



# Sterling Series, Seated Calf Raise

SKU: **GG-STER-132**

The Sterling Series Seated Calf Raise is built for isolating the soleus muscles with precision. Designed to replicate free weight resistance, its smooth motion and integrated safety stop make it a reliable tool for lower leg development. The padded thigh support adjusts easily via pull-pin for a secure, comfortable fit across all users.

## Key Features

- Heavy-duty construction with high-quality needle bearings
- Durable electrostatic powder-coated and heat-cured finish
- Adjustable thigh pad for secure positioning
- Anti-slip footplate for added safety
- Biomechanically designed for natural movement
- Low maintenance, plate-loaded system



## Technical Specifications

|                  |        |              |     |
|------------------|--------|--------------|-----|
| Weight           | 56 kg  | Plate Loaded | Yes |
| Length / Depth   | 148 cm |              |     |
| Height           | 85 cm  |              |     |
| Width            | 77 cm  |              |     |
| Frame Weight     | 56 kg  |              |     |
| Loading Capacity | 150 kg |              |     |

