

375 Gymleco Waist Rotation

300 series, Selectorized machines



An advanced design of the machine means that no settings are needed. The armrests reduce the negative pressure on the lumbar spine and thereby remove the load from the forceps.

Anatomically correct movement to, among other things, strengthen the oblique abdominal muscles.

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

Lenght	Width	Height	Weight
120 cm	75 cm	139 cm	155 kg

No maintenance needs.