

# LATERAL RAISE

## RS-1502



ADJUSTABLE SEAT HEIGHT



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

59.00" X 47.25" X 56.50" (150 cm X 120 cm X 144 cm)

### PRODUCT WEIGHT

526 lbs (239 kg)

### WEIGHT STACK

255 lbs (116 kg)

## FEATURES

- ◆ Rocking forward movement of the torso during the exercise challenges core muscles while engaging an optimal range of deltoid muscle flexion
- ◆ Swiveling stabilizer handles to accommodate varying user sizes
- ◆ Bi-lateral functionality allows for single-arm exercising
- ◆ Adjustable seat for varying user sizes