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FITNESS AND STRENGTH

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Product catalog

**2020**

"Our mission is to make, not only Sweden, but the world healthier and more sustainable."

**- Kari Jernvall**



# Greetings from Sweden!

Welcome to Gymleco - The biggest manufacturer of strength-training equipment in the Northern Europe. Today we have a complete line of strength-training -and exercise equipment, and are one of few in Nordics producing our products by ourselves. We want our costumers to see us as a total solution and a profitable investment. Through dialogue with costumers, we create innovative and optimum solutions.

Since 1994 Gymleco have focused on designing Swedish, unique and functional equipment with a long lifespan and without maintenance needs. At Gymleco we are truly passionate about wellness and hope that you want to join us in achieving our dream of a healthier world and a sustainable future.

**Read more about Gymleco and our products at our website:**  
**[www.gymleco.com](http://www.gymleco.com)**

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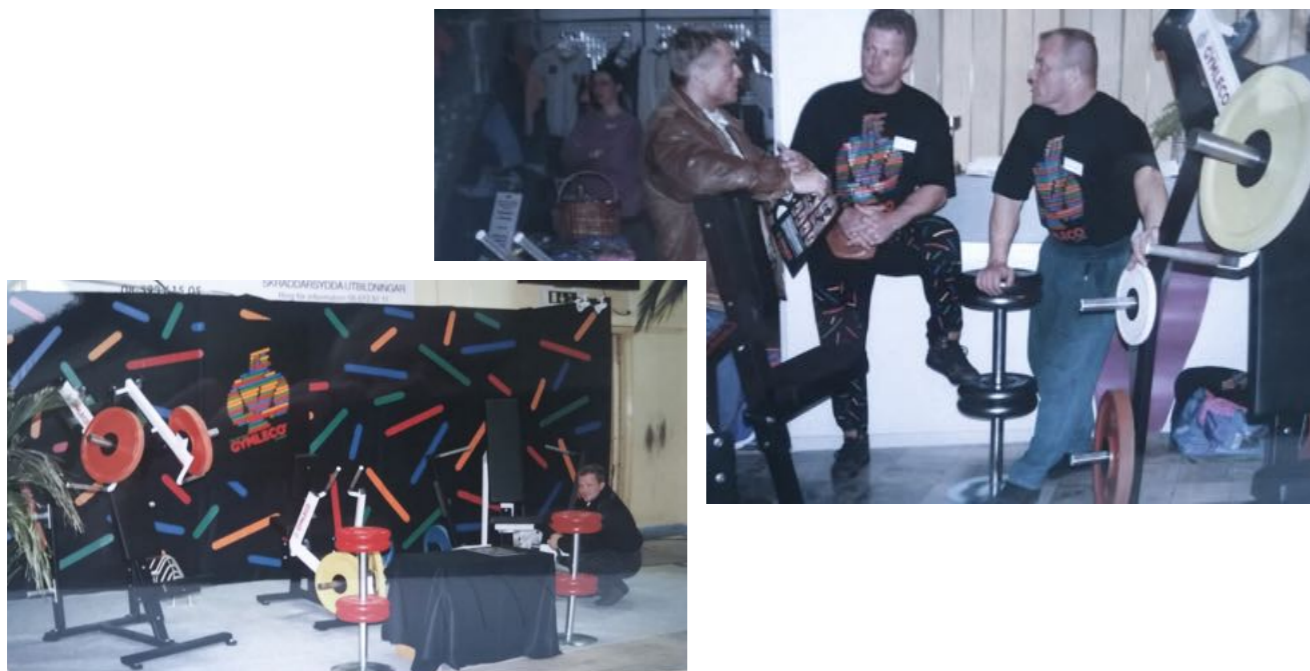


# Gymleco 1994

## Aims for a sustainable future

All started in a small kitchen, South of Stockholm, in **Sweden year 1994**. It was the idea of providing the market with affordable, functional and sustainable fitness equipment that Gymleco was started. The ambition was to develop totally maintenance free strength training equipment with high functionality and quality. The equipment would be borne by the muscle throughout the movement, without a negative impact on the joints. The goal has always been to offer sustainable equipment that our customers can have at their gyms for decades. And with the right recipe we have got there. We have customers who today have equipment left from the 90s - still going strong.

Since the start, we have focused on designing unique and functional equipment with long lifespan and without maintenance needs. We truly believe in our own sustainable design and construction, with other words: products for a sustainable future.



# Gymleco 2020

## Still going strong

**Today** we are located in the capital of Sweden, in Stockholm. Under the same roof you can find the Head Office, production, warehouse and showroom. This gives us the opportunity to work customer-focused, have a good communication and give good and, above all, prompt service to you.

Gymleco offer products with Swedish design and high quality. Discrete self-manufactured details, durable and well thought-out.

With our own manufacturing we can shorten the delivery time, and it also provides an opportunity for you as a customer to order custom-made and customized solutions that are not in the normal range.



Gymleco is family owned and we strive every day closer to our vision of a healthier and sustainable future. We stand behind the product development and create our Swedish equipment with proper function and movement combined with ease of use.

