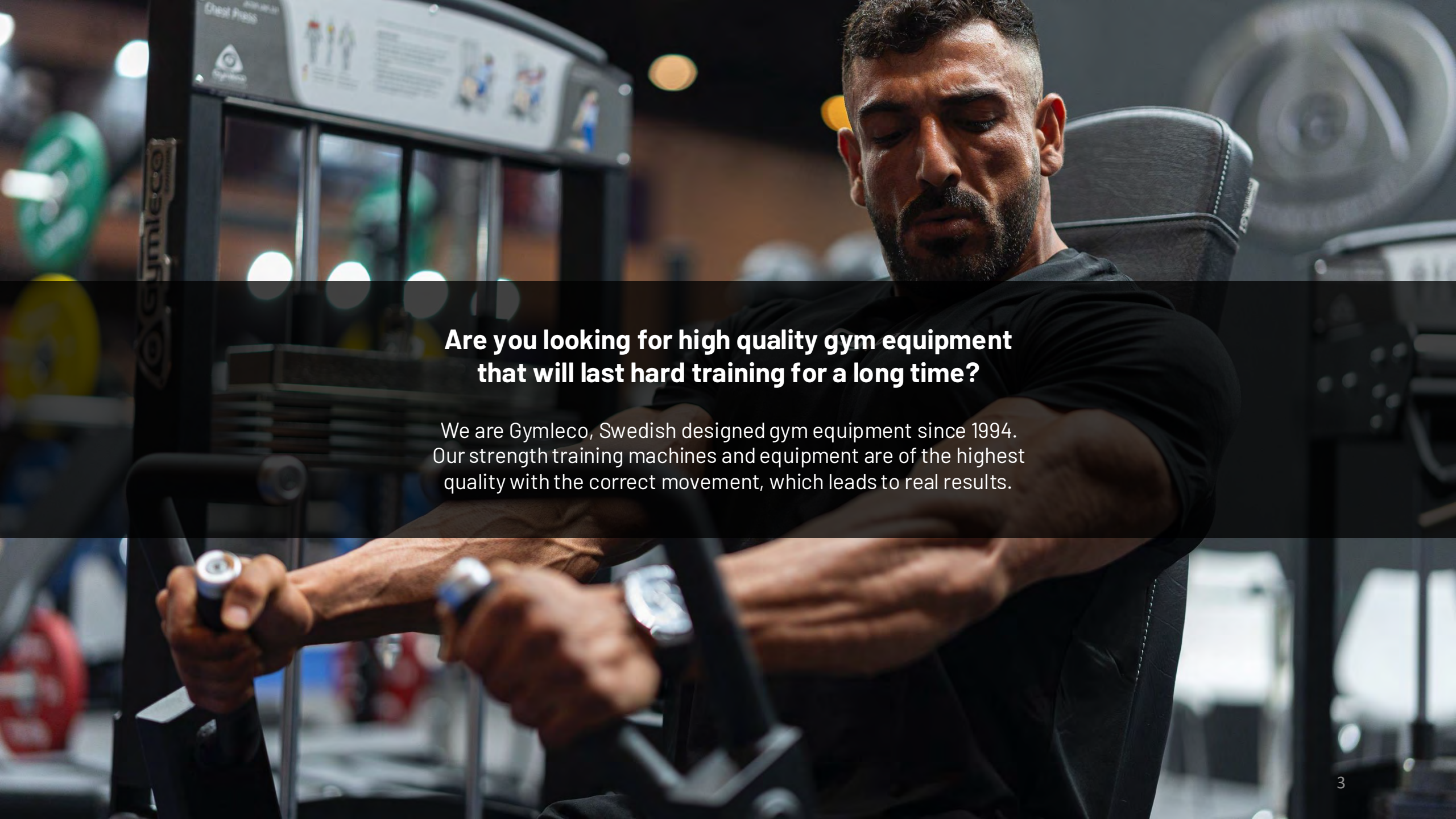




# TABLE OF CONTENTS

**About Gymleco ..... p.3-5**  
**Product Assortment ..... p.6-14**  
**References ..... p.15-21**  
**Contact ..... p-22**





**Are you looking for high quality gym equipment  
that will last hard training for a long time?**

We are Gymleco, Swedish designed gym equipment since 1994. Our strength training machines and equipment are of the highest quality with the correct movement, which leads to real results.



