

LATERAL RAISE

JPS - 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.



Scan Here
to Access the Video

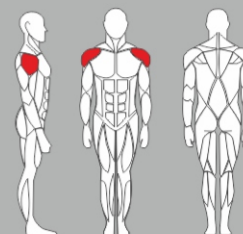
FEATURES

- ◆ **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: 50 inches / 127 cms
Height: 58 inches / 147 cms
Weight: 489.4 lbs / 222 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.