

## SEATED CALF

JFPL - 1020

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

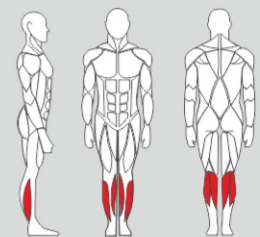
### FEATURES

- ◆ **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: 53 inches / 135 cms  
Width: 34 inches / 86 cms  
Height: 39 inches / 99 cms  
Weight: 110.2 lbs / 50 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, barbell, attachments and accessories are not included and need to be bought separately.