



Pro Series Plate Loaded, Lateral Raise

SKU: **GG-PRO-PL-101**

Build powerful, defined shoulders with the Pro Series Plate Loaded Lateral Raise. Designed for comfort and precision, this machine targets the deltoids with smooth, controlled motion while keeping setup simple and efficient.

Key Features

- Directly targets the deltoids for effective shoulder development
- Compact structure that saves floor space while staying stable
- Weight pins allow quick plate loading and unloading
- Adjustable handle length for a comfortable training position
- Turning point aligns with the user's shoulder height for precise movement
- Protective barbell tube cover for durability under heavy use
- Built-in limiting mechanism to enhance user safety

Technical Specifications

Weight	62.5 kg	Plate Loaded	Yes
Length / Depth	116.5 cm		
Height	155 cm		
Width	88.5 cm		
Frame Weight	62.5 kg		
Start Weight	6 kg		
Loading Capacity	0 kg		

