

# SEATED CALF RAISE

## RPL-5363



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

73.00" x 52.75" x 56.25"  
(185 cm x 134 cm x 143 cm)

### PRODUCT WEIGHT

366 lbs (166 kg)

### MAX STORAGE

720 lbs (327 kg)

### MAX CAPACITY

800 lbs (363 kg)

## FEATURES

- ◆ ROC-IT® technology aligns the user with the press-arms for a start with the handles positioned at chest level, then rocking the user rearward to replicate the motion of a decline chest press
- ◆ Independent, converging press-arms provide a natural motion and minimizes stress to the anterior shoulder capsule
- ◆ Counter-balanced press-arms for a low starting weight
- ◆ Contoured press-arm handles provide multiple grip positions
- ◆ Generous built-in weight storage