

## Perform Series, Lateral Raise

The outward force created by the Perform Series Pec Deck opposes the chest muscle for the entire movement range, making the muscle activation far superior to that achieved with dumbbells. The Pec Deck is one of the most effective isolation exercises for strengthening and sculpting the pectorals.



Water Bottle Holder



Instructions placard



High-density Poly-foam



Adjustable Seat



### Technical Specifications

<b>Rating</b>	Commercial
<b>Adjustments</b>	Adjustable seat for user comfort and to allow easy operation
<b>Upholstery</b>	High-density poly-foam and double stitches offer comfort and durability
<b>Tubing</b>	Tube of the functional part is primarily at a 3mm thickness. The weight stack cage is with D-shape tube size: 95 x 81.1 x 3mm and a racetrack tube size: 50 x 100 x 3mm which ensure ultra-durability and stability.
<b>Instructions Plaque</b>	Instructions placards to review proper set-up, movement and muscles trained
<b>Shroud</b>	Translucent ABS shroud at a thickness of 3.2mm ensures ultra-durability and shock resistance.
<b>Weight Stack</b>	72.5kg 160lbs
<b>Product Weight</b>	145.2kg 320.1lbs
<b>Maximum User Weight</b>	150kg 330lbs
<b>Dimensions</b>	L 150 x W 146 x H 150.6 cm L 59 x W 57.4 x H 59.2 inches

### Key Features

<b>Space efficient design requires minimal floor space</b>	•
<b>Self-lubricate American loos™ cable with nylon-coated 12 complex fiber ensures service life more than 250 thousand times.</b>	•
<b>Water bottle holder fixed on the cage is within reach.</b>	•
<b>Ergonomic handlebars in TPV material with aluminium ring limit offers comfort and security during a workout</b>	•
<b>All dynamic components are shielded for safety purpose</b>	•
<b>Lathed pulley with bearings of less tolerance ensure smooth movement</b>	•
<b>Meets EN957 safety regulation</b>	•