

## 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](#).



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

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

TECH SPECS	
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use
PRODUCT WEIGHT	281 kg / 620 lbs
REP COUNTER POWER SUPPLY	2 AA batteries
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"
REP COUNTER BATTERY LIFE	Approximately 3 years

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

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