

LATERAL RAISE

JFS - 3010

Lateral Raise is an innovative exercise machine designed to provide resistance to your lateral deltoids, which are the muscles responsible for lifting your arms to the sides. Its angled inputs minimize external rotation during movement to focus on deltoids, and it provides a weight stack of up to 165 lbs, making it an ideal choice for a diverse range of users.



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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: 56 inches / 142 cms
Weight: 458.5 lbs / 208 kg
Weight stack: 165 lbs / 75 kg

MUSCLE WORKED: Anterior, Medial Deltoids

COLOUR AVAILABLE: Black.

