

SEATED CALF

JPL-134

- ◆ 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.

- ◆ **DIMENSION:**
Length : 58 inches / 147 cms
Width : 36 inches / 91 cms
Height : 39 inches / 99 cms

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