# GYMLECO

## **Philosophy:**

Fit all types of training facilities and target groups

## **One high commercial line:**

Same high quality on everything

## **Designed for everyone:**

From seniors to rehab to athletes and bodybuilders

## **Ergonomic movement:**

Machines with correct function and biomechanics

## **No maintenance:**

Quality materials which lasts with no plastic or stickers

## **Simplistic black design:**

Clean straight lines with design that does not change

## **Small footprint**

Compact and smart design on all machines

## **User friendly:**

Easy to understand and use. All selectorized machines have an easy to read instruction sign.



# SWEDISH BRAND – INTERNATIONAL PRESENCE

Family company founded in 1994, starting with 4 gym machines.  
Today we have over 500 exercise products and 50 distributors worldwide.







# PRODUCT ASSORTMENT



# SELECTORIZED AND PLATE LOADED MACHINES

<https://www.gymleco.com/product-category/gym-machines/>



**40+**

40+ selectorized and plate loaded machines many available in both versions

**One line**

One line = spare parts and components are always the same

**Black color**

Black frame and black upholstery - standard and in stock

**Small footprint**

We are known for our compact design on all machines

**Standard & unique**

We have all the standard gym machines as well as completely unique machines



# SELECTORIZED AND PLATE LOADED MACHINES

Examples of popular machines



**082 Belt Squat**  
[Read more >>](#)



**023 Pec Fly**  
[Read more >>](#)



**334 Standing Side Lateral**  
[Read more >>](#)

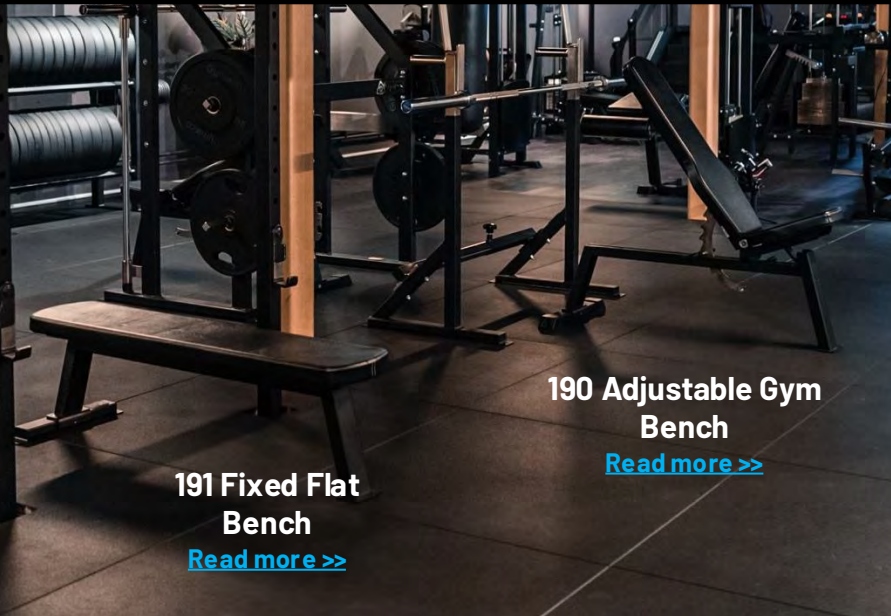


**350 Biceps Curl**  
[Read more >>](#)

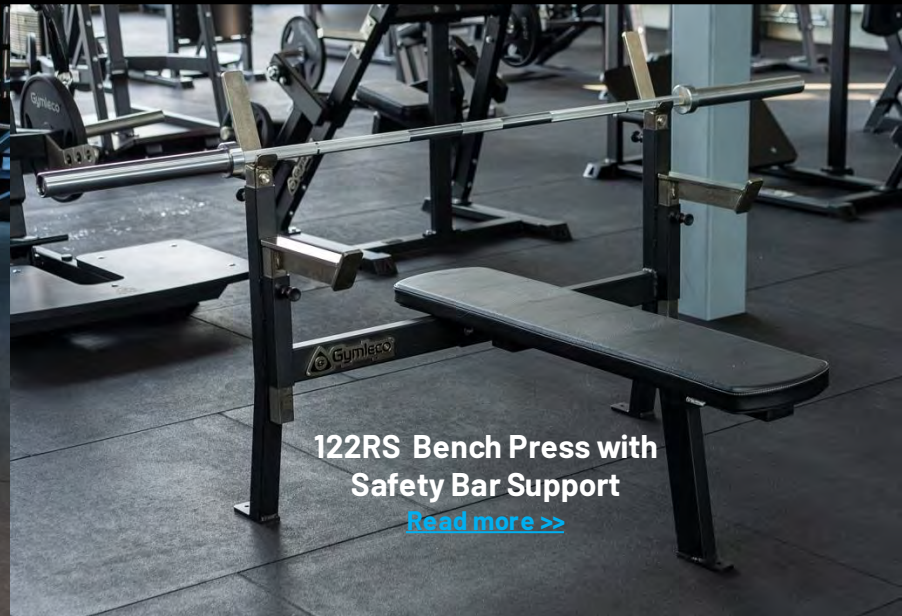


# FUNCTIONAL TRAINING

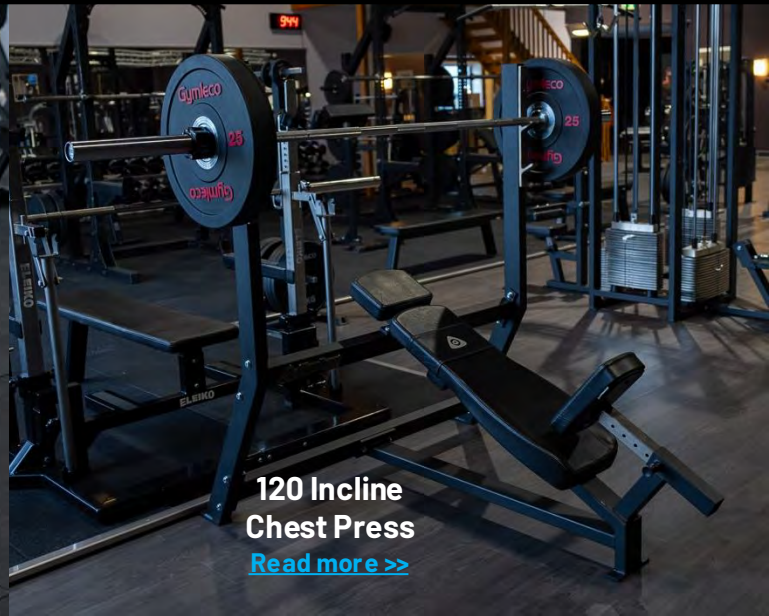
## Benches



**191 Fixed Flat Bench**  
[Read more >>](#)



**122RS Bench Press with Safety Bar Support**  
[Read more >>](#)



**120 Incline Chest Press**  
[Read more >>](#)

We have a large selection of standard benches on top of the above such as 194R Decline bench. We also have special benches with V-shaped and S-shaped back support such as 193S Adjustable Decline Bench Curved. Great when doing exercises such as dumbbell flies.