Everyone should be able to workout right with Gymleco's exercise equipment. That is why our products are designed so that the movements are properly to help you get more out of your workout whether you are a beginner or an athlete. The machines are easy to understand and use for anyone.



# Smart design: building a sustainable future with sustainable equipment

1. Stable designs with genuine Swedish quality. Every machine is designed and manufactured by ourselves with decades of experience. Our equipment has a good looking and clean design.

2. Every machine from our 300-series comes with an easy to read instructions board in English / Swedish / Finnish. Our instruction board is indestructible, unlike those made of plastic or stickers, which are destroyed very fast. Our instruction board is made of aluminium with pictures that shows start and stop position and stretch suggestion, and describes with text and pictures which muscles that are being exercised and connected.

3. Probably the best looking weight stacks on the market and the most functional with low weight interval. The chromed weight stacks with distinctly laser marked and black colored kilo number that are laser marked in rising succession. The chromed treatment and the laser marked kg number will look as good after ten or twenty years. Special bump absorbing discs are lying between each weight plate to allow shock absorbent and a more quiet and softer exercise. In the bottom of the weight stack, there's two shock absorbing springs.

4. No more trouble with wires! The system in our equipment is called Poweband™. This belt has many advantages compared to wire constructions, such as: low friction, softer and more comfortable training, the life is much longer, keeps clean, won't break without warning, enables better, smoother and more good looking construction. The belt is always stretched and won't draw out on the length, won't jump out of it's path and doesn't entangle itself as wires do.

5. Our unique patent applied for belt tensioner together with correctly designed wheels will guarantee optimal function and endlessly long life for all details. The wheels of the belt has double bearings that won't need any maintenance. Furthermore, the design of the wheels automatically ensures that the belt (PowerBand™) is centralized.

6. With our cam shaft the weight load changes after the body's own strength curve. Due to that, the muscle perceive the weight as equally heavy throughout the entire motion. The old systems with a cam segment don't give good function but still, new machines with this obsolete system are being constructed. Each camarm's length is specially adapted to every machine. (Biomechanics = the muscle's changed strength during the entire motion.)

7. The weight stack bars are solid and treated to allow minimal friction and in order to demand little maintenance. The bars won't bend.

8. Rubber covered handles with a good looking knob in the end. Antiseptic rubber with very high firmness and with 10 years guarantee.

9. Gymleco's steel profiles and welding joints have our lifetime guarantee. That's why we can guarantee that the firmness in the exercise equipment is the best.

10. Ergonomic and comfortable. The cushions are of the highest quality and come in two kind of colors: black and red. Furthermore, the cushion is designed and constructed to provide full stability.

11. The cushion cover can be delivered with your logo choice.

12. We use flange bearings on our equipment which provide maintenance free operation and come with a lifetime guarantee. These bearings provide the least friction and highest firmness.

13. We prioritize quality and finish on every machine.

14. Color choice can be customized on any piece for a custom appearance. Our standard frame color is black but we have a few different color options that allow you to provide the gym experience you desire. At Gymleco we use environmentally friendly products and steam wash.

15. The stack covers have an aesthetically pleasing design that adds to the overall finish while also providing protection. The stack covers are also available in a short version that covers the height of the weight stack.

No more trouble with cables! We work with PowerBand which are softer, lower friction and won't break without warning.

All of our machines have an easy to read instruction board.

We prioritize high quality and finish in every detail.

Cushion cover can be ordered

Equipment bearings are maintenance free.

The best looking weight stacks on the market also provide easy selection of low weight intervals.

Our cushions are of the highest quality and designed to be ergonomic and comfortable.

Our patent applied for belt tensioner combined with strategically designed wheels guarantees optimal function and performance of all components.

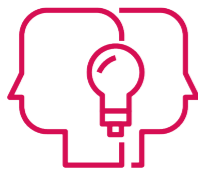
Stable designs made by ourselves. Every machine is designed in Sweden and manufactured by ourselves.





# Assistance at Gymleco

You can certainly fix everything yourself, but you don't need to. At Gymleco, we help you with everything from planning to installation. When you are thinking about choosing your gym equipment, you will receive advice and help from our specialists. Together, you review your needs and wishes to find a solution that fits.



## Ideas and planning

Our staff can help you with planning, designing, floor plans for both small and large gyms. We help you find smart and sustainable solutions that strengthen your business.



## Delivery

We offer fast delivery home or to your company. We deliver worldwide. Together with you we plan the delivery so that it suits you.



## Assembly and installation

We can help you with the installation of your gym equipment. Before installation, we will find out all the conditions and when it is time we come and put everything together and in place according to your wishes.

# Warranty

## Warranty - ISO-9001

Gymleco's unique warranty ensures that your training equipment always works. We can confidently guarantee that our equipment is designed and manufactured with the goal of high performance combined with maintenance free operation. In order to maintain a top tier performance, Gymleco follows the ISO-9001 insurance system.

We offer a unique warranty that clearly defines coverage for various equipment parts. All of our spare parts are kept readily available for quick delivery. A lifetime warranty is provided on all steel frames and weldings, large bearings, weight stack, engraving, shock absorbing discs in weight stack, weight stack bars, bar hangers and cam shaft. The lifetime guarantee includes fabrication and material errors.

