

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

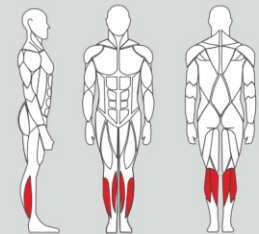
FEATURES

- ◆ **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

COLOUR AVAILABLE: Black.

*Plates, barbell, attachments and accessories are not included and need to be bought separately.