# FUNCTIONAL TRAINING

Bars, weight plates & dumbbells



**822 Polyurethane  
Weights**  
[Read more >>](#)



Polyurethane is the most durable material on the market and will look great year after year

**836 Polyurethane  
Dumbbells**  
[Read more >>](#)



Our most popular weight plates which are also available in color

**422 Rubber  
Weights**  
[Read more >>](#)



We have over 20+ different barbells for all types of training and also variations of many barbells

**410 International  
Barbell**  
[Read more >>](#)



**430 Chrome  
Dumbbells**  
[Read more >>](#)



# FUNCTIONAL TRAINING

## Racks



**602 Rig with 6 lifting places**  
[Read more >>](#)



**848 Half Rack**  
[Read more >>](#)



**610 Complete Crossbox Station Rig**  
[Read more >>](#)



**896 Storage system**  
[Read more >>](#)



# CABLE MACHINES

<https://www.gymleco.com/product-category/gym-machines/cable-stations/>



## The adaptable 215 Multi Gym

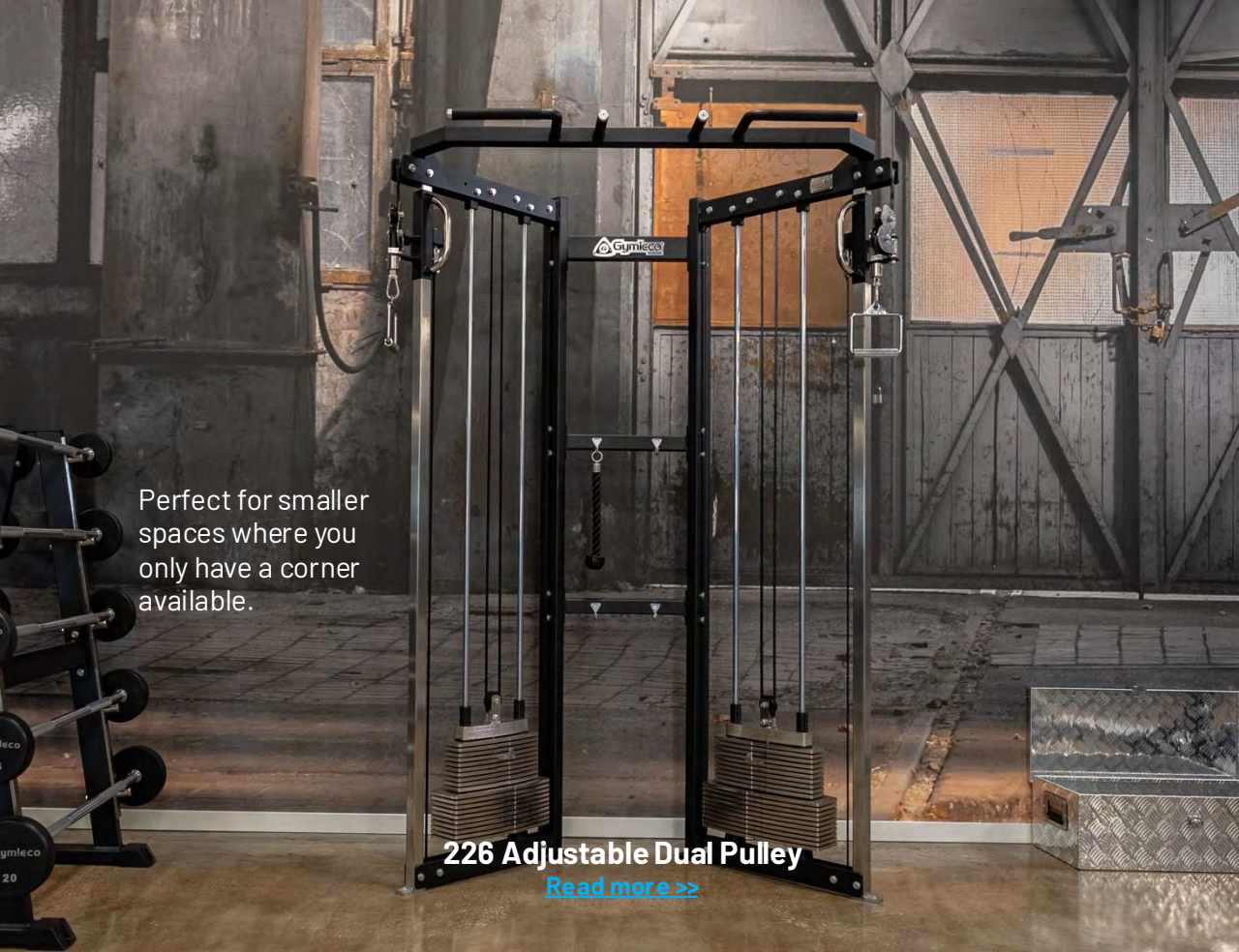
From 4 station to 12 station. Change height, length, weights, placement of exercises and rotate.  
All to fit the specific facility. [Read more here](#)





**225 Cable crossover machine**

[Read more >>](#)



Perfect for smaller spaces where you only have a corner available.