A 10 year warranty is provided on Powerband (only 300-Series), the band stretching system, bearings and band wheels, the seat adjustment system, all setting possibilities, and the rubber handles. Guarantee is also provided on fabrication and material errors.

One year warranty on pads and one year warranty on the Powerband (200-Series)

## ISO-9001 Quality Insurance System

At Gymleco we work in accordance with the ISO Quality Insurance System in order to maintain control and improve all production simultaneously as changes are implemented. This coordination allows the manufacturing process to be much more efficient and delivers a better product to customers.

The goals under ISO-9001 are as follows: superior quality, accurate delivery, best price, quick production and service. All Gymleco products are produced in-house which allows us to maintain the production and quality.

We take pride in all of our products as we strive to provide the finest gym equipment on the market.



# Plate loaded machines

Gymleco's plate loaded machines are maintenance free, need little space and have excellent functionality. The individual levers allow, according to extensive studies, the safest and most efficient training.

The Plate loaded machines also work incredibly well with rehabilitation. The levers are individually linked which results in better coordination between the right and left side which quickly increases muscle balance. Therefore, training is more efficient than with other exercise equipment. These also have a very low starting weight so that weights can be added in small increments if desired. The machines are designed to be easily adjustable for all types of trainers.

All the machines have black frame as standard color and black or red cushions.

