

LATERAL RAISE

JCRS - 102

The Jerai Fitness Crown Series Lateral Raise is designed to effectively isolate and strengthen the lateral deltoids through a controlled and ergonomic movement pattern. The machine promotes proper exercise form while helping users maintain consistent tension on the target muscles throughout the range of motion. Its seated design enhances stability and comfort, allowing focused shoulder training with reduced compensation from surrounding muscle groups. Featuring a 165 LBS (75 KG) weight stack, it is suitable for users across different strength levels. Built for commercial fitness facilities, training studios, and premium home gym environments.



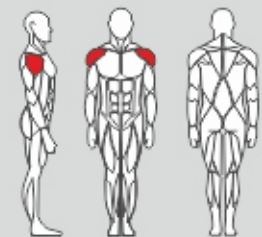
FEATURES

- ◆ **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.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

SPECIFICATIONS

DIMENSIONS:

Length: 46 inches / 117 cms
 Width: 54 inches / 137 cms
 Height: 62 inches / 157 cms
 Weight: 480.8 lbs / 218.1 kg
 Weight stack: 165 lbs / 75 kg



MUSCLE WORKED: Anterior, Medial Deltoids

COLOURS AVAILABLE: Black.