







Perform Series, Lateral Raise

SKU: **GG-PERFORM-010**

Built for precise deltoid isolation this lateral raise machine delivers smooth, consistent resistance for controlled shoulder work. Its compact commercial build keeps every rep stable while fitting easily into strength zones of any size.

Key Features

- Targets the medial deltoids for focused shoulder development
- Space efficient layout that fits tight gym footprints
- Self lubricate American Loos cable for long service life
- Lathed pulley with low tolerance bearings for smooth travel
- Shielded dynamic components for added user safety
- Ergonomic TPV handlebars with aluminium ring limit for secure grip
- Adjustable seat to suit different user heights
- Water bottle holder positioned within easy reach
- High density poly foam upholstery built for comfort and durability
- Translucent ABS shroud providing strong impact resistance
- Meets EN957 safety regulation

Technical Specifications

Weight	175 kg	**Weight Stack**	91 kg
Length / Depth	122.2 cm	**Pin Select**	Yes
Height	150.6 cm		
Width	146 cm		
Frame Weight	84 kg		