

PLATE-LOADED

SH034

Standing Multi Flight

The SH034 is a plate-loaded machine specifically engineered for targeted training of the lateral and posterior deltoids.

Featuring a dual-function design, it supports both standing lateral raises and bent-over reverse flies, maximizing space efficiency while offering versatile shoulder training options. The innovative dual-pivot axis system closely mimics the natural arc of the shoulder joint, ensuring precise muscle activation.

A pressure-relieving head support cushion reduces lower back strain during bent-over exercises, enhancing both comfort and safety. The thoughtfully designed retractable handle system prevents movement interference, while the six-position footplate adjustment accommodates users of various heights, helping them establish optimal leverage and form.¹

Specifications

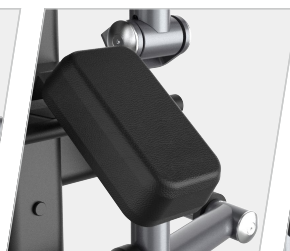
Dimension	2138×1073×1681mm
Net Weight	156kg
Max Load Capacity	40kg(2x20kg)
Main Frame Tubing	PT60x120x2.5
Adjustability	Footplate Adjustability 6-position adjustment (Levels 1-6)
Target Muscle Groups	Middle and rear deltoids
Standard Color Scheme	SH Series standard color scheme



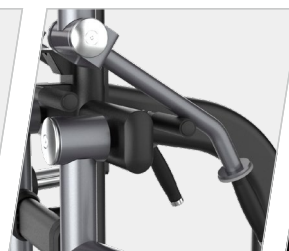
**Dual-Function
Design**



**Dual-Pivot Axis
Mechanism**



**Pressure-Relieving
Support Pad**



**Retractable Handle
System**



**6-Position Adjustable
Footplate**