

# 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