

SEATED TIBIA TRAINER

JPL-151

◆ Featuring an innovative and compact design to target the tibialis anterior muscles. In a seated position, resistance is loaded through the hips, minimizing strain on the spine for safer and more effective workouts. This machine offers precise targeting of the tibialis anterior, promoting balanced muscle development. With adjustable settings and ergonomic design, users can customize their workout experience for optimal biomechanical alignment.

◆ DIMENSION:

Length : 36 inches / 91 cms

Width : 48 inches / 122 cms

Height : 42 inches / 107 cms

◆ MUSCLE WORKED:

Soleus