**Read more about each product on our website: [www.gymleco.com](http://www.gymleco.com)**



Seated Row  
**Art.nr: 010**

Length: 150 cm  
Width: 75 cm  
Height: 115 cm

Weight: 68,5 kg



Iso Lateral Pulldown  
**Art.nr: 011**

Length: 156 cm  
Width: 104 cm  
Height: 199 cm

Weight: 136 kg



Iso Lateral Low Row  
**Art.nr: 012**

Length: 120 cm  
Width: 112 cm  
Height: 174 cm

Weight: 112 kg



Iso Lateral High Row  
**Art.nr: 013**

Length: 160 cm  
Width: 110 cm  
Height: 198 cm

Weight: 152 kg



Lateral Incline Press  
**Art.nr: 020**

Length: 110 cm  
Width: 113 cm  
Height: 177 cm

Weight: 115 kg



Lateral Wide Chest  
**Art.nr: 021**

Length: 180 cm  
Width: 104 cm  
Height: 137 cm

Weight: 101 kg





Iso Lateral Bench Press  
**Art.nr: 022**

Length: 163 cm  
Width: 133 cm  
Height: 114 cm

Weight: 92,5 kg



Pec Deck, Individual arms  
**Art.nr: 023**

Length: 155 cm  
Width: 164 cm  
Height: 93 cm

Weight: 100 kg



Chest Press, Standing  
**Art.nr: 028**

Length: 152 cm  
Width: 100 cm  
Height: 163 cm

Weight: 135 kg



Leg Extension  
**Art.nr: 040**

Length: 92 cm  
Width: 120 cm  
Height: 130 cm

Weight: 93 kg



Leg Curl Seated  
**Art.nr: 041**

Length: 125 cm  
Width: 100 cm  
Height: 110 cm

Weight: 95,5 kg



Iso Lateral Leg Curl Standing  
**Art.nr: 042**

Length: 96 cm  
Width: 117 cm  
Height: 123 cm

Weight: 83,5 kg



Iso Lateral Shoulder Press  
**Art.nr: 030**

Length: 130 cm  
Width: 114 cm  
Height: 149 cm

Weight: 111 kg



Iso Lateral Shoulder Rotation  
**Art.nr: 031**

Length: 105 cm  
Width: 114 cm  
Height: 135 cm

Weight: 95,5 kg



Iso Lateral Upright Row  
**Art.nr: 032**

Length: 120 cm  
Width: 140 cm  
Height: 94 cm

Weight: 79,2 kg



Leg Press  
**Art.nr: 043**

Length: 226 cm  
Width: 78 cm  
Height: 180 cm

Weight: 130 kg



Squat / Hack Squat  
**Art.nr: 044**

Length: 177 cm  
Width: 85 cm  
Height: 156 cm

Weight: 115 kg



Donkey Raise  
**Art.nr: 046**

Length: 146 cm  
Width: 65 cm  
Height: 156 cm

Weight: 80,5 kg





Tibia Dorsi Flexion  
**Art.nr: 047**

Length: 102 cm  
Width: 60 cm  
Height: 51 cm

Weight: 35,5 kg



Iso Lateral Biceps  
**Art.nr: 050**

Length: 104 cm  
Width: 120 cm  
Height: 103 cm

Weight: 91 kg



Iso Lateral Triceps  
**Art.nr: 051**

Length: 124 cm  
Width: 102 cm  
Height: 136 cm

Weight: 96 kg



Reverse Hyper Pendulum  
**Art.nr: 062**

Length: 137 cm  
Width: 133,5 cm  
Height: 111 cm

Weight: 100 kg



Hip Thrust  
**Art.nr: 066**

Length: 160 cm  
Width: 96 cm  
Height: 124 cm

Weight: 109 kg



Abdominal Seated  
**Art.nr: 070**

Length: 83 cm  
Width: 114 cm  
Height: 168 cm

Weight: 72 kg



Dip Press  
**Art.nr: 055**

Length: 190 cm  
Width: 70 cm  
Height: 90 cm

Weight: 84 kg



Lateral Gluteus Rotation  
**Art.nr: 060**

Length: 126 cm  
Width: 119 cm  
Height: 133 cm

Weight: 112,5 kg



Reverse Hyper  
**Art.nr: 061**

Length: 116 cm  
Width: 140 cm  
Height: 144 cm

Weight: 87,5 kg



Ab Roll up  
**Art.nr: 072**

Length: 100 cm  
Width: 96 cm  
Height: 140 cm

Weight: 72,5 kg



Belt Squat Machine  
**Art.nr: 082**

Length: 170 cm  
Width: 100 cm  
Height: 115 cm

Weight: 100 kg



Deadlift / Squat machine  
**Art.nr: 083**

Length: 140 cm  
Width: 130 cm  
Height: 82 cm

Weight: 96 kg  
Start weight: 23 kg

# Basic equipment

The 100-series consists of user-friendly exercise equipment that suits a wide range of customers ranging from commercial gyms to individuals and home gyms. As always the equipment is constructed to commercial specifications that have been tested and proven for 25 years.

At Gymleco we are always implementing user friendly designs. All equipment have black frame 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



Chins Rack with wall hold  
**Art.nr: 110V**

Length: 145 cm  
Width: 61,5 cm  
Height: 42 cm

Weight: 9,5 kg



Chins Rack Detached  
**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 with foot support  
**Art.nr: 120**

Length: 125 cm  
Width: 150 cm  
Height: 124 cm

Weight: 61 kg



Bench Press Stand with Fixed bar supports  
**Art.nr: 122F**

Length: 123 cm  
Width: 123 cm  
Height: 124 cm

Weight: 53 kg



Bench Press Stand with Adjustable bar supports  
**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 Raise: Seated  
**Art.nr: 145**

Length: 140 cm  
Width: 60 cm  
Height: 85 cm

Weight: 54,5 kg



Calf Block  
**Art.nr: 146**

Length: 51 cm  
Width: 31 cm  
Height: 13 cm

Weight: 5 kg



Bench Press with Safety Bars  
**Art.nr: 122RS**

Length: 125 cm  
Width: 124 cm  
Height: 104 cm

Weight: 46 kg



Glute Ham Rise  
**Art.nr: 141**

Length: 110 cm  
Width: 60 cm  
Height: 90 cm

Weight: 51 kg



Bench Press and Squat Stand  
**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



Belly Back 45 degrees  
**Art.nr: 162F45**

Length: 102 cm  
Width: 60 cm  
Height: 117 cm

Weight: 38 kg



Belly Back 90 degrees  
**Art.nr: 162F90**

Length: 102 cm  
Width: 60 cm  
Height: 104 cm

Weight: 36,5 kg



Belly Back 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



Belly Back 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





Leg Rise (abs training)  
**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  
**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



Leg Rise with Chins  
**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

# Cable motion machines

The 200-series consists of modern equipment which is engineered to provide optimal function and designed to save space with a compact design. All of our pulleys are designed for a smooth user experience which provide less resistance and better feeling.

The band (Powerband™) we use on our pulleys, lifts with the band wheels which centralizes the band to allow a comfortable smooth run. When using our band you will have a better workout experience because our band provides an even run compared to other cable machines. All of our machines are designed to be modern and reliable with innovative details. If desired all of our machines can be ordered with weight stacks customized for the users needs.

All the machines have black frame as standard color and black or red cushions.

**Read more about each product on our website: [www.gymleco.com](http://www.gymleco.com)**



Row Seated  
**Art.nr: 210**

Length: 100 cm  
Width: 55 cm  
Height: 227 cm

Weight: 178,5 kg  
Weight Plate: 100 kg



Lateral Pulldown  
**Art.nr: 211**

Length: 124 cm  
Width: 52 cm  
Height: 227,5 cm

Weight: 168,5 kg  
Weight Plate: 100 kg



Lateral Pulldown Rehab  
**Art.nr: 211R**

Length: 124 cm  
Width: 52 cm  
Height: 227,5 cm

Weight: 168,5 kg  
Weight Plate: 100 kg



Lateral Pulldown position



Lateral Pulldown/Seated Row Combination  
**Art.nr: 214**

Length: 112 cm  
Width: 132 - 213 cm  
Height: 225 cm

Weight: 168,5kg  
Weight Plate: 100 kg

Row position



Four Station  
**Art.nr: 215**

Length: 323 cm  
Width: 58 cm  
Height: 243 cm  
Cable Cross: 60 kg  
Row: 100 kg  
Pulldown: 100 kg  
Triceps: 60 kg