**226 Adjustable Dual Pulley**

[Read more >>](#)

No cable wires on our cable machines or selectorized machines. We only use Powerband™ which is maintenance free with many benefits.



Solid steel weight plates that will last a lifetime. We use shock absorbing rubber discs between every plate to decrease sound and make the training smooth.





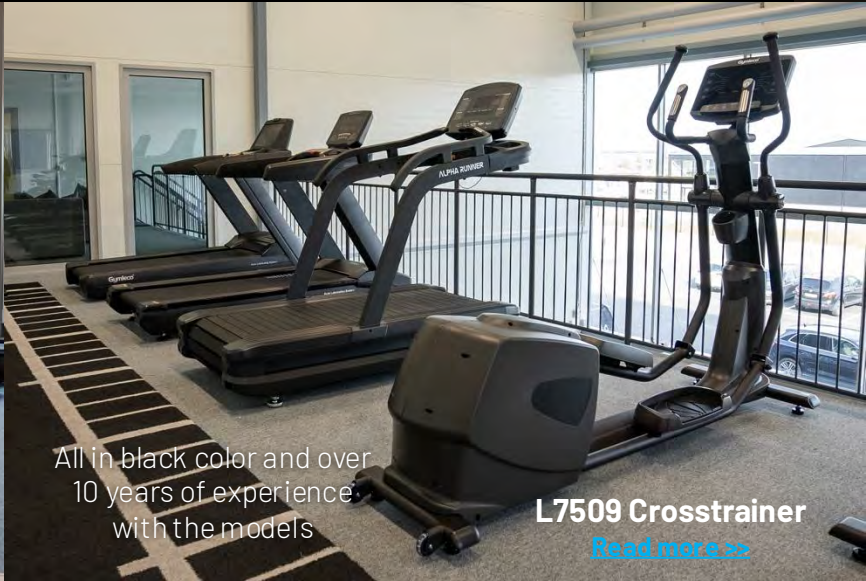
# CARDIO EQUIPMENT

The treadmills have a speed of 25 km & 20 km



## LTX Treadmills

**LTX200** big commercial gyms  
**LTX150** hotels and smaller facilities



All in black color and over 10 years of experience with the models

## L7509 Crosstrainer

[Read more >>](#)



## LE22 Stair machine

[Read more >>](#)



Only LED displays on all cardio equipment

## L7029L Upright bike

[Read more >>](#)



## L7239L Recumbent bike

[Read more >>](#)







# REFERENCES



# UNIVERSITY GYM IN FINLAND

In Finland institutions such as universities and community sports halls has taken in Gymleco to cater to the large amount of people using the gyms. Here is an example of the Helsinki University which is over 2000 sqm and located in the heart of the capital.





# Youth Hub, Police Department in New Zealand

Blue Light is a registered charity that works in partnership with the police to deliver an extensive range of youth programmes and activities. They aim to provide young people with positive lifestyle alternatives and strategies to avoid becoming an offender or victim of crime. During 2024 the hub was equipped with Gymleco equipment to create a complete gym for the youths.



## Uplifting youths' futures

► by Amy Fifita

**New gym equipment has been successfully installed at the Dargaville Blue Light youth hub to aid the organisation with its programmes.**

"The latest addition to our hub is a suite of new gym equipment, which we use to create tangible changes in our rangatahi as part of our youth development programmes," said Blue Light Dargaville chair Reuben Cohen.

With more than 40 rangatahi active in the programmes, Reuben said gym sessions have become a big part of their daily activities, and fitness will help the youth maintain mental and physical wellbeing.

