



Sterling Series, Standing Calf

SKU: **GG-STER-113**

The Sterling Series Standing Calf Raise is built to develop powerful gastrocnemius muscles through controlled, full-range movement. With a robust frame and smooth action, this plate-loaded machine offers the feel of free weight training while maintaining user safety. The ergonomic shoulder pads allow for a stable position during toe raises, ensuring effective calf activation with every rep. Designed with advanced biomechanics, the movement closely mirrors the body's natural mechanics for maximum results.

Key Features

- Commercial-grade plate-loaded design
- Heavy-duty construction for long-term durability
- Electrostatic powder-coated and heat-cured finish
- Ergonomic shoulder pads for user comfort and correct posture
- Engineered to replicate natural movement patterns
- Ideal for isolating and strengthening the calves

Technical Specifications

Weight	175 kg
Length / Depth	162 cm
Height	173 cm
Width	138 cm
Frame Weight	175 kg
Loading Capacity	0 kg
Plate Loaded	Yes