

## STANDING CALF

JCRL - 106

Standing Calf is built to develop calf strength through a dedicated standing exercise position that promotes controlled movement and targeted muscle engagement. In addition to the standard resistance stack, the machine includes provision for extra plate loading, allowing users to progressively increase training intensity.



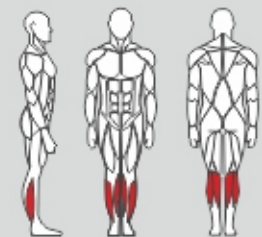
### FEATURES

- ◆ **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.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 52 inches / 132 cms  
 Width: 52 inches / 132 cms  
 Height: 82 inches / 208 cms  
 Weight: 525.1 lbs / 238.2 kg  
 Weight stack: 220 lbs / 100 kg



**MUSCLE WORKED:** Gastrocnemius, Soleus, Tibialis Anterior

**COLOURS AVAILABLE:** Black.