

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

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

Key Features

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