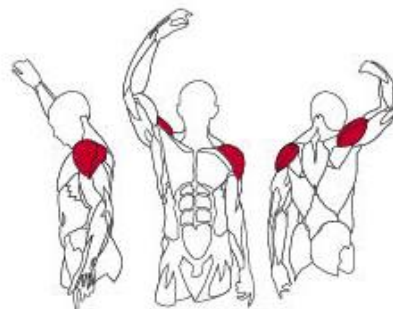


L490 – Deltoid raise

TR Series



muscles:
deltoid



Specifications

Length	119.5 cm / 47"
Width	94 cm / 37"
Height	148.5 cm / 58.5"
Weight	194 kg / 428 lbs
Weight stack	91 kg / 200 lbs

Adjustable seat height



It makes easier the adaptation to all kind of users.

Side rolls for shoulder support



Avoids friction and provides maximum adaptability to the shape, height and physique of the user. Allows a total adjustment.

Photovoltaic technology in strength equipment: *Optional Photovoltaic Monitor*



Our monitors provide useful information for the user:

Didactic aim:

Help the users to check whether the rep was

Causes motivation:

It encourages the users to improve the exercise

Helps to user loyalty:

The desire of self-improvement in repetitions, lifted weight or burned calories, promotes motivation and user loyalty to the center.

Information provided:

- Right repetitions completed
- Percentage completed
- Range of exercises in each repetition
- Calories
- Total weight lifted
- Rest time between sessions