

LATERAL RAISE

RS-1502



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

SPECS

- Product Dimensions L x W x H:
59.00" (150 cm) x 47.25" (120 cm) x 56.50" (144 cm)
- Product Weight: 526 lbs (239 kg)
- Weight Stack: 298 lbs (135 kg)