

## Perform Series, Leg Press / Calf Raise

The ergonomic design of the Proform Series Leg Press / Calf Raise creates a smooth exercise motion that mimics that of a squat. The machine is ideal for isolating the quadriceps, hamstrings, glutes and calves without overloading the spine and knees. The intuitive design includes a multi-position back pad and conveniently located handles, ensuring optimal ergonomics and user comfort.



Foot Plate



Instructions placard



High-density Poly-foam



Adjustable Seat



### Technical Specifications

Rating	Commercial
Upholstery	High-density poly-foam and double stitches offer comfort and durability
Adjustments	Adjustable seat to allow easy operation and comfort
Tubing	Tube of the functional part is primarily at a 3mm thickness. The weight stack cage is with D-shape tube size: 95 x 81.1 x 3mm and a racetrack tube size: 50 x 100 x 3mm which ensure ultra-durability and stability.
Instructions Plaque	Instructions placards to review proper set-up, movement and muscles trained
Shroud	Translucent ABS shroud at a thickness of 3.2mm ensures ultra-durability and shock resistance.
Weight Stack	134kg 295lbs
Product Weight	211.3kg 466lbs
Maximum User Weight	150kg 330lbs
Dimensions	L 185 x W 115 x H 150.6 cm L 73 x W 45 x H 59 inches

### Key Features

Space efficient design requires minimal floor space	•
Self-lubricate American loos™ cable with nylon-coated 12 complex fiber ensures service life more than 250 thousand times.	•
Water bottle holder fixed on the cage is within reach.	•
Ergonomic handlebars in TPV material with aluminium ring limit offers comfort and security during a workout	•
All dynamic components are shielded for safety purpose	•
Lathed pulley with bearings of less tolerance ensure smooth movement	•
Meets EN957 safety regulation	•