

**SH PLATE LOADED SERIES****SH006 - LAT PULLDOWN****PRODUCT OVERVIEW**

The SH006 is a premium plate-loaded strength machine engineered for comprehensive back muscle development. Featuring a modern design and reinforced construction, it is ideal for commercial gyms and upscale personal training environments. The movement path is ergonomically aligned with the muscle fiber direction of the back and the natural motion of the shoulder joint, providing a smooth training experience with focused muscle activation.

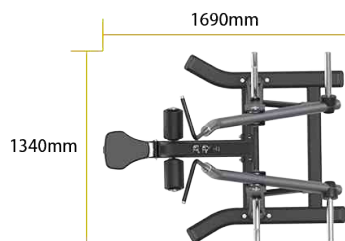
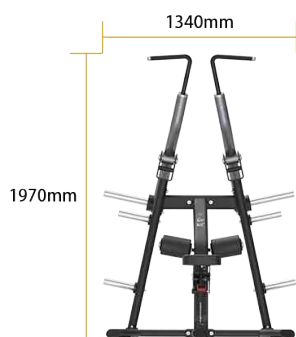
The multi-grip handle design supports a wide range of grip widths and orientations—from wide to narrow, overhand to neutral—allowing users to precisely engage the latissimus dorsi, teres major, and trapezius muscles. This versatility enables both width expansion and thickness development for a complete back profile, accommodating diverse training goals.

A V-shaped thigh pad ensures stable and comfortable support for users with different leg sizes, maintaining ideal body positioning throughout the movement. Paired with a gas-assisted infinitely adjustable seat, users can easily find their optimal height for posture alignment and motion accuracy, enhancing both comfort and performance.

## SPECIFICATIONS & KEY FEATURES

### Specifications

Dimension:	1690*1340*1970mm
Net Weigh:	105kg
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 frame and refined craftsmanship ensure safety and reliability under heavy-duty use.



#### Multi-Grip Handle Design

Offers a variety of grip positions to fully engage key back muscles, supporting targeted width and thickness training.



#### V-Shaped Thigh Pad

Accommodates users with varying leg circumferences, providing secure support for improved posture and motion control.



#### Pneumatic Infinite Seat Adjustment

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