

## STANDING CALF

JPRL - 507 - RBK - BL

The Standing Calf from the X-Pro Series is engineered to build calf strength with optimal resistance and stability. Engineered for targeted lower leg development, the Standing Calf machine focuses on strengthening the gastrocnemius muscles with optimal load resistance. The angled shoulder pads and textured foot platform ensure stability and proper body alignment during calf raises.



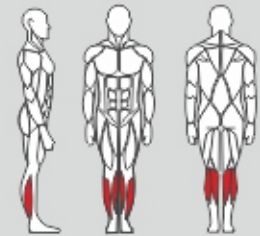
### FEATURES

- ◆ **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.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 74 inches / 188 cms  
Width: 48 inches / 122 cms  
Height: 60 inches / 152 cms  
Weight: 591.9 lbs / 268.5 kg  
Weight stack: 220 lbs / 100 kg



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

**COLOUR AVAILABLE:** Black.