Weight N.W: 545 kg





4 Station With Cable Cross / Multigym  
**Art.nr: 215K**

Length: 410 cm  
Width: 323 cm  
Height: 243 cm

Weight N.W: 682 kg

*Cable Cross: 60 kg x 2*  
*Row: 100 kg*  
*Pulldown: 100 kg*  
*Triceps: 60 kg*



8 Station With Cable Cross / Multigym  
**Art.nr: 215DK**

Length: 410 cm  
Width: 323 cm  
Height: 243 cm

Weight N.W: 1227 kg

*Cable Cross: 60 kg x2*  
*Row: 100 kg x2*  
*Pulldown: 100 kg x2*  
*Triceps: 60 kg x2*



Cable Cross / Multigym  
**Art.nr: 225**

Length: 308 cm  
Width: 58 cm  
Height: 225 cm

Weight: 258 kg  
Weight Plate: 60 kg x 2



Half of a Cable Cross  
**Art.nr: 225B**

Length: 48 cm  
Width: 58 cm  
Height: 225 cm

Weight: 122 kg  
Weight Plate: 60 kg



Dual Adjustable Pulley  
**Art.nr: 226**

Length: 151 cm  
Width: 77 cm  
Height: 228 cm

Weight: 279 kg  
Weight Plate: 80 kg x 2

**Thank you for  
choosing Gymleco!**

All Gymleco equipment are designed and made by ourselves. We are proud over our Swedish design and quality. Every equipment are carefully thought out and made by experience, to fit everyone.

**Standard cushion color: black/red**  
**Standard frame color: black**

Visit our website  
[www.gymleco.com](http://www.gymleco.com) to read detailed information about our products.



Lateral Triceps Pushdown  
**Art.nr: 251**

Length: 110 cm  
Width: 70 cm  
Height: 223 cm

Weight: 126,5 kg  
Weight Plate: 60 kg



Lateral Biceps/Triceps  
**Art.nr: 255**

Length: 192 cm  
Width: 60 cm  
Height: 180 cm

Weight: 145 kg  
Weight Plate: 60 kg



Smith Machine  
**Art.nr: 280**

Length: 207 cm  
Width: 90 cm  
Height: 208 cm

Weight: 113 kg



Leg Press  
**Art.nr: 243**

Length: 218 cm  
Width: 78 cm  
Height: 142 cm

Weight: 161,5 kg



Hack Squat  
**Art.nr: 244**

Length: 195 cm  
Width: 80 cm  
Height: 145 cm

Weight: 137,5 kg



Leg Press/Hack Squat  
Combination  
**Art.nr: 245**

Length: 230 cm  
Width: 81 cm  
Height: 145 cm



Smith Machine with Counterweight  
**Art.nr: 281**

Length: 207 cm  
Width: 90 cm  
Height: 208 cm

Weight: 115 kg



Multi Smith Machine  
**Art.nr: 285**

Length: 207 cm  
Width: 149 cm  
Height: 220 cm

Weight: 145 kg

For more detailed information about our products, please visit our official website. For price information or a bigger offer request - contact the Gymleco head office or our chosen distributor in your country.

**www.gymleco.com**  
**@gymleco**



# SelectORIZED equipment

The 300-series consists of training equipment designed specifically for those who want the absolute best. All Gymleco equipment is of timeless design and each piece is engineered for reliable performance.

At Gymleco our top priority is function, for example our unique details such as the cam arm or band that transfers weight. All Gymleco equipment is easy to maintain with a few simple adjustments, that are easy to access with no disassembly. Some of our 300 series -machines have an R after the art. number, which means that the start angle is adjustable for rehabilitation uses. The 300 Series machines are constructed to the highest quality and built to withstand years of intense use. The weight stack stands are low to provide a more open and free design, and the instruction board is clearly labeled.

All the machines have black as standard frame color and black or red cushions.  
**Read more about each product on our website: [www.gymleco.com](http://www.gymleco.com)**



