

PLATE LOADED 60 DEGREE CALF RAISE

ADVANCED TRAINING

Superior biomechanics in a space efficient package. The Cybex plate loaded line is the most space-efficient user-friendly plate-loaded line in the industry. It accommodates users of almost any size and its superior design meets the needs of advanced users, without intimidating others.

- ▶ Cybex science and design in a plate loaded line.
- ▶ Who said hard core has to be intimidating?
- ▶ Built tough to keep looking new.

FEATURES

- ▶ Fully enclosed linear bearing system.
- ▶ Loads at the hip to protect the lower back.
- ▶ 9.5" weight horns accommodate six 45 lbs plates per side.
- ▶ The 60 degree angle provides an effective load of 87%.
- ▶ The large curved foot platform allows for varied foot placement while the non-slip surface provides grip and support during the motion.

SPACE-EFFICIENT. USER-FRIENDLY.

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SCIENCE THAT SCULPTS THE HUMAN BODY

Cybex Plate Loaded and Free Weight equipment offers lines and styling created to complement the entire range of Cybex strength products. The sleek design seamlessly integrates the products into your facility's environment and provides the Cybex brand identity to your members value in strength equipment.

Packed with features and exceptional movements, the Plate Loaded line – like all Cybex strength products – merges superior technology with a passion for fitness. Backed by exercise science. Cybex equipment reflects our heritage in sports medicine and design engineering based on the proper mechanics of human movement. Given our decades of dominance in commercial strength equipment, there is probably no true fitness professional who has not used Cybex strength products.

Cybex's Plate Loaded and Free Weight lines are the definition of strength training – and equipment no club wants to be without.

Specifications

Product Number	16290
Dimensions (L x W x H)	61" x 30" x 51" (155 cm x 76 cm x 130 cm)
Weight	180 lbs (82 kg)
Color	Available in 5 standard or a virtually unlimited variety of custom frame colors and a broad selection of standard and custom upholstery colors



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