

Ultra Lateral Raise

G7-S21-AS2007

The Ultra Lateral Raise tones and builds mid-shoulder muscles with a design that's as powerful as it is intuitive. Oversized arm pads enhance comfort for users of all sizes, while rotating handles provide a natural, comfortable motion.

Also available in [Ultra Base option G7-S21B](#).



- The optional Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals
- Independent arms facilitate greater exercise variety
- Oversized arm pads enhance comfort and accommodate a variety of users
- Rotating handles provide natural motion

| INTELLIGENT TRAINING CONSOLE (OPTIONAL) | |
|---|--|
| PROGRESSION BASED PROGRAMMING | Yes |
| STORED USER SETTINGS | Yes, seat settings and Bluetooth HR |
| DEMO VIDEO | Yes |
| DUAL USER SIGN-IN | Yes |
| WORKOUTS | Manual, Endurance, Build, Strength, E-Lifts, Engage 360 |
| ENGAGE 360 COMPATIBLE | Yes |
| EGYM COMPATIBLE | Yes |
| COMMUNITY 360 COMPATIBLE | Yes |
| WEB CONNECTIVITY | Yes |
| WI-FI | Yes |
| DISPLAY FEEDBACK | Sets, Reps, Rest Time, Total Weight Lifted |
| ETHERNET PORT | Yes |
| BLUETOOTH | Heart rate only |
| USER-DEFINED MULTI-LANGUAGE DISPLAY | English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish |
| LIFT TO START | Yes |
| FITTOUCH TECHNOLOGY | Yes |
| DISPLAY TYPE | 40.6 cm / 16" class capacitive touchscreen LCD |
| ASSET MANAGEMENT COMPATIBLE | Yes |
| FACILITY COMMUNICATION PORTAL/CALENDAR | No |
| CSAFE READY-FITLINXX CERTIFIED | No |
| USB PORT | No, service only |
| ASSEMBLED HEIGHT | 147.3 cm / 58" as assembled on Ultra weight stack |
| POWER REQUIREMENTS | 100v-240v / 50-60 Hz AC |
| SHIPPING WEIGHT | 9.4 kg / 21 lbs. |

| ADJUSTMENTS | |
|---|----------------------|
| USER ADJUSTMENT RANGE | 7 user start options |
| COLOR CODED PIVOTS & POINTS OF ADJUSTMENT | Yes |

| FRAME & CABLES | |
|----------------------------|---|
| INTEGRATED LEVELING SYSTEM | Yes, top-down leveler |
| AVAILABLE FRAME COLORS | Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium |
| CABLE TRANSMISSION | Internally lubricated cables & fittings |
| FRAME FINISH | Proprietary two-coat powder process |
| MACHINE ANCHORING | Independent machine hold down brackets |

| TECH SPECS | |
|---|---|
| OVERALL "IN-USE" DIMENSIONS (L X W X H) | 105.5 x 150 x 135 cm / 41.5" x 59" x 53" |
| OVERALL "STATIC" DIMENSIONS (L X W X H) | 105.5 x 132 x 135 cm / 41.5" x 52" x 53" |
| PRODUCT WEIGHT | 281 kg / 620 lbs |
| REP COUNTER MACHINE USAGE TRACKING | Service mode tracks total machine reps and hours of use |
| REP COUNTER BATTERY LIFE | Approximately 3 years |
| REP COUNTER POWER SUPPLY | 2 AA batteries |

| USER AMENITIES | |
|----------------------|---|
| REAR PLACARDS | Color-coded machine identification, exercise specific stretching |
| PLACARD COLOR CODING | Yellow (upper body) |
| REP COUNTER | Electronic counter displays reps, exercise time and rest time |
| PERSONAL STORAGE | Two tactile storage mats, personal device cradle and towel hook |
| CONTOURED SEAT | Yes |
| FRONT PLACARDS | Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification |

| WEIGHT STACK | |
|------------------------------------|------------------------------------|
| TOTAL STACK WEIGHT | 90 kg / 200 lbs. |
| WEIGHT PLATE INCREMENTS | 4.5 kg / 10 lbs |
| INCREMENTAL WEIGHT SYSTEM | 1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs |
| MAX TRAINING WEIGHT | 93.4 kg / 207.5 lbs |
| WEIGHT STACK GUARDING | Full front and rear shields |
| CONSISTENT 53" STACK HEIGHT | Yes |