

# PLATE LOADED

FREEMOTION

## F308 CALF

**LINE** › FreeMotion

**TYPE** › Plate Loaded

**MODEL** › F308

**FEATURE** › Isolated Calf Training

The FreeMotion Plate Loaded Calf targets and isolates muscles in the foot and calf to develop explosive leg power and build stabilizer muscle strength to protect the ankle joints. The foot platform features textured, non-slip Line-X® coating for stable foot positioning throughout your sets. For added safety, the weight lock lever keeps the weights in place when not in use. Linear bearings provide smooth, natural reps don't feel machine resistance, only weight resistance. Nickel-plated weight plate storage bars are designed to withstand corrosion, rust and heavy use.

### FEATURES & BENEFITS

**HEAVY DUTY FOAM GRIP** › High-density foam grips provide a comfortable, secure grip throughout every set.

**STABILITY GUIDE RODS** › The seat and backrest glide smoothly, quietly and without resistance up and down the guide rods.

**LARGE FOAM SEAT PAD AND BACKREST** › High-density foam padding allows you to sit comfortably with proper back support.

**LINE-X® PLATFORM** › The large platform is coated with textured Line-X coating for stable foot positioning and advanced durability.

**LINEAR BEARINGS** › Every rep is smooth and natural so the only resistance you feel are the weights, not the machine.

**NICKEL-PLATED WEIGHT PLATE STORAGE BARS** › The durable steel storage bars are nickel-plated to withstand corrosion, rust and heavy use.

**INSTRUCTION CHART** › Located on the side of the machine, this chart instructs the user how to perform the calf press and which muscles they will activate throughout the set.

**INDUSTRIAL CONSTRUCTION** › Equipment is built with 11-gauge steel tubing and is electrostatically powder-coated with paint that has undergone 2,000 hours of salt spray testing.

**MAX LOAD WEIGHT** › Each load bar holds up to 310 lbs. per side (630 lbs. total) and is positioned to facilitate easy entry/exit of the machine.



### PRODUCT SPECIFICATIONS

<b>DIMENSIONS (LWH)</b>	› 46" H x 44" W x 70" L (117 cm H x 112 cm W x 178 cm L)
<b>WEIGHT</b>	› 396 lbs. (180 kg)
<b>WARRANTY</b>	› 10 Years: Structural Frame › 3 Year: Bearings & Pulley › 1 Year: Cables & Labor › 120 Days: Day other