



Pro Series Plate Loaded Seated Calf Raise

SKU: **GG-PRO-PL-111**

Strengthen calves with precision using the Pro Series Plate Loaded Seated Calf Raise. Compact yet powerful, it targets the gastrocnemius and soleus muscles through controlled plantar flexion, offering an efficient lower leg workout in minimal space.

Key Features

- Directly trains gastrocnemius and soleus muscles for calf strength
- Compact footprint makes it ideal for gyms and PT studios
- 100kg weight loading capacity for progressive resistance
- Height-adjustable leg pads suit users of all sizes
- Ergonomic handles provide a secure, comfortable grip
- Protective barbell tube cover on weight horns enhances durability
- Built-in limiting mechanism adds safety during training



Technical Specifications

Weight	43 kg	Plate Loaded	Yes
Length / Depth	136.8 cm		
Height	136.8 cm		
Width	56.6 cm		
Frame Weight	43 kg		
Start Weight	20.8 kg		
Loading Capacity	100 kg		

