N919
INDEPENDENT LATERAL RAISE



The SportsArt N919 Independent Lateral Raise targets the shoulders through a controlled, natural movement path. Rotating handles and cushioned elbow pads help reduce joint stress, while the gas-assisted seat and stabilizing footrest promote proper alignment and balanced muscle development.

KEY FEATURES

- Handles rotate naturally throughout the motion and reduce wrist stress
- Gas-assisted seat adjustment puts you in the proper position for action
- Foot rest helps maintain biomechanically correct exercise position
- Elbow pad increases stability and isolates lateral head of the deltoid
- Incremental 3.3 & 6.6 lbs (1.5 & 3 kg) micro-loading adjustment

TECHNICAL DETAILS	
Unit Weight	488.4 lbs / 222 kg
Dimensions (LxWxH)	51.5 x 53.4 x 60.4 in / 130.7 x 135.5 x 153.5 cm
Weight Stack	132 lbs / 60 kg
Max User Weight	500 lbs / 227 kg
Starting Weight	7.7 lbs / 3.5 kg
Features	Strengthens lateral deltoids Back support isolates deltoid muscles and ensures strict form Upright starting handle position helps to avoid shoulder impingement syndrome by keep wrists in a neutral position Magnetized stack-fork with retracting tether makes for instant, secure selection of weights Cold rolled steel weight stacks with noise dampening Stainless steel guide rods resist rust and stay smooth Kevlar belts for quiet, smooth action and optimal tensile strength; belt contains 2200 lb (998 kg) tensile strength aircraft cables. Heavy-duty double-stitched upholstery Durable European-styled cushions Manufactured to meet EN ISO 20957 / ASTM F2276 standards

WARRANTY*	
Type	Full Commercial - no usage limit
Frame	10 Years
Weights & Guide Rods	5 Years
Cables, Belts, Bearings & Parts	3 Years
Grips, Enclosures & Covers	1 Year
Upholstery	6 Months
Labor	1 Year

CLOSER LOOK



Weight Selector Fork

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