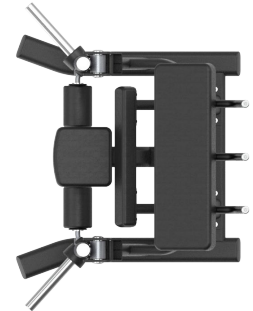


SH PLATE LOADED SERIES

SH014 - ALTERNATE LEG EXTENSION



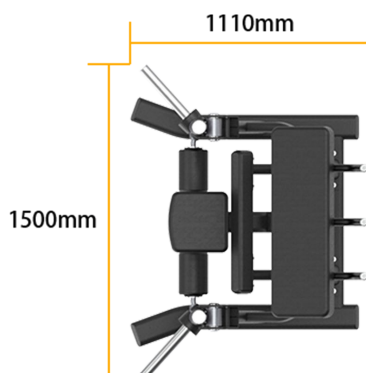
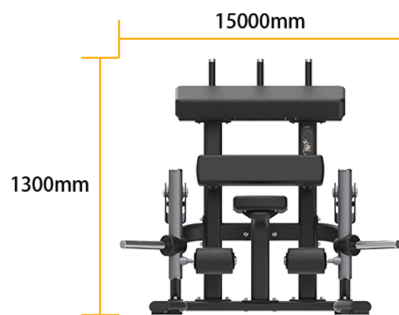
PRODUCT OVERVIEW

The SH014 is a premium plate-loaded strength trainer engineered for targeted hamstring development. With a modern design and reinforced construction, it is ideal for commercial gyms and elite personal training studios. Featuring independent movement arms, the unit enables unilateral training to eliminate compensation, improve muscular balance, and ensure isolated contraction on each leg. The triple-handle design offers convenient grip support for both sides, while the high-density elbow pad ensures stable and comfortable positioning. The widened thigh brace accommodates users with varying leg sizes, enhancing lower-body stability during curls. A thick, wide knee pad alleviates pressure on the knees, and the anatomically angled ankle pad aligns with the natural leg motion to optimize comfort and training effectiveness.

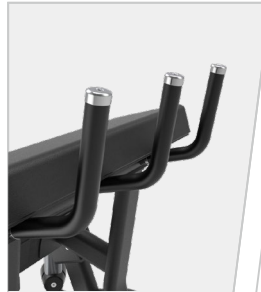
SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1500*1110*1300mm
Net Weigh:	125kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



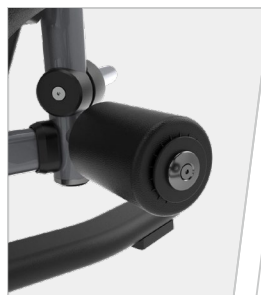
Triple-Handle Design

Provides stable and ergonomic grip for both right and left leg exercises.



Supportive Elbow Cushion

Delivers soft and stable upper-body support to ensure proper posture and training control.



Ergonomic Ankle Pad

Aligns with the calf's natural movement path for more accurate and effective hamstring engagement.



Unilateral Arm Design

Allows for isolated leg training to correct imbalances and strengthen each leg independently.