

LATERAL RAISE

JXS - 302 - RBK - BL

The innovative design encourages a stabilized core while allowing for targeting the particular muscle, and optimal alignment with medial deltoid during a workout. Angled inputs minimize external rotation during movement to focus on deltoids. The X-Plus Series Lateral Raise provides a maximum weight of up to 165 lbs.



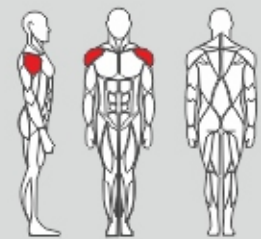
FEATURES

- ◆ **Adjustable Seat:** Customizes height for proper shoulder alignment and posture.
- ◆ **Compact Design:** Space-saving, ideal for smaller gym spaces.
- ◆ **Durable Construction:** Built to last with high-quality materials.
- ◆ **Comfort Padding:** Cushioned seat and arm pads for added comfort during use.
- ◆ **Low Maintenance:** Designed for long-term performance with minimal upkeep.

SPECIFICATIONS

DIMENSIONS:

Length: 48 inches / 122 cms
Width: 36 inches / 91 cms
Height: 58 inches / 147 cms
Weight: 482 lbs / 219 kg
Weight stack: 165 lbs / 75 kg



MUSCLE WORKED: Anterior, Medial Deltoid,

COLOUR AVAILABLE: Dark Silver