

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
Start Weight	3kg Per Arm
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	•