054 Slide Raises



Benefits

Strengthens Shoulders
Primarily targets the lateral deltoids for stronger shoulders.

Improves Shoulder Stability
Supports better control and stability during movement.

Enhances Range of Motion
Helps improve shoulder mobility and movement.

Supports Daily Activities
Builds strength that can improve performance in exercises and everyday movements.

Uses

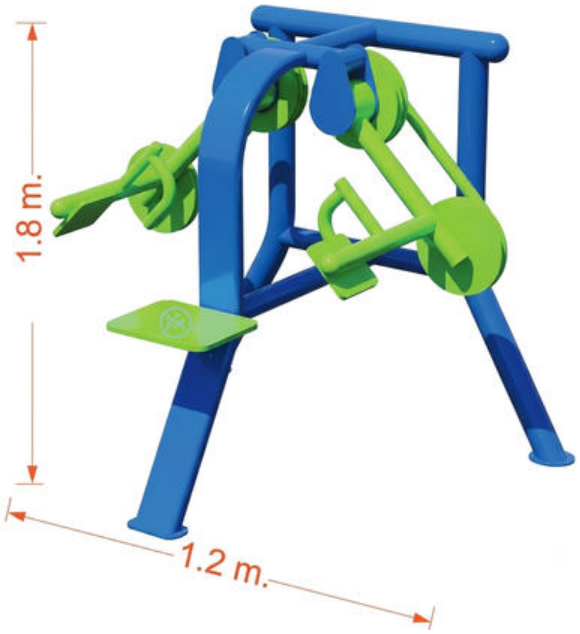
Targets Lateral Deltoids
Primarily strengthens the muscles located on the sides of the shoulders.

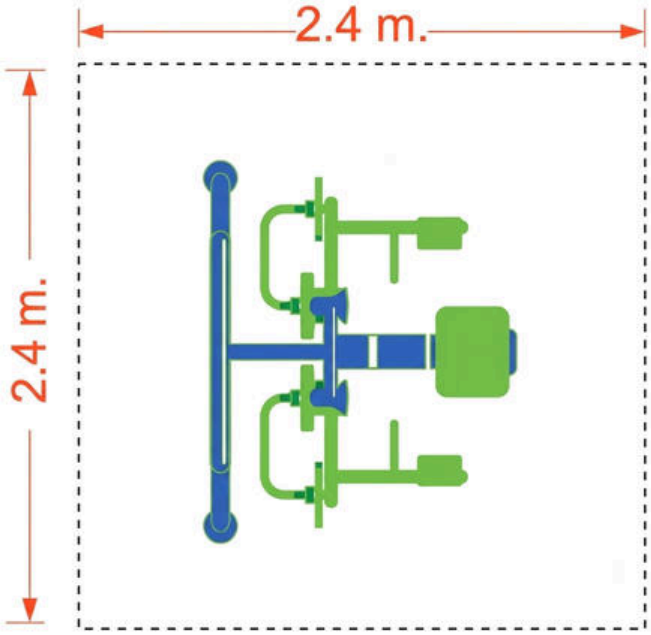
Builds Shoulder Strength
Develops stronger and more defined shoulder muscles.

Improves Shoulder Movement
Supports shoulder abduction and controlled arm movement.

Enhances Upper-Body Development
Contributes to balanced shoulder strength and overall upper-body fitness.

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Actual equipment size	Minimum recommended area	Age group	Play capacity
1.2 × 1.2 × 1.8 m	2.4 × 2.4 × 1.8 m	12 years+	1 user

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Approved rate schedule
(All inclusive)

₹ 1,44,710/-

Get a quotation
mahaplaygrounds.com/054