

Lateral Raise

G7-S21



- Independent arms facilitate greater exercise variety
- Oversized arm pads enhance comfort and accommodate a variety of users
- Rotating handles provide natural motion
- The optional Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals

ADJUSTMENTS

User adjustment range	7 user start options
Color coded pivots & points of adjustment	Yes

FRAME & CABLES

Available frame colors	Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium
Frame finish	Proprietary two-coat powder process
Cable transmission	Internally lubricated cables & fittings
Machine anchoring	Independent machine hold down brackets
Integrated leveling system	Yes, top-down leveler

TECH SPECS

Overall "static" dimensions (L x W x H)	105.5 x 132 x 135 cm / 41.5" x 52" x 53"
Overall "in-use" dimensions (L x W x H)	105.5 x 150 x 135 cm / 41.5" x 59" x 53"
Product weight	281 kg / 620 lbs
Shipping weight	328 kg / 723 lbs
Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Rep counter battery life	Approximately 3 years
Rep counter power supply	2 AA batteries

USER AMENITIES

Front placards	Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification
Rear placards	Color-coded machine identification, exercise specific stretching
Placard color coding	Yellow (upper body)
Rep counter	Electronic counter displays reps, exercise time and rest time
Personal storage	Two tactile storage mats, personal device cradle and towel hook
Contoured seat	Yes

WEIGHT STACK

Total stack weight	90 kg / 200 lbs.
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Weight plate increments	4.5 kg / 10 lbs
Incremental weight system	1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs
Max Training Weight	93.4 kg / 207.5 lbs
Consistent 53" stack height	Yes
Weight stack guarding	Full front and rear shields