

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



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

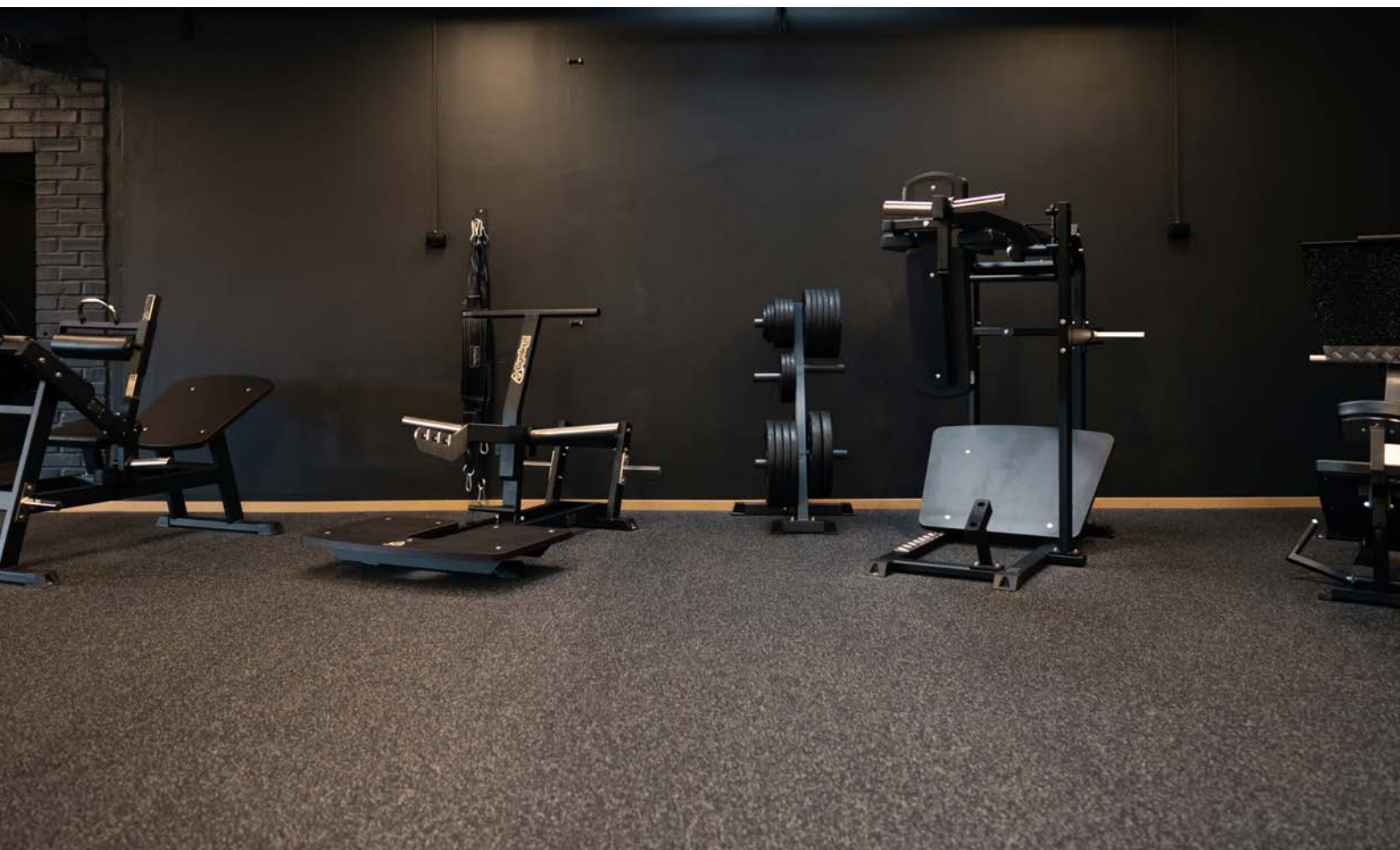
Weight: 136 kg



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

