



Lateral Raise

SAB-1-LR

- Unilateral operation for balanced strength development
- Dynamic variable resistance
- Weight stack easily accessible from seated position

Muscles:
- Middle Deltoids
- Trapezius (Upper)

Length(mm):	1078
Width(mm):	1359
Height (mm):	1389
Machine Weight (kg):	249

Weight Stack	
Standard (kg):	75

