



# Precor Discovery Plate-Loaded Calf Raise

Black Pearl/Black

The Discovery Series Plate Loaded Leg Extension features independent arm movement to allow for greater balance and muscle engagement. Easy to enter with a single spring-assisted back pad that adjusts easily from the seated position. The lower starting weight and balanced strength curve further help to provide natural resistance through the full range of motion.

## Features

### Back Pad Adjustments

Easy back pad adjustments allow for quick modifications to ensure proper positioning during exercise.

### Independent Movement

Movement arms allow for user to improve muscle balance through focused engagement of each leg, minimising compensation of weaker muscles.

### Counterbalance

The counterbalance provides a smooth and fluid feel throughout the range of motion.

## Specifications

**Unit of measurement**  
Sold individually

**Article code**  
3063812-011

**Length**  
1500 mm / 59.06 in.

**Width**  
760 mm / 29.92 in.

**Height**  
1010 mm / 39.76 in.

**Weight**  
78 kg / 171.96 lbs

**Warranty**  
See separate document\*