

376 Gymleco Abdominal, Kneestanding

300 series, Selectorized machines



Compact and efficient machine for abdominal and waist training. Unique machine of its kind with a construction that makes it difficult to cheat.

Hold the handles, straight in the upper body while the waist works with rotating motion.

- Standard frame color: Black
- Standard cushion color: Black / Red
- Ergonomically designed
- Weight block: 60 kg
- Larger weight block (optional)
- Kneestanding

Lenght	Width	Height	Weight
95 cm	65 cm	125 cm	146,5 kg

No maintenance needs.