047 Gymleco Tibia Dorsi Flexion

010 series, Plate Loaded

Tibia Dorsi Flexion is the easiest and most effective gear for training the front of the lower leg (shin), ie. tibialis anterior. It's been around in the gym industry for decades and people love it!

Tibia Dorsia Flexion is an unique and traditional gym machine that have been around for decades. In this machine you train the front of the calves. The exercise itself gives an incredibly focused and isolated workout which users appreciate. The machine is equipped with handles on the side and dual weight hangers so that you can have weight plates close by. Tibia Dorsi Flexion will move resistance to the hips instead of the spine, and that way you can target the tibialis anterior muscle.

- Standard frame color: Black
- Standard cushion color: Black or Red
- Long operating range
- Simple construction
- Easy to set up.

Lenght	Width	Height	Weight
102 cm	60 cm	51 cm	35,5 kg

No maintenance needs.

Gymleco®