

031 Gymleco Shoulder Rotation

010 series, Plate Loaded



Gymleco's machine for shoulder workouts offers effective training with shoulder rotation. The machine allows you to work and pull evenly throughout the entire movement.

The balanced arms provides an easy start position and is advantageous in forcing the user to pull evenly throughout the movement.

This makes the workout safer and more effective. The arms also allow you to easily add to the desired load. The machine effectively exercises the central shoulder muscles.

- Standard frame color: Black
- Standard cushion color: Black or Red
- Easy to set up.
- Balanced arms
- Rubberized handles
- Individual arms
- 2 weight hangers included

Lenght	Width	Height	Weight
105 cm	114 cm	135 cm	95,5 kg

No maintenance needs.