

SH PLATE LOADED SERIES

SH001 - CHEST PRESS



PRODUCT OVERVIEW

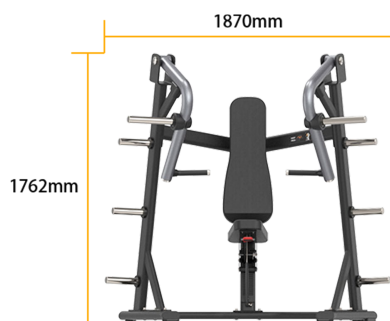
The SH001 is a premium plate-loaded strength machine specifically designed for chest development. Featuring a modern aesthetic and robust construction, it is ideal for commercial gyms and high-end personal training facilities. The motion arm path is ergonomically engineered to align with the pectoral muscle fiber orientation and natural shoulder movement, delivering a smooth, stable pressing motion and effectively activating target muscles.

Equipped with large-diameter rubber-coated handles tailored for pressing mechanics, the SH001 reduces wrist strain and improves comfort and control. The ergonomically angled backrest provides firm scapular support, while the pneumatic, infinitely adjustable seat allows users of all sizes to find their optimal training posture. This ensures a precise match between the user's body position and the machine's motion path, enhancing training efficiency and safety.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1870*1153*1762mm
Net Weigh:	137kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



Stable and Durable Construction

Reinforced structural design and high-quality craftsmanship ensure lasting safety and stability under heavy use.



Large-Diameter Rubber-Coated Handles

Offer a natural and secure grip, reducing wrist pressure and enhancing control during incline pressing.



Ergonomic Backrest Design

Offers firm support for the scapula and torso, improving movement stability and muscle engagement.



Pneumatic Infinite Seat Adjustment

Allows quick and precise seat height customization for ideal posture alignment, adapting to a wide range of body types.