

SH PLATE LOADED SERIES

SH008 - V LEG PRESS



PRODUCT OVERVIEW

The SH008 is a premium plate-loaded strength machine designed for targeted glute and leg training. With a modern aesthetic and reinforced construction, it is ideal for large commercial gyms and high-end personal training studios.

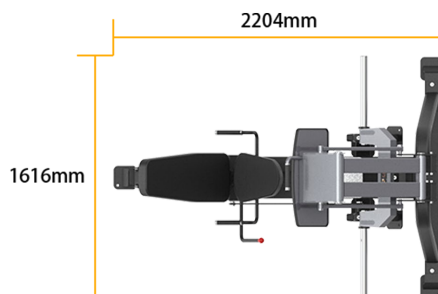
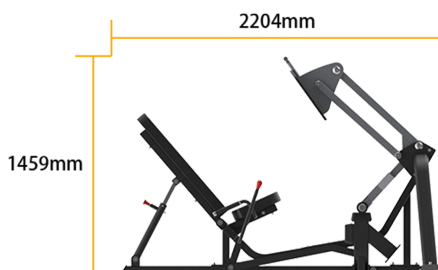
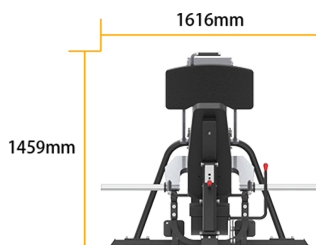
The oversized anti-slip footplates support multiple stance widths and step heights, enabling comprehensive activation of the quadriceps, glutes, hamstrings, and adductor muscles. The dual-axis linkage between the footplate and movement arm adapts to ankle motion during exercise, reducing joint stress and enhancing comfort. Auxiliary handles and an anti-slip entry step make it easy to get on and off the machine, improving convenience and safety.

The backrest offers 5 adjustable positions to accommodate users of varying heights and hip mobility, ensuring both full range of motion and comfort. The seat angle is precisely calculated to match hip mobility, and paired with dual side handles, it helps maintain pelvic and spinal neutrality to reduce injury risk. The safety stopper is precisely positioned with a high-visibility control lever for easy, low-effort operation. This ensures sufficient movement range while maintaining safe clearance for the body, making it an ideal choice for intense leg training.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	2204*1616*1459mm
Net Weigh:	210kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme

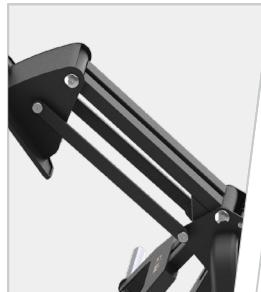


Product Features



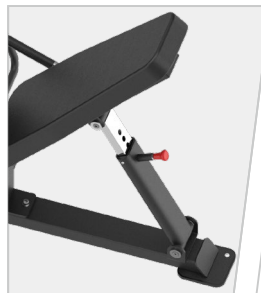
Wide Footplate with Multi-Stance Adaptability

Dual-footplate design supports various stance widths and heights, accommodating different ankle mobility levels for precise muscle activation.



Dual-Axis Linkage Footplate

Adapts to ankle angle changes during movement, reducing joint stress and improving motion fluidity.



5-Position Adjustable Backrest

Fits different heights and leg lengths, helping users find the optimal training posture for comfort and performance.



Safety Stopper with High-Visibility Controls

Precisely positioned stopper and brightly colored control lever ensure easy operation, secure movement range, and safety.



Auxiliary Handles and Anti-Slip Entry Step

Improve ease of access and user safety while enhancing overall training experience.