

255 Gymleco Biceps Curl/ Triceps Extension

200 series Cable and Smith machines



Biceps Curl/Triceps Extension is a combi exercise machine from Gymleco that effectively trains the biceps and triceps muscles. You can feel how this gym machine targets the muscles correctly and all through the movement.

The unique biceps curl/triceps extension machine has an adjustable arm/back cushion that can be set to different heights depending on if you are training biceps or triceps. When training triceps as a back support and when training biceps as an arm support. The seat has the step-free heights setting for ultimate comfort. Since there's no fixed handle, you can use your own favourite handle in the machine. A quality machine that will last you many years and save you space since it includes two different exercises.

- Low start load
- Larger weight block (optional)
- One handle is included
- Standard frame color: black
- Standard color cushion: black / red

Lenght	Width	Height	Weight	Weightplate
192 cm	60 cm	180 cm	145 kg	60 kg

No maintenance needed
Clean with gentle detergents

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