

## Pro Series PL Lateral Raise

Strengthen your shoulder muscles with the Pro Series PL Lateral Raises. With a plate-loaded design, adjustable weight stack, and ergonomic features, this machine is perfect for building upper body strength. The adjustable seat and footplates ensure comfortable positioning during workouts, while the heavy-duty steel construction ensures durability and longevity.



Adjustable Handles



Anti-Slip Foot Panel



High Quality Bearings



Small work area

### Technical Specifications

<b>Rating</b>	Commercial
<b>Adjustments</b>	Adjustable Handles
<b>Loading Capacity</b>	100kg x2 220lbs x2
<b>Product Weight</b>	62.5kg 137.5lbs
<b>Dimensions</b>	L116.5 x W88.5 x H155cm L45.87 x W34.84 x H61.02 inches

### Key Features

<b>Heavy-duty steel construction ensures durability.</b>	•
<b>Ergonomic Handles</b>	•
<b>Non-slip footplates ensure stability during exercise.</b>	•
<b>High quality bearings for moving parts</b>	•