

Spirit ISO Lateral Raise

SKU: SPE-PL-3030



- Designed & manufactured in our UK factory
- Conforms with ISO/CEN equipment standards
- Commercial use structural lifetime warranty

The Spirit Plate Loaded ISO Lat Raise is engineered for precise isolation of the medial deltoids, making it the ideal machine for building rounder and stronger shoulders. Designed and manufactured in the UK from a combination of heavy-duty 80mm and 70mm box section, it provides exceptional durability for the demands of commercial gyms and high-performance facilities.

The spring-assisted adjustable seat with 9 positions ensures perfect user alignment, while independent arm movements allow both sides of the body to work separately for balanced strength development. No-grip pads remove forearm and grip involvement, placing complete emphasis on the lateral raise movement to maximise deltoid activation. For added versatility, integrated band pegs are on hand for training with resistance bands and can be used for advanced training methods or assisted reps.

Standard Colour options



Features

Adjustable Seat

Spring-assisted adjustable seat with 9 positions for precise alignment and quick setup.

Dynamic Resistance

Includes dual band pegs for dynamic resistance options.

Long-Term Durability

Key components are made from stainless steel for resistance to rust, wear, and heavy use, providing long-term durability.

No-Grip Pads

No-grip pads remove forearm and grip involvement to place complete emphasis on the lateral raise movement.

High Impact Feet

High impact ABS plastic feet with concealed floor fixing points.

Independent Arms

Independent arms allows each side of the body to work on its own for balanced strength development.

Exercise Placard

Complete with an easy to understand instructional placard with targeted muscles.

Specifications

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Length

1222mm / 48.2"

Width

950mm / 37.5"

Height

1150mm / 45.3"

Weight

134kg / 295.5lbs

Start Weight

Max Load

320kg / 705.5lbs

Storage

Allows 4 Storage Horns

Frame

80x80x3mm / 70x70x3mm

Certifications

EN ISO 20957-1 / EN 957-2

Warranty

Lifetime - Full Commercial