

SEATED CALF RAISE

VST600-PL77



FOR LASTING DURABILITY & INCREDIBLE RESULTS

Maximize calf recruitment for serious strength training enthusiasts with the optimized biomechanics of our seated calf raise station. It's been tested to withstand over a million reps, more than four times the industry standard, and refined ergonomics keep even the most intense sets comfortable. Best of all, our ultra-stable design is as easy-to-use as it is low-maintenance.

- Curved, angled footpad maximizes calf muscle recruitment
- Seat moves smoothly with the bar for perfect alignment
- Quick-release bar catch makes starting a set easy
- Molded polyurethane foam pads and contoured touchpoints for comfort
- Knee pad adjusts quickly and easily
- Built-in band pegs allow for resistance training



FRAME

Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process

TECH SPECS

Overall Dimensions	152.8 x 75 x 92 cm / 60.2 x 29.5 x 36.2"
Product Weight	62 kg / 137 lbs.
Max. User Weight	150 kg / 330 lbs.
Max. Training Weight	150 kg / 330 lbs.
Starting Resistance	38 kg / 84 lbs.

USER AMENITIES

Instructional Placards	Muscle call outs, start and finish exercise illustrations
Upholstery	Polyurethane molded foam
Elastic Band Peg	Allows elastic resistance training