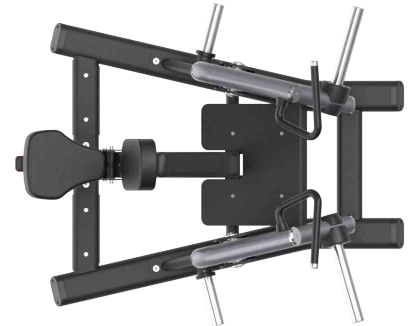


SH PLATE LOADED SERIES

SH005 - SEATED ROW



PRODUCT OVERVIEW

The SH005 is a premium plate-loaded strength machine designed for targeted development of the back muscles. With a modern aesthetic and reinforced construction, it is ideal for high-end personal training studios and commercial fitness facilities. The movement path of the arms is ergonomically engineered to align with the natural shoulder motion and muscle fiber direction of the back, ensuring a smooth, comfortable rowing experience with optimal muscle activation.

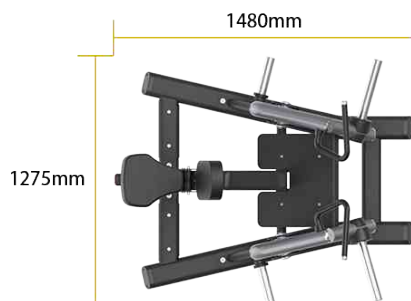
The multi-grip handle design offers a variety of grip widths and orientations—from wide to narrow, overhand to neutral—enabling users to target the lats, rhomboids, and trapezius with precision. This flexibility supports both back width and thickness development.

The wide, slip-resistant footplates feature an ergonomic angle that accommodates different ankle mobility levels, helping users maintain stable body positioning during heavy rows. The chest pad is strategically angled and distanced to ensure proper range of motion while allowing easy access to the handles. Paired with a seat equipped with pneumatic-assisted infinite adjustment, users can quickly and accurately position themselves for optimal posture and movement alignment, enhancing both training effectiveness and safety.

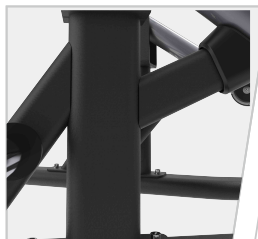
SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1480*1275*1240mm
Net Weigh:	124kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme

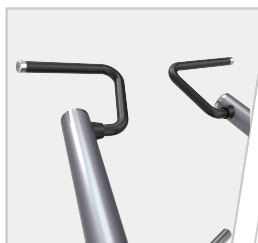


Product Features



Stable and Durable Construction

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



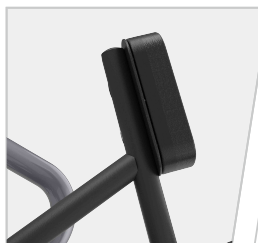
Multi-Grip Handle Options

Offers varied grip widths and angles to comprehensively activate core back muscles and support both width and thickness development.



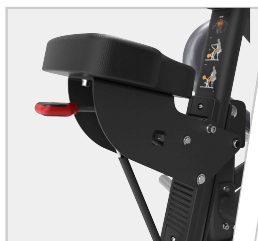
Ergonomic Wide Footplates

Provide secure and comfortable footing for users with varying ankle mobility, enhancing body control and lifting power.



Precision-Angled Chest Pad

Optimally distanced and contoured to support a full range of motion while ensuring comfort and ease of access to the handles.



Pneumatic Infinite Seat Adjustment

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