

# PLATE-LOADED

**SH059**

## Smith Row

The SH059 is a plate-loaded strength machine engineered specifically for targeted back training.

It features a high-precision dual-axis linear bearing system that ensures ultra-smooth and stable motion, allowing users to perform each rowing movement with optimal control and efficiency. The oversized support pad is designed to distribute the weight evenly and reduce lower back stress, enhancing safety during heavy or high-intensity workouts.

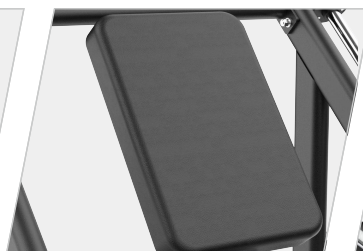
A multi-grip handle system offers a variety of grip widths and angles, from wide to narrow, effectively engaging key back muscles including the latissimus dorsi, rhomboids, and trapezius. This design supports a full range of back development, from width expansion to thickness building. The ergonomically contoured footplate is anti-slip and adjustable across five positions, accommodating users with varying ankle mobility to optimize power output and training comfort.

## Specifications

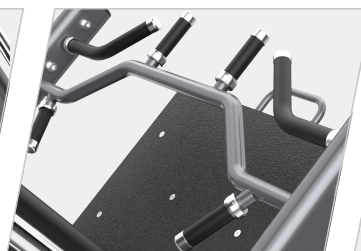
Dimension	1717*1737*1107mm
Net Weight	161kg
Max Load Capacity	250kg(2x125kg)
Main Frame Tubing	PT60x120x2.5
Adjustability	Footplate Adjustability
	5-position adjustment (Levels 1-5)
Target Muscle Groups	Back muscle groups
Standard Color Scheme	SH Series standard color scheme



**High-Precision Linear Guide System**



**Pressure-Relieving Support Pad**



**Multi-Grip Handle Options**



**5-Position Adjustable Footplate**