



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.

Product availability may vary by region. Please contact your [local office](#) for more information.



Weight Stack

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

Tech Specs

Product Weight	173.3 kg / 382 lbs.
Overall Dimensions	106.0 x 124.5 x 170.5 cm / 41.7" x 49.0" x 67.1"

User Amenities	
Contoured Seat	Yes
Product Weight	Yellow (upper body)
Instructional Placards	Muscle call outs, start and finish exercise illustrations
Adjustments	
Color-coded Pivots & Points of Adjustment	Yes
User Adjustment Range	5 user height positions
Frame & Cables	
Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process
Machine Anchoring	4 anchoring locations
Cable Transmission	Internally lubricated cables and fittings