



Pro Series, Lateral Raise

SKU: **GG-PRO-113**

Target shoulder strength with precision, the Pro Series Lateral Raise isolates the deltoids for focused muscle activation. Smooth resistance and user-friendly adjustments make it ideal for consistent, effective training.

Key Features

- Specifically designed to isolate and strengthen the deltoid muscles
- Large arm roller pads distribute pressure for comfort and control
- Adjustable seat height adapts to different body sizes
- Yellow pivot guide ensures correct alignment every time
- Selector pin system allows quick and simple weight changes

Technical Specifications

Weight	172.5 kg
Length / Depth	118 cm
Height	153 cm
Width	75 cm
Frame Weight	85 kg

Weight Stack	72.5 kg
Pin Select	Yes