Seated Row  
**Art.nr: 310**

Length: 120 cm  
 Width: 60 cm  
 Height: 162 cm

Weight: 227 kg  
 Weight Plate: 100 kg



Lateral Pulldown  
**Art.nr: 311**

Length: 126 cm  
 Width: 95 cm  
 Height: 186 cm

Weight: 211 kg  
 Weight Plate: 100 kg



Iso Lateral Low Row  
**Art.nr: 312**

Length: 121 cm  
 Width: 81 cm  
 Height: 166 cm

Weight: 206 kg  
 Weight Plate: 100 kg



Power Station  
 (chins and dips)  
**Art.nr: 314**

Length: 126 cm  
 Width: 120 cm  
 Height: 200 cm

Weight: 226 kg  
 Weight Plate: 100 kg



Incline Chest Press  
**Art.nr: 320**

Length: 156 cm  
 Width: 122 cm  
 Height: 173 cm

Weight: 218 kg  
 Weight Plate: 100 kg



Chest Press Seated  
**Art.nr: 321**

Length: 139 cm  
 Width: 137 cm  
 Height: 149 cm

Weight: 224 kg  
 Weight Plate: 100 kg



Iso Lateral Pec Deck  
**Art.nr: 323**

Length: 146 cm  
Width: 171 cm  
Height: 150 cm

Weight: 198,5 kg  
Weight Plate: 100 kg



Pullover with handles  
**Art.nr: 324**

Length: 143 cm  
Width: 89 cm  
Height: 172 cm

Weight: 190 kg  
Weight Plate: 100 kg



Shoulder Press Seated  
**Art.nr: 330**

Length: 155 cm  
Width: 125 cm  
Height: 165 cm

Weight: 234 kg  
Weight Plate: 100 kg



Leg Extension  
**Art.nr: 340**

Length: 95 cm  
Width: 99 cm  
Height: 162 cm

Weight: 202 kg  
Weight Plate: 100 kg



Leg Extension Rehab  
**Art.nr: 340R**

Length: 95 cm  
Width: 99 cm  
Height: 162 cm

Weight: 213 kg  
Weight Plate: 100 kg



Leg Curl Seated  
**Art.nr: 341**

Length: 100 cm  
Width: 136 cm  
Height: 148 cm

Weight: 163,5 kg  
Weight Plate: 80 kg



Shoulder Rotation Seated  
**Art.nr: 331**

Length: 87 cm  
Width: 75 cm  
Height: 135 cm

Weight: 168 kg  
Weight Plate: 80 kg



Rear Deltoid Shoulder  
**Art.nr: 333**

Length: 147 cm  
Width: 70 - 174 cm  
Height: 149 cm

Weight: 224 kg  
Weight Plate: 100 kg



Pec Deck Combination  
**Art.nr: 335**

Length: 147 cm  
Width: 70 - 174 cm  
Height: 149 cm

Weight: 224 kg  
Weight Plate: 100 kg



Lying Leg Curl  
**Art.nr: 342**

Length: 170 cm  
Width: 97 cm  
Height: 149 cm

Weight: 173,5 kg  
Weight Plate: 80 kg



Lying Leg Curl Rehab  
**Art.nr: 342R**

Length: 170 cm  
Width: 97 cm  
Height: 149 cm

Weight: 182,5 kg  
Weight Plate: 80 kg



Leg Press Adjustable  
**Art.nr: 343**

Length: 221 cm  
Width: 116 cm  
Height: 162 cm

Weight: 316 kg  
Weight Plate: 150 kg





Seated Calf Raises  
**Art.nr: 345**

Length: 120 cm  
Width: 60 cm  
Height: 140 cm

Weight: 203 kg  
Weight Plate: 120 kg



Calf Raise Standing  
**Art.nr: 347**

Length: 130 cm  
Width: 60 cm  
Height: 180 cm

Weight: 247 kg  
Weight Plate: 150 kg



Calf Raise 45 Degree  
**Art.nr: 348**

Length: 150 cm  
Width: 86 cm  
Height: 146 cm

Weight: 255 kg  
Weight Plate: 150 kg



Dips press/Shoulder Pull  
Combination  
**Art.nr: 354**

Length: 174 cm  
Width: 85 cm  
Height: 136 cm

Weight: 235 kg  
Weight Plate: 100 kg



Biceps/Triceps Combination  
**Art.nr: 355**

Length: 129 cm  
Width: 84 cm  
Height: 149 cm

Weight: 170 kg  
Weight Plate: 60 kg



Forearm Machine  
**Art.nr: 356**

Length: 61 cm  
Width: 75 cm  
Height: 136 cm

Weight: 147,5 kg  
Weight Plate: 80 kg



Leg Extension/Leg Curl  
Combination  
**Art.nr: 349**

Length: 115 cm  
Width: 99 cm  
Height: 163 cm

Weight: 224 kg  
Weight Plate: 100 kg



Biceps Machine  
**Art.nr: 350**

Length: 100 cm  
Width: 95 cm  
Height: 153 cm

Weight: 153 kg  
Weight Plate: 60 kg



Triceps Machine  
**Art.nr: 351**

Length: 130 cm  
Width: 60 cm  
Height: 140 cm

Weight: 182 kg  
Weight Plate: 100 kg



Forearm Curl  
**Art.nr: 357**

Length: 93 cm  
Width: 78 cm  
Height: 103 cm

Weight: 152 kg  
Weight Plate: 80 kg



Gluteus Machine  
**Art.nr: 360**

Length: 86 cm  
Width: 75 cm  
Height: 136 cm

Weight: 187 kg  
Weight Plate: 100 kg



Adductor/Abductor  
**Art.nr: 364**

Length: 130 cm  
Width: 86 cm  
Height: 137 cm

Weight: 192 kg  
Weight Plate: 80 kg



Lumbar/Abdominal  
Combination  
**Art.nr: 365A**

Length: 100 cm  
Width: 90 cm  
Height: 160 cm

Weight: 225 kg  
Weight Plate: 100 kg



Lumbar/Abdominal  
Combination  
**Art.nr: 365B**

Length: 100 cm  
Width: 90 cm  
Height: 160 cm

Weight: 230 kg  
Weight Plate: 100 kg



Multihip  
**Art.nr: 369**

Length: 115 cm  
Width: 110 cm  
