

SEATED CALF PRESS

JPL-154

◆ Experience precision calf muscle training with our Seated Calf Press, this machine allows independent movement of each leg, ensuring balanced muscle development. By distributing load directly onto the calf muscles, users can effectively isolate and challenge them for optimal growth. With adjustable seat and footplate settings, achieve perfect biomechanical alignment for targeted muscle engagement.

◆ **DIMENSION:**
Length : 40 inches / 102 cms
Width : 70 inches / 178 cms
Height : 42 inches / 107 cms

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

