





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		