Height: 160 cm

Weight: 177 kg  
Weight Plate: 60 kg



Abductor Standing  
**Art.nr: 362**

Length: 110 cm  
Width: 65 cm  
Height: 142 cm

Weight: 200 kg  
Weight Plate: 100 kg



Abdominal Seated  
**Art.nr: 370**

Length: 170 cm  
Width: 101 cm  
Height: 104 cm

Weight: 176 kg  
Weight Plate: 60 kg



Waist Trainer Seated  
**Art.nr: 375**

Length: 120 cm  
Width: 75 cm  
Height: 139 cm

Weight: 155 kg  
Weight Plate: 60 kg



Waist Trainer Kneestanding  
**Art.nr: 376**

Length: 95 cm  
Width: 65 cm  
Height: 125 cm

Weight: 146,5 kg  
Weight Plate: 60 kg



Wide Chest Standing  
**Art.nr: 326**

Length: 112 cm  
Width: 135 cm  
Height: 177 cm

Weight: 200 kg  
Weight Plate: 100 kg



Shoulder Rotation Standing  
**Art.nr: 334**

Length: 112 cm  
Width: 82 cm  
Height: 167 cm

Weight: 190 kg  
Weight Plate: 80 kg



# Circuit training

Gymleco has the best commercial circuit training equipment for fitness centers, corporate offices and rehab centers. Gymleco have developed and designed the circuit training series with ten double acting hydraulic machines so you can train your full body quickly and efficiently while having fun.

The load is easily adjustable between six levels of resistance. Whether you just want to supplement your gym with a variety of machines or are intended to build an exclusive circuit training gym - Gymleco has the best equipment for you. Read more about each product on our website: [www.gymleco.com](http://www.gymleco.com)



Leg Press  
Art.nr: 943



Waist Trainer  
Art.nr: 975

Length: 89 cm  
Width: 66 cm  
Height: 104 cm

Weight: 38 kg



Pulldown and shoulderpress  
Art.nr: 911

Length: 113 cm  
Width: 69 cm  
Height: 115 cm

Weight: 45 kg



Chest press and back  
Art.nr: 921

Length: 94 cm  
Width: 57 cm  
Height: 104 cm

Weight: 43 kg



Pec Dec/Rear Deltoid  
Shoulder  
Art.nr: 935

Length: 94 cm  
Width: 146 cm  
Height: 104 cm

Weight: 50 kg



Hacksquat  
Art.nr: 944

Length: 173 cm  
Width: 86 cm  
Height: 107 cm

Weight: 67 kg



Leg extension/legcurl  
Art.nr: 949

Length: 105 cm  
Width: 77 cm  
Height: 117 cm

Weight: 63 kg



Shoulder lift/Dips  
Art.nr: 954

Length: 113 cm  
Width: 69 cm  
Height: 115 cm

Weight: 45 kg



Biceps / Triceps  
Art.nr: 955

Length: 101 cm  
Width: 76 cm  
Height: 124 cm  
Weight: 45 kg



Adductor/Abductor  
Art.nr: 964

Length: 133 cm  
Width: 71 cm  
Height: 113 cm  
Weight: 56 kg



Lumbar/Abdominal  
Art.nr: 965

Length: 101 cm  
Width: 83 cm  
Height: 134 cm  
Weight: 46 kg

# Functional Fitness, Street Workout and Strongman

Gymleco has also equipment for other than just traditional fitness and strength equipment. Trends that have emerged in recent years are Functional Fitness, Street Workout and Strongman.

Strongman is a discipline in strength sports that focuses on functional strength. Instead of standard bumper plates and barbells, they use among other things, cars, and tires as equipment. Street Workout is a combination between gymnastics and parkour where body weight is used. Gymleco has for several years chosen to sponsor the various competitions in this area of training. All of the equipment is specifically designed and unique for the sport. The products listed in this category are used even at regular gyms.

**Read more about our products on our website: [www.gymleco.com](http://www.gymleco.com)**







### Farmers Walk with handles

**Art.nr: 666**

These Farmers Walk are durable and designed with generous space between the users feet and the weights.

Weight: 15 kg / piece



### Conan Circle w/ weight stack

**Art.nr: 665**

A classic Strongman tool where weights are used in a circulating motion.



### Viking Press

**Art.nr: 830**

Popular equipment for those who want to optimize their shoulder workout. Start weight in the handles: 21 kg

Length: 121 cm  
Width: 98 cm  
Height: 154 cm



### Bumper Plate, Slamball Rack Storage

**Art.nr: 896**

Picture shows the original racks size. You can add tiers with shelves that makes it possible to store your kettlebells, dumbbells, slamballs etc.

Length: 120 cm  
Width: 40 cm  
Height: 108 - 164 cm



### Chalk Bowl / Stand

**Art.nr: 692**

A Chalk Bowl / holder allows you to keep your magnesium in order and minimize the waste.



