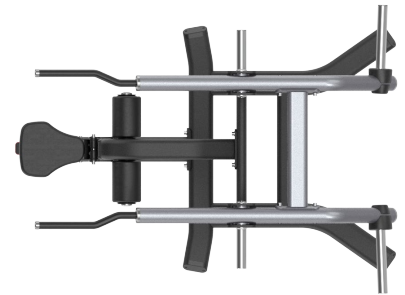


SH PLATE LOADED SERIES
SH016 - SEATED DIPS PRESS

PRODUCT OVERVIEW

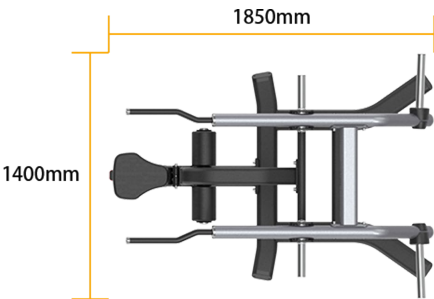
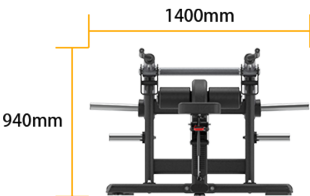
The SH016 is a premium plate-loaded strength machine designed specifically to train the triceps and the lower portion of the pectoral muscles. With a modern aesthetic and solid construction, it is ideal for commercial gyms and upscale personal training studios. Its unilateral arm design enhances muscle isolation, prevents compensation, and promotes balanced strength development on both sides.

The extended, thickened rubber-coated handles feature a 180° rotating mechanism that provides both wide and narrow grip options, accommodating various shoulder widths and training goals—from focused triceps development to lower chest engagement. The ergonomic thigh pad and Pneumatic Infinite Seat Adjustment system help users quickly align their posture for optimal force output, ensuring safe, stable, and efficient training performance.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1850*1400*940mm
Net Weigh:	125kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



Stable and Durable Construction

Built for long-lasting strenReinforced structural design and refined craftsmanship ensure long-term stability and safety under high-frequency use.gth and safety in high-use environments.



180° Rotating Rubber-Coated Handles

Provide multiple grip widths and training options, adapt to various arm lengths and training targets, reduce wrist pressure, and enhance comfort.



Pneumatic Infinite Seat Adjustment

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