

STANDING CALF

JPL - 508

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.



Scan Here
to Access the Video

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: 56 inches / 142 cms
Width: 44 inches / 112 cms
Height: 75 inches / 191 cms
Weight: 470 lbs / 213.2 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.

