

Standing Pec Fly - Lateral Raise

Model: ES-55A02YR

FEATURES

The Standing Pec Fly / Lateral Raise reflects the core principles of the Essential Strength Line—durability, smooth performance, and intuitive movement. Designed to effectively target the chest, shoulders, and triceps, this dual-function unit allows users to perform both pec fly and lateral raise movements with precision and control. Its open, standing design promotes natural body positioning and functional movement, while multiple handle positions and an adjustable footplate provide a fully customizable training experience. Built for full-commercial use, this machine delivers long-lasting performance, user safety, and consistent results for all fitness levels.

Key Features & Specifications:

•Commercial-Grade Frame Construction:

Main frame: 4.65" x 2.95" x 0.12" semi-elliptical steel tubing

Functional area: 4.72" x 1.97" x 0.12" flat oval tubing

Movement arms: 3.15" x 1.57" x 0.12" steel tubing

Joint sections: 3.94" x 1.97" x 0.12" flat oval tubing

All structural components utilize high-quality Q235 steel

•Smooth & Durable Performance:

Precision-engineered arms provide a controlled, fluid range of motion for both exercises

High-strength 7×19 strand cable system rated for up to 3,080lbs ensures long-term durability

CNC-machined POM pulleys with premium bearings deliver quiet, low-friction operation under heavy use

•User-Focused Design:

Adjustable footplate and multiple handle positions accommodate a wide range of users and movement patterns

Right-side weight selector allows for safe, quick, and convenient adjustments during training

•Full Shroud Design:

Durable full shrouds constructed from 0.16" thick virgin ABS for enhanced safety and a clean, modern appearance

•Comfort-Driven Components:

High-resilience MC foam padding provides consistent support and long-lasting comfort

Upholstered with premium-grade PU leather for durability and easy maintenance



SPECIFICATIONS

- Net Weight: 492lbs Gross Weight: 518lbs
- Footprint (L x W x H): 58.0" x 28.2" x 92.1"
- Weight Stack: 155lbs