

LATERAL RAISE

JPS-302

◆ The innovative design encourages a stabilized core while allowing for targeting the particular muscle, and optimal alignment with medial deltoid during a workout. Angled inputs minimize external rotation during movement to focus on deltoids. The Jerai Fitness Lateral Raise provides a maximum weight of up to 165 lbs.

◆ **DIMENSION:**  
Length : 48 inches / 122 cms  
Width : 50 inches / 127 cms  
Height : 58 inches / 147 cms  
Weight Stack : 165lbs / 75kg

◆ **MUSCLE WORKED:**  
Anterior  
Medial Deltoids

