



Product Data Sheet

Seated Calf Press PLSC

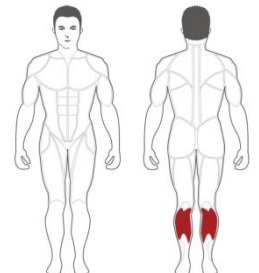
The Steelflex PLSC Seated Calf machine will focus your strength training on working your leg muscles directly in the calf area.

Other features include:

- Sealed bearing pivot points
- Adjustable press arms to fit all size users, with adjustable start positions
- Converging press arm movement for advanced biomechanics
- Independent, unilateral arm action for balanced muscle development
- Designed for use with Olympic weight plates only
- Olympic weight plates not included



[Video instruction](#)



SPECIFICATIONS:

Muscles Worked

- Mainframe: Heavy Duty 12 Gauge 2" x 4" (50 x 100 mm) oval tubing
- Finish: Electrostatic applied powder coated
- Hand Grips: High density foam grip
- Bearings: Industrially rated, sealed bearings at all pivot points
- Upholstery: CGPC 2"high density foam (ergonomically designed)
- Optional Upholstery Colours: Black or Cranberry
- Machine Weight: 96lbs (44 Kg)
- Dimensions (LxWxH): 150x 97 x 100cm/ 59" x38" x39"
- Capacity Weight: 500lbs/227Kg
- Max. User Weight: 120Kg

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