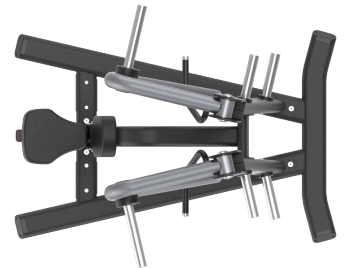


SH PLATE LOADED SERIES

SH004 - LOW ROW



PRODUCT OVERVIEW

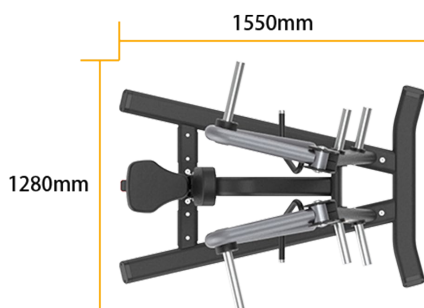
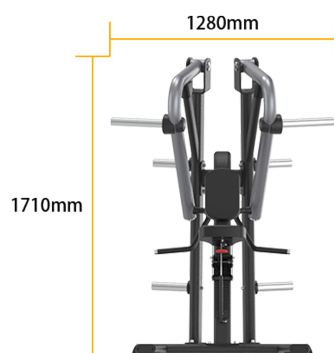
The SH004 is a premium plate-loaded low row machine designed for comprehensive back development. With a modern appearance and robust construction, it is ideal for commercial gyms and upscale personal training studios. The machine's motion path is ergonomically engineered to match the natural movement of the shoulder joint and the fiber direction of key back muscles, ensuring smooth, effective, and safe activation of the lats, rhomboids, and trapezius.

Its multi-angle grip system offers a variety of widths and hand positions—from wide to narrow, overhand to neutral—allowing users to tailor their workouts for both width expansion and depth enhancement. The ergonomically contoured chest pad provides firm anterior support, with an optimized distance that ensures both reach comfort and complete range of motion. Combined with a pneumatic, infinitely adjustable seat, the SH004 allows users of all sizes to maintain ideal body alignment and movement precision for maximum training performance.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1550*1280*1710mm
Net Weigh:	131kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



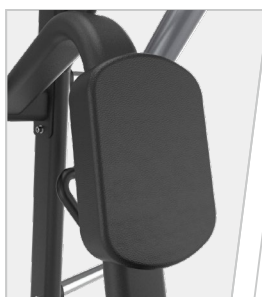
Stable and Durable Construction

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



Multi-Angle Grip Handles

Accommodate a range of grip positions and training goals, enabling full engagement of all major back muscles.



Ergonomic Chest Pad

Provides supportive positioning and comfort, helping users maintain proper form and movement range.



Pneumatic Infinite Seat Adjustment

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