



## Lateral Raise

VST600-S21

Help the people you serve tone and build their mid-shoulder muscles with a selectorized lateral raise station that's tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start toning and building their shoulders.



### User Amenities

Product Weight	Yellow (upper body)
Contoured Seat	Yes
Instructional Placards	Muscle call outs, start and finish exercise illustrations

### Adjustments

User Adjustment Range	5 user height positions
Color-coded Pivots & Points of Adjustment	Yes

### Frame & Cables

Cable Transmission	Internally lubricated cables and fittings
Machine Anchoring	4 anchoring locations
Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process

### Tech Specs

Placard Color Coding	106.0 x 124.5 x 170.5 cm / 41.7" x 49.0" x 67.1"
Contoured seat	173.3 kg / 382 lbs.

### Weight Stack

Weight Plate Increments	4.5 kg / 10 lbs.
Total Stack Weight	68.2 kg / 150 lbs.
Consistent Stack Height	Yes
Weight Stack Guarding	Full front and rear shields