

# DATA SHEET CALF TRAINER

Text for invitation to tender | Item No: 55 1118 401



The physical strain on the calves is very high throughout lifetime, because they are supporting almost the entire weight of the body. For a comprehensive training of the legs muscles the calf trainer is the perfect complement to the squat, the classical knee-bend trainer. You exercise the inner and outer peroneal muscles by pointing your feet either inwards or outwards.



## TECHNICAL INFORMATION

Dimensions:  
Main dimension: 800 x 800 mm  
Height: 1350 mm  
Weight: 50 kg  
Capacity: acc. to normative requirements

Max. fall height: 200 mm  
Movement area: 11,34 m<sup>2</sup>  
Required safety slabs: 16,00 m<sup>2</sup>  
Required lawn grating: 16,00 m<sup>2</sup>  
Recommended surface material: grass, synth. impact protection

## MATERIALS | SCOPE OF SUPPLY

Fitness equipment, pre-mounted

Tubular frame: stainless steel, V2A  
Standing area: steel, covered with EPDM granules  
Foundation plate: steel, coated  
Instruction sheet: stainless steel, aludi-bond  
1 piece

## INSTALLATION

Foundation: 1

Installation according to our detailed mounting instructions, see [www.stilum.com](http://www.stilum.com)

