

## TIBIA TRAINER

JPL - 136

The innovative and compact design allows user to perform tibialis anterior workout. Seated position loads the resistance through the hips as opposed to through the spine.



Scan Here  
to Access the Video

### FEATURES

- ◆ **Targeted Muscle Focus:** Strengthens tibialis anterior for stability and injury prevention.
- ◆ **Compact Design:** Lightweight and space-saving for home or gym use.
- ◆ **Adjustable Foot Support:** Fits various foot sizes and exercise ranges.
- ◆ **Plate-Loaded System:** Supports incremental resistance for all fitness levels.
- ◆ **Ergonomic Padding:** Ensures comfort and proper alignment during workouts.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 50 inches/127 cms

Width: 55 inches/140 cms

Height: 51 inches/130 cms

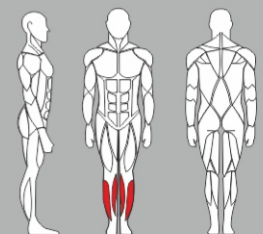
Weight: 66 lbs/30 kg

Start Weight: 12.7 kg

Max Loaded: Single Side: 176 lbs / 80 kg

Both Side: 352 lbs/160 kg

**MUSCLE WORKED:** Soleus



**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.