### Power Rack, Big

**Art.nr: 649**

Length: 82 cm (128 cm with weight holders)  
Width: 122 cm  
Height: 241 cm

- Reversible chinsbar included: D25mm + D40mm - 2pcs
- This power rack is without the weight rack part.
- The suitable weight section with 8 weight positions is available as Art649-1



### Half Rack

**Art.nr: 848**

Length: 116 cm  
Width: 164 cm (with weight holders)  
Height: 230 cm Weight: 101 kg

Security bars 500mm included



### Half Rack Double Sided

**Art.nr: 848D**

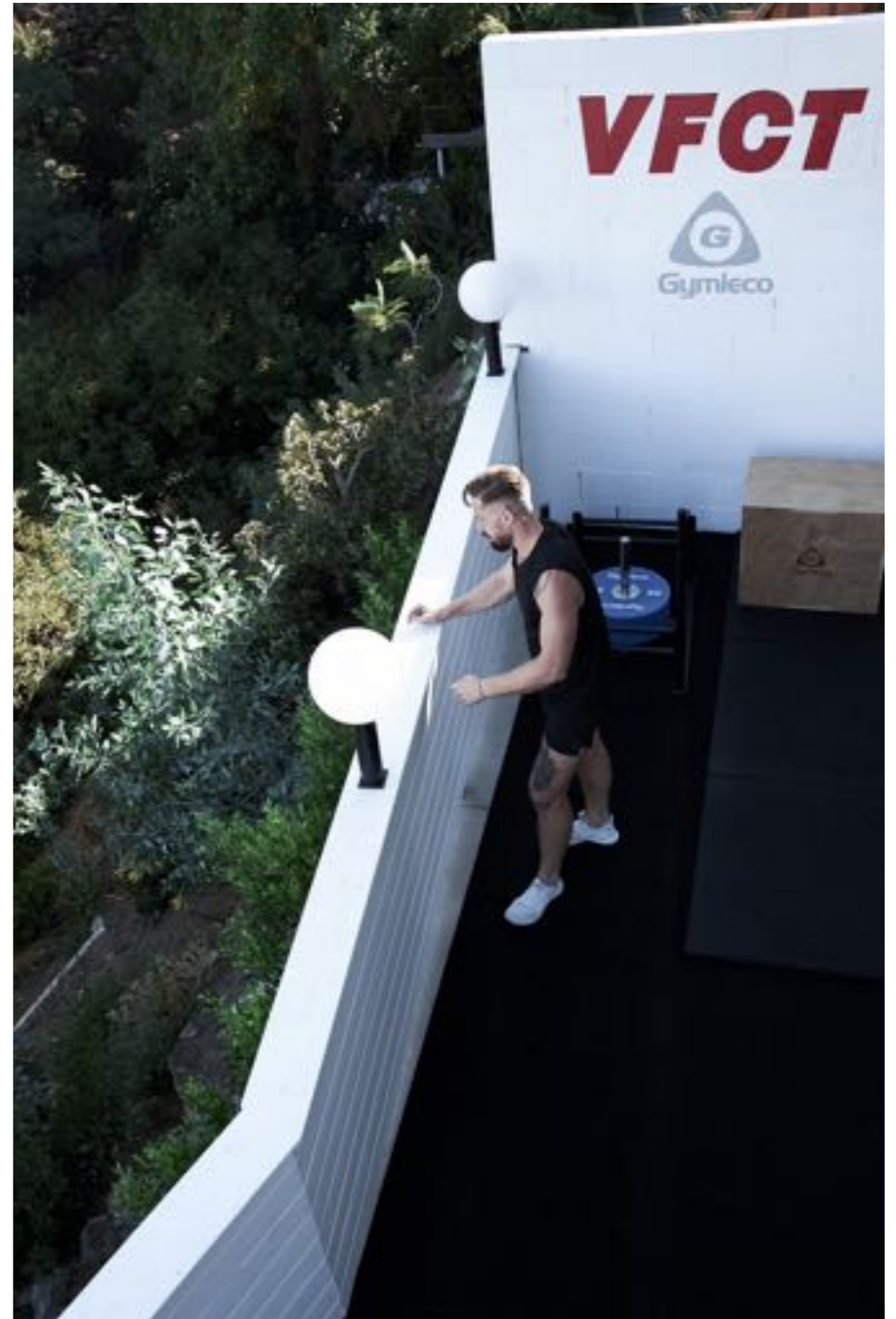
Length: 202,7 cm  
Width: 164 cm (with weight holders)  
Height: 230 cm Weight: 180 kg

Security bars 500mm included

# Customized solutions for you

We have the opportunity and are happy to develop special designed products by your wishes and requirements. Are you looking for something that you don't find in our assortment? Do you need a rack with special measures? Contact us and we will help you.

[www.gymleco.com](http://www.gymleco.com)







# Gymleco Worldwide

Gymleco has since 1994 delivered equipment to gyms around the whole world. Gymleco ship worldwide, so do not hesitate to contact us if you are interested in our equipment. Find your nearest distributor among the list of our dealers on the next page of this catalog.

[www.gymleco.com](http://www.gymleco.com)



# We are looking for new distributors!

Looking for new products to present in your market? Can you help us enter a new market and find new customers?

Our goal is to maintain constant growth with an improved presence in current markets and expansion into new ones. Should you see an opportunity for co-operation, please do not hesitate to contact us. We are looking forward to hearing from you.

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**Myo Impact**

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*www.myo-impact.fr*

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*Tel.no: +358 19 610 674*

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