

## SH PLATE LOADED SERIES

## SH002 - INCLINE CHEST PRESS



## PRODUCT OVERVIEW

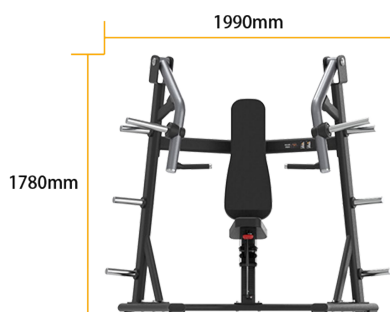
The SH002 is a premium plate-loaded incline chest press machine specifically engineered for upper pectoral training. Featuring a modern aesthetic and robust construction, it is ideal for commercial gyms and high-end personal training facilities. The motion arm path is ergonomically optimized to follow the natural trajectory of upper chest muscle fibers and natural shoulder movement, ensuring smooth, stable pressing and efficient muscle activation.

Equipped with large-diameter rubber-coated handles, the SH002 reduces wrist strain and enhances grip comfort during pressing exercises. The ergonomically angled backrest provides solid scapular and torso support, while the pneumatic, infinitely adjustable seat allows users of all sizes to find their optimal pressing posture. The synergy between machine mechanics and body positioning ensures safe, effective, and high-performance workouts.

## SPECIFICATIONS & KEY FEATURES

### Specifications

Dimension:	1090*1990*1780mm
Net Weigh:	136kg
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.