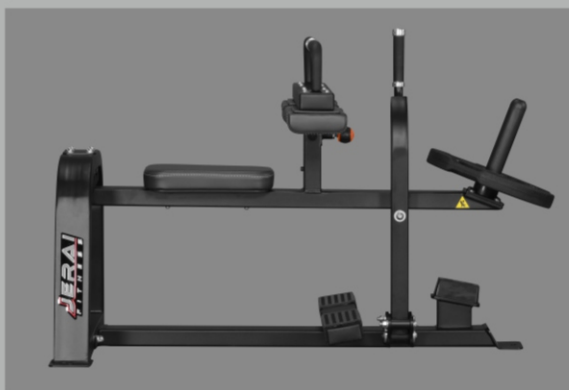


SEATED CALF

JPL - 134

Effective way to isolate and exercise muscle of calf, mainly soleus. Durable release arm and convenient handle. Plate load lever angled for easier loading / unloading of weights. Angled foot platform & thigh pad adjustment designed for deep stretch.



Scan Here
to Access the Video

FEATURES

- ◆ **Ergonomic Seat:** Padded for comfort and proper alignment.
- ◆ **Adjustable Knee Pads:** Fits all sizes for stability during lifts.
- ◆ **High Weight Capacity:** Designed for heavy resistance training.
- ◆ **Plate-Loaded System:** Supports progressive resistance.
- ◆ **Compact Frame:** Durable and space-saving design.

SPECIFICATIONS

DIMENSIONS:

Length: 58 inches/147 cms

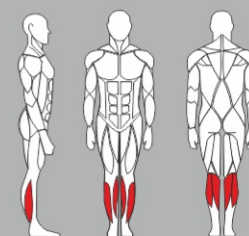
Width: 36 inches/91 cms

Height: 39 inches/99 cms

Weight: 134 lbs/61.2 kg

Start Weight: 19.8 kg

Max Loaded: Single Side: 88 lbs / 40 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.

***Plates are not included and need to be bought separately.**