

# bodytone

## SOLID GROW



### SG24

STANDING LATERAL RAISE

# SOLIDGROW

Solid Grow is our strong line designed for comfort and functionality from structural minimalism. Perfect for saving space and greater user freedom. Discover all the news >>>



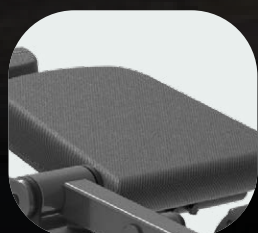
Convergent independent motion



Non-slip grips with PVC cover



Adjustable seats at different heights



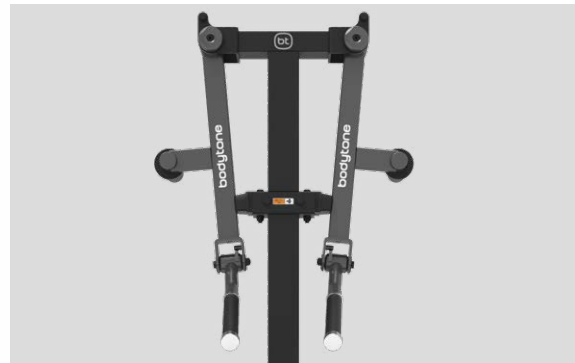
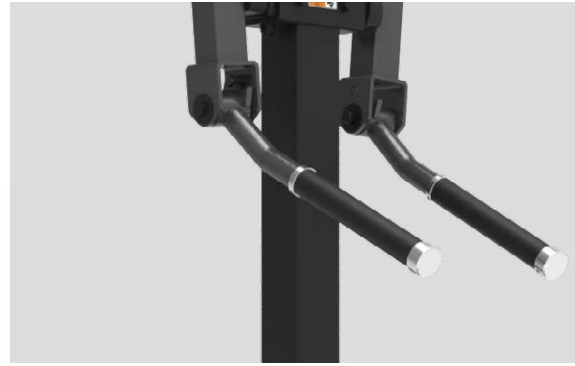
Upholstered on foam high density polyurethane



Platforms and footrests non-slip



Rubber bumpers in the bases



\*Discs not included.

# SG24

## EXERCISE

Perform standing shoulder lateral raises.

## DIMENSIONS

1160 x 885 x 1550 mm  
45.6 x 34.8 x 61 in

## WEIGHT

57 kg  
125.6 lbs

## WEIGHT CAPACITY

150 kg  
330.7 lbs

**SOLID GROW** STANDING LATERAL RAISE

bodytone



---

### **STRUCTURE**

76 x 51 mm steel tube and 51 x 51 mm for moving parts, welded using a robotic process and free of projections. 6 mm structural connection plates for an extra rigid connection.

### **MAXIMUM USER WEIGHT**

150kg

### **MAXIMUM WEIGHT LOAD**

Supports Olympic plates up to a limit of 150 kg (75 kg per arm).

### **DISC SUPPORT**

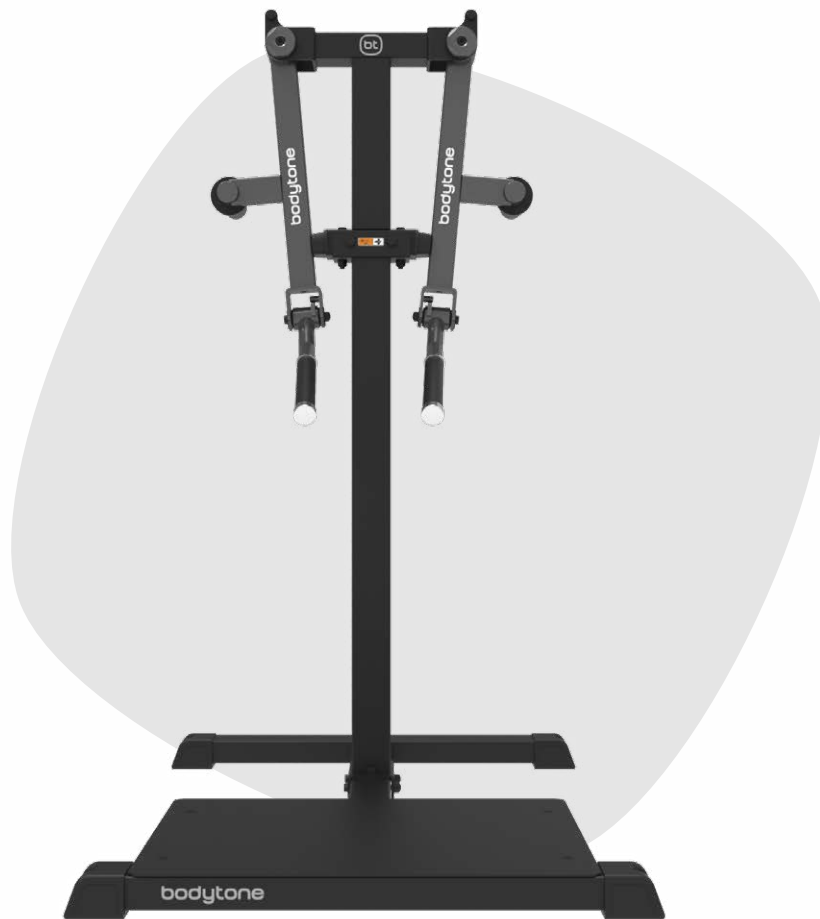
Steel tube covered with PVC sheath, increasing durability.  
Tube measures 250 mm.

### **FOOT PLATFORM**

Non-slip platform measuring 70 x 50 cm

### **BEARINGS**

SKF double bearing of 52 mm diameter x 15 mm housed in a closed anti-play bushing, ensuring a constant direction of movement.



### **AXES**

Made of calibrated steel 25mm thick.

### **GRIPS**

Made of 36 mm diameter x 350 mm steel tube with a non-slip PVC cover and aluminum trims.

### **BASES**

Manufactured in technopolymer injection, ultra resistant and non-slip. Screwed to the ground.

### **HARDWARE**

M10 and hardness of 8.8

### **MAINTENANCE AND LUBRICATION**

Biweekly maintenance. Lubrication of seatposts, guides, bearings and pop pin. Cleaning upholstery with a damp cloth.

### **PAINTING PROCESS**

3 coats of paint.

Pickled and stabilized steel by total immersion of the parts in different degreasing solutions to guarantee a perfect and complete cleaning of the base material. Antioxidant primer to ensure adequate isolation of internal oxidation and good adhesion of the paint. 2 final coats of epoxy polyester powder paint, dried at 240°C.

### **DESIGN PROCESS**

Study of biomechanics and ergonomics under the supervision of associated professionals and athletes. After a long design period; from the sketch, engineering research, prototype production, test by professional athletes our products come onto the market.

**bodytone**

[www.bodytone.eu](http://www.bodytone.eu)