

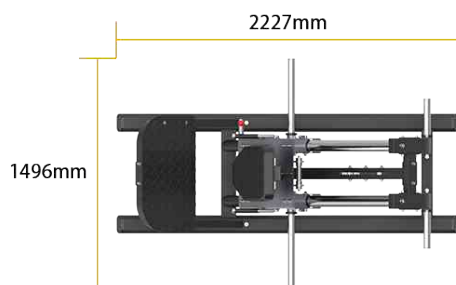
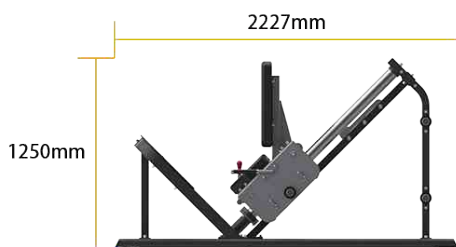
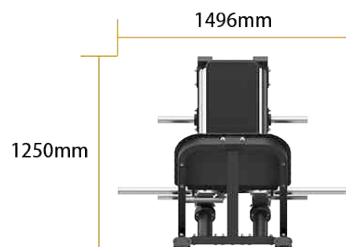
**SH PLATE LOADED SERIES****SH009 - SEATED HACK SQUAT****PRODUCT OVERVIEW**

The SH009 is a premium plate-loaded strength machine designed for focused lower body training. With a modern appearance and reinforced construction, it is ideal for commercial gyms and upscale training studios. A high-precision dual-axis linear guide system ensures smooth, stable motion throughout the squat range, enabling precise and effective muscle engagement. The backrest and seat angles are ergonomically optimized to match the natural hip-knee coordination required in squat movements. The forward-leaning back pad offers firm torso support while maintaining ideal hip flexion, minimizing glute activation and intensifying quadriceps engagement. A clearly marked safety catch lever provides convenient and effortless operation for secure training. The oversized, non-slip footplate accommodates various stances and heights, ensuring comfort and stability for users of all sizes and mobility levels, ultimately enhancing training effectiveness.

## SPECIFICATIONS & KEY FEATURES

### Specifications

|                        |                                 |
|------------------------|---------------------------------|
| Dimension:             | 2227*1496*1250mm                |
| Net Weight:            | 227kg                           |
| Max Load Capacity:     | 300kg[2x150kg]                  |
| Main Frame Tubing:     | PT60x120x2.5                    |
| Standard Color Scheme: | SH Series standard color scheme |



### Product Features



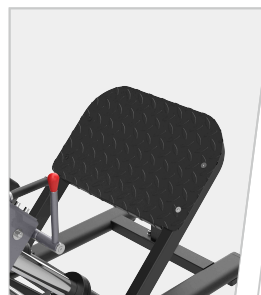
#### High-Precision Linear Guide System

Dual-axis rails ensure a smooth, stable squat path, eliminating wobble or jamming.



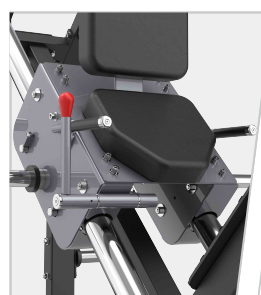
#### Ergonomic Pad Configuration

Forward-leaning backrest reduces glute compensation and enhances quadriceps targeting.



#### Oversized Non-Slip Footplate

Supports multiple stance widths and heights, adapting to different user anatomies and mobility.



#### Clearly Marked Safety Catch Lever

Prominent, easy-to-use control improves training safety and usability.