

# 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, aludibond 1 piece

## INSTALLATION

Foundation: 1

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

