

LATERAL RAISE

JPRS - 302

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 Jerai Fitness 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:

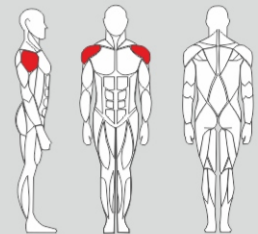
Length: 54 inches / 137 cms

Width: 54 inches / 137 cms

Height: 60 inches / 152 cms

Weight: 511.4 lbs / 232 kg

Weight stack: 165 lbs / 75 kg



MUSCLE WORKED: Anterior, Medial Deltoid,

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.