



SEATED LATERAL RAISE

0023

Muscles worked: Trapezius, Delts

Dimensions:

- Width: 700mm
- Length: 1050mm
- Height: 1300mm

Total Machine Weight: • 170kg

Standard Weight Stack: • 100kg
Upgradable Weight Stack: • -
Max Weight Resistance: • 100kg

Max user weight: • None

Key selling points:

- Adjustable seat height
- Comfortable padded rollers
- 100kg weight stack with gradual increments
- Amazingly compact to fit in any space
- Watson lifetime warranty