"These sessions are much more than just doing a workout; they're about building self-esteem, discipline and respect. It's had a profound impact.

"We've seen some remarkable turnarounds in our young people. They are becoming more involved in the community, behaving better, and showing increased motivation and responsibility.

"The gym equipment then becomes a tool for the broader objective of ensuring youth have positive lifestyle choices and techniques to prevent them from becoming offenders or victims of crime.



▲ The Blue Light Dargaville team received a delivery of new gym equipment from the Muscle Department

These components ensure our youth possess the right skill sets to move forward in life."

Blue Light Dargaville is continuing its other services, providing youth with driver licensing and work-ready initiatives. The youth hub is at 42 Victoria Street, Dargaville in the Fosters Arcade.

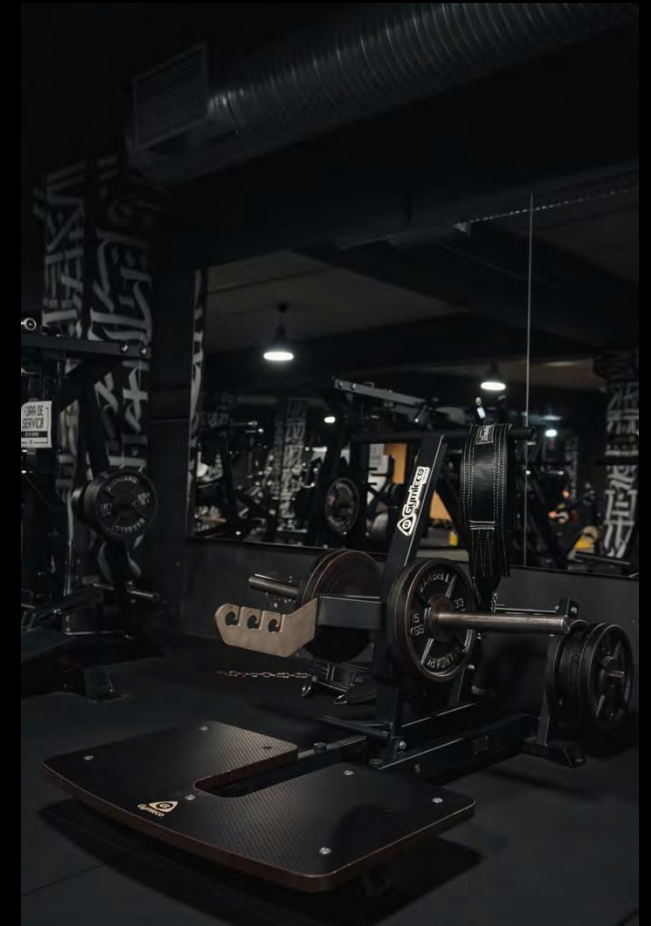
"We encourage the community to visit our new hub to see these changes in action and join us in supporting our young people. Together, we can make a difference in our rangatahi's lives and help shape their future." ■





# PROFESSIONAL GYM IN PORTUGAL

Blackout gym is a famous gym in Portugal only taking in the very best on the market. Here you can find Gymleco pieces such as the Belt Squat and Hacklift.





# PROFESSIONAL GYM IN THE UK

We deliver worldwide and can often be found in big professional gyms where the owners appreciate compact high quality gym equipment that targets the correct muscle group. Here is an example of Modified Fitness in the UK.





# CONTACT

If you are interested in Gymleco please don't hesitate to contact the main office in Sweden. We can help you with planning your gym and which equipment that is suitable for your setup as well as any other questions you might have.



Klargöringsvägen 4, 635 06, Eskilstuna, Sweden



+46 8 500 052 08



contact@gymleco.se



Monday-Friday 07.30 - 16.30 CEST

**Let's build a more healthy and sustainable future together!**



**Linda Sotkasiira**  
Head of Marketing,  
sister and daughter

**Kari Jernvall**  
Founder, Product  
designer and father

**Monica Sotkasiira**  
CEO, sister and  
daughter

