

310 Gymleco Seated Row

300 series, Selectorized machines



A flexible training machine from Gymleco that effectively trains the back muscles. Proper outward movement with individually movable arms for alternate exercise.

Ergonomically angled handles for maximum relief of the wrists. The seat cushion is infinitely adjustable. The machine is designed with Gymleco's unique individual camshafts, which provide the right load throughout the movement.

- Standard frame color: Black
- Standard cushion color: Black / Red
- Weight block: 100 kg
- Larger weight block (optional)
- Individual arms

| Lenght | Width | Height | Weight | Weight stack |
|--------|-------|--------|--------|--------------|
| 151 cm | 63 cm | 165 cm | 227 kg | 100 kg |

No maintenance needs.
Clean with gentle detergents.