

ISOLATERAL SEATED
LATERAL RAISE

JPL-120

◆ The Isolateral Seated Lateral Raise is designed to target and strengthen the lateral deltoid muscles in an isolateral manner. This machine features isolateral arms, allowing for independent movement of each arm, which helps to address any strength imbalances between the left and right sides of the body.

◆ **DIMENSION:**
Length : 56 inches / 142 cms
Width : 45 inches / 114 cms
Height : 56 inches / 142 cms

◆ **MUSCLE WORKED:**
Deltoids Triceps

