

VIKING PRESS AND CALF /

1FW029



The Viking Press and Calf is a multifunctional machine that allows you to train effectively both the deltoid muscles with the clavicle bundles of the pectoralis major and the calf muscles (triceps suralis) in an upright position. Main features below:

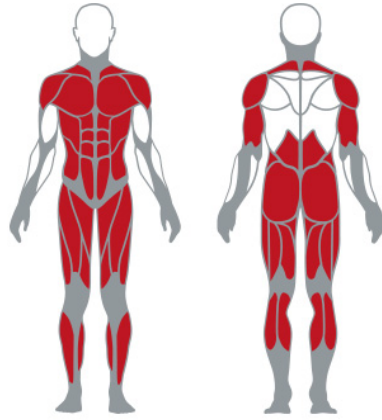
- physiological load curve with progressive lever system;
- independent levers for single or bilateral execution;
- device for mutual locking of the two levers;
- spring counterbalance to reduce the unloaded weight of the levers;
- multiple handles for a prone, semi-prone and neutral grip;
- central handle with lengthwise adjustment to stabilise the body during the unilateral shoulder press exercise;
- supports for calf training;

- large 80x60 cm stabilisation platform made of non-slip material;
- anti-slip platform for calf execution.

Optional:

- super grip platform;;
- 6 additional weight holders.

MUSCLES



TECHNICAL SPECIFICATIONS

Width	150 cm
Length	190 cm
Height	190 cm
Weight	250 Kg
Max. Weight	220 Kg
Empty load	5+5 Kg

PANATTA srl

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Via Madonna della Fonte 3/c - 62021 Apiro (MC) Italy

T. +39 0733 611824 - F. +39 0733 611777

www.panattasport.com - info@panattasport.com

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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.