



Keeping South Florida Healthy  
& Fit for over 20 Years!

*Body-Solid*

## **GSCR349** **Commercial Seated Calf Raise**



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The GSCR349 Commercial Seated Calf Raise was created to increase calf muscle interaction and speed the rate of development. This is achieved by the use of a unique foot platform design that eliminates stress on the ball of the foot while providing maximum range of motion for deep muscle fiber penetration. The weight carriage is designed for a 3:1 weight ratio and pivots on precision pillow block and sealed ball bearings for smooth friction-free movement through heavy calf-blasting workouts. In order to carry the heaviest loads, the main frame is constructed of 2" x 3" 11-gauge high-tensile strength steel, making the GSCR349 Commercial Seated Calf Raise perfect for high traffic, heavy use gyms and clubs.

Weight plates and olympic adapter sleeves optional

Weight: 95 lbs.

Dimensions: 47"L x 20"W x 39"H

### **Special Features**

- Operates on a 3:1 weight ratio
- Pillow block bearings at main pivot points
- Thick, comfortable DuraFirm knee pads and seat pad
- Angled foot platform with no-slip surface for full range of motion
- Weight plate post is 1" dia. shown with optional #OAS14 - Olympic Adapter Sleeve

### **Warranty**



Frame & Welds ..... Lifetime  
Bushings and Hardware ..... 3 Years  
Pads, Cables and Grips ..... 1 Year



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Pads, Cables and Grips ..... Lifetime



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