

# 356 Gymleco Forearm

300 series, Selectorized machines



In this forearm machine you can exercise several different exercises to train all the muscles in the forearm.

You can train forearm presses by squeezing the handles together. You exercise the flexural strength of the forearms by rotating the lightweight tube in different directions.

- Standard frame color: Black
- Standard cushion color: Black / Red
- Easy to set
- Weight block: 80 kg
- Larger weight block (optional)
- Long movement

**Lenght**

61 cm

**Width**

75 cm

**Height**

136 cm

**Weight**

147,5 kg

No maintenance needs.

**Gymleco®**