

STANDING CALF

JPRL - 507

The Standing Calf allows the user to isolate and overload their calf muscles in a safe and effective way. The machine has the provision to load plates as well over and above the standard weight stack to overload the muscle.



FEATURES

- ◆ **Adjustable Shoulder Pads:** Padded and height-adjustable shoulder supports ensure comfort and accommodate users of various heights.
- ◆ **Ergonomic Design:** Ensures proper posture to target calves while reducing back strain.
- ◆ **Adjustable Shoulder Pads:** Height-adjustable, padded supports for comfort and stability.
- ◆ **Smooth Resistance:** High-quality weight stack ensures controlled, seamless motion.
- ◆ **Muscle Isolation:** Focuses on calf strength and toning for effective results.

SPECIFICATIONS

DIMENSIONS:

Length: 74 inches / 188 cms
Width: 48 inches / 122 cms
Height: 60 inches / 152 cms
Weight: 591.9 lbs / 268.5 kg
Weight stack: 220 lbs / 100 kg

MUSCLE WORKED: Gastrocnemius, Soleus, Tibialis Anterior

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.

