

LATERAL RAISE

JPRS - 302 - RBK - BL

The Lateral Raise machine from the X-Pro Series is expertly designed to isolate and strengthen the deltoid muscles with precision. It features an adjustable seat and support pad to accommodate users of various heights while maintaining proper alignment and posture during movement. The angled handles are ergonomically positioned to promote a natural lateral raise motion, minimizing shoulder strain. Additionally, the soft-cushioned elbow supports enhance user comfort and stability, allowing focused, controlled repetitions.



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:

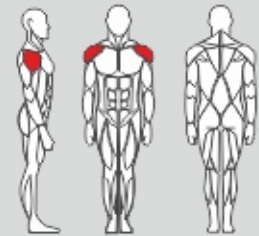
Length: 54 inches / 137 cms

Width: 54 inches / 137 cms

Height: 60 inches / 152 cms

Weight: 511.4 lbs / 232 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Anterior, Medial Deltoid,

COLOUR AVAILABLE: Black.