr: 357**

Length: 93 cm  
Width: 78 cm  
Height: 103 cm

Weight: 152 kg  
Weight Plate: 80 kg



Gluteus, One Leg kick  
**Art.nr: 360**

Length: 86 cm  
Width: 75 cm  
Height: 136 cm

Weight: 187 kg  
Weight Plate: 100 kg



Lumbar/Abdominal  
**Art.nr: 365A**

Length: 100 cm  
Width: 90 cm  
Height: 160 cm

Weight: 225 kg  
Weight Plate: 100 kg



Lumbar/Abdominal  
**Art.nr: 365B**

Length: 100 cm  
Width: 90 cm  
Height: 160 cm

Weight: 230 kg  
Weight Plate: 100 kg



Multihip  
**Art.nr: 369**

Length: 115 cm  
Width: 110 cm  
Height: 160 cm

Weight: 177 kg  
Weight Plate: 80 kg



Standing Gluteus Abductor  
**Art.nr: 362**

Length: 110 cm  
Width: 65 cm  
Height: 142 cm

Weight: 200 kg  
Weight Plate: 100 kg



Abdominal, Seated  
**Art.nr: 370**

Length: 170 cm  
Width: 101 cm  
Height: 104 cm

Weight: 176 kg  
Weight Plate: 60 kg



Waist Rotation  
**Art.nr: 375**

Length: 120 cm  
Width: 75 cm  
Height: 139 cm

Weight: 155 kg  
Weight Plate: 60 kg



Abdominal, Kneestanding  
**Art.nr: 376**

Length: 95 cm  
Width: 65 cm  
Height: 125 cm

Weight: 146,5 kg  
Weight Plate: 60 kg



Adductor/Abductor  
**Art.nr: 364**

Length: 130 cm  
Width: 86 cm  
Height: 137 cm

Weight: 192 kg  
Weight Plate: 80 kg



# 900 -series:

## Circuit training machines

Gymleco has the best commercial circuit training equipment for fitness centers, corporate offices and rehab centers. Gymleco has developed and designed the circuit training series with ten double acting hydraulic machines so you can train your full body quickly and efficiently while having fun.

The load is easily adjustable between six levels of resistance. Whether you just want to supplement your gym with a variety of machines or are intended to build an exclusive circuit training gym - Gymleco has the best equipment for you. Read more about each product on our website: [www.gymleco.com](http://www.gymleco.com)



Pulldown/shoulderpress  
**Art.nr: 911**

Length: 113 cm  
Width: 69 cm  
Height: 115 cm  
Weight: 45 kg



Chest press and back  
**Art.nr: 921**

Length: 94 cm  
Width: 57 cm  
Height: 104 cm  
Weight: 43 kg



Pec Dec/Shoulders  
**Art.nr: 935**

Length: 94 cm  
Width: 146 cm  
Height: 104 cm  
Weight: 50 kg



Hacksquat  
**Art.nr: 944**

Length: 173 cm  
Width: 86 cm  
Height: 107 cm  
Weight: 67 kg



Leg extension/legcurl  
**Art.nr: 949**

Length: 105 cm  
Width: 77 cm  
Height: 117 cm  
Weight: 63 kg



Shoulder Pull/Dips  
**Art.nr: 954**

Length: 113 cm  
Width: 69 cm  
Height: 115 cm  
Weight: 45 kg



Biceps / Triceps  
**Art.nr: 955**

Length: 101 cm  
Width: 76 cm  
Height: 124 cm  
Weight: 45 kg



Adductor/Abductor  
**Art.nr: 964**

Length: 133 cm  
Width: 71 cm  
Height: 113 cm  
Weight: 56 kg



Lumbar/Abdominal  
**Art.nr: 965**

Length: 101 cm  
Width: 83 cm  
Height: 134 cm  
Weight: 46 kg



Waist Trainer  
**Art.nr: 975**

Length: 89 cm  
Width: 66 cm  
Height: 104 cm  
Weight: 38 kg

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