



Pro Series Plate Loaded, Leverage Squat/Calf Raise

SKU: **GG-PRO-PL-113**

Compact design with powerful lower body focus, the Pro Series Plate Loaded Leverage Squat/Calf Raise targets the glutes, gastrocnemius, and soleus with smooth, controlled motion. Angled storage pegs make plate changes quick, while the sturdy frame keeps training stable and comfortable. Strengthens glutes, gastrocnemius, and soleus for balanced lower body power. Space-saving frame with excellent stability. Angled storage pegs for fast, easy loading and unloading. Precision pivot for smooth, consistent movement. Spring-loaded release handle for safe, controlled starts. Ergonomic shoulder pads with rounded corners and anti-slip double-angle design...

Technical Specifications

Weight	115.5 kg	Plate Loaded	Yes
Length / Depth	149 cm		
Height	149 cm		
Width	144.5 cm		
Frame Weight	115.5 kg		
Start Weight	19 kg		
Loading Capacity	150 kg		

