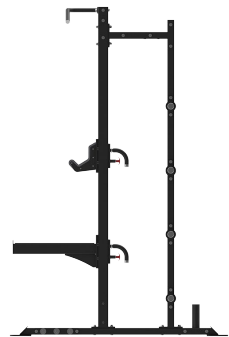
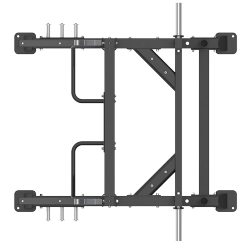


SH PLATE LOADED SERIES**SH010 - HALF RACK****PRODUCT OVERVIEW**

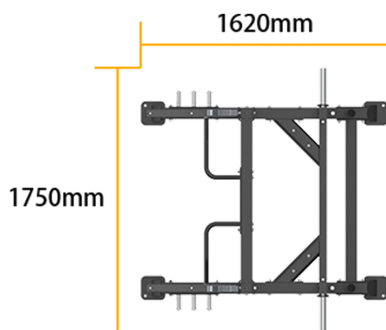
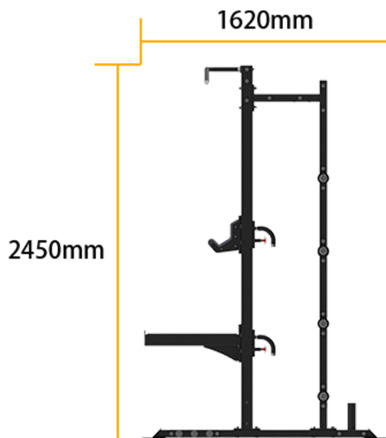
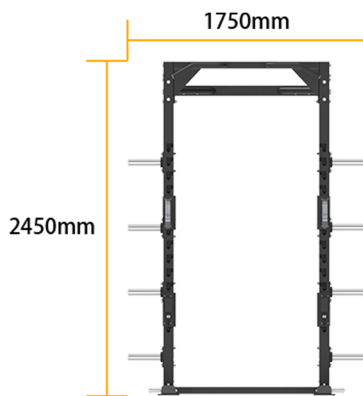
The SH010 is a professional-grade half rack engineered for serious strength training. Featuring a robust structure, modern aesthetics, and high-quality materials, it is ideal for commercial gyms and premium personal training studios. The top section includes a dual-angle pull-up bar that supports both wide and narrow grips, effectively targeting core back muscles such as the latissimus dorsi, teres major, and trapezius.

Barbell hooks and safety spotter arms offer extensive adjustability to accommodate various lifts ranging from front and back squats to power cleans and deadlifts ensuring proper height alignment and training safety. Integrated resistance band pegs provide end-range concentric resistance for exercises like squats, deadlifts, bent-over rows, and pull-ups, enhancing peak contraction and training intensity. Each side features four weight plate storage posts, carefully spaced to avoid interfering with training zones. A dedicated vertical barbell holder allows for safe, convenient storage and helps prevent accidents when the rack is not in use.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1750*1620*2450mm
Net Weigh:	153kg
Max Load Capacity:	400kg
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



Heavy-Duty Frame Construction

Built with 76×76 mm high-strength carbon steel tubing for exceptional durability and stability under heavy loads.



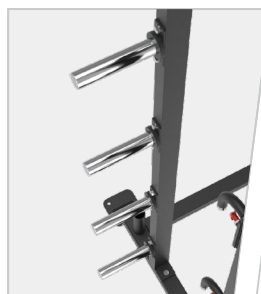
Multi-Position Barbell Hook and Safety Arms

Offers a wide range of adjustment points to accommodate various exercises and user heights, supporting diverse training postures.



Resistance Band Pegs

Adds end-range resistance to barbell movements, increasing peak contraction and overall workout intensity.



Efficient and Safe Storage System

Equipped with dual-side plate storage posts and a dedicated barbell holder for easy access and enhanced workout safety.