

365B Gymleco Lumbar/Abdominal (with armrest)

300 series, Selectorized machines / Multimachines



Combi gym machine for effective training of the lower back and abdominal muscles. Both major muscles groups that are important to stabilize your core. This is similar to our 365A combi machine but with armrests and handles instead of a round cushion for an easy access. Even though you have two exercises in one gym machine the design is compact, so that you can place the combi machine in any gym.

On top of the starting position you can also easily change the position of the knee support. Use the pin setting and the sturdy steel handle to move the knee support back and forth. If needed you can add on weight to your weight stack to be able to offer heavier training.

- Standard frame color: Black
- Standard cushion color: Black / Red
- Ergonomically designed
- Larger weight block (optional)
- Knee support and heel support for perfect stability

Lenght	Width	Height	Weight	Weight stack
100 cm	90 cm	160 cm	230 kg	100 kg

No maintenance needs
Clean with gentle detergent