CALF RAISE

- Four-bar linkage input provides wide arc optimal descending path of motion while precisely controlling the footbar angle throughout the range of motion. This allows for functional "real world" loading not only at the ankle but also on the forefoot
- Seated user position directs force through hip rather than shoulders, minimizing spinal compression
- Adjustable seat position accommodates a variety of user heights and ranges of motion





GLUTE

Adjustable footbar accommodates a broad array of user sizes

 Unique adjustable shin support allows for optimal pad location. Positioning the knee under the hip allows proper alignment of the spine during use

• Adjustable abdominal support adds to spinal alignment

 Curvilinear path of motion encourages gluteal involvement without relying on precisely aligned hip placement



