

## SH PLATE LOADED SERIES

### SH018 - BICEPS CURL



## PRODUCT OVERVIEW

The SH018 is a high-end plate-loaded strength machine specifically designed for targeted biceps training. With a modern aesthetic and solid construction, it is ideal for large commercial gyms and premium personal training studios.

The machine features adaptive dual-angle handles that naturally adjust to the user's wrist path during movement, reducing joint stress. It supports a variety of grips from wide to narrow, supinated to neutral accommodating different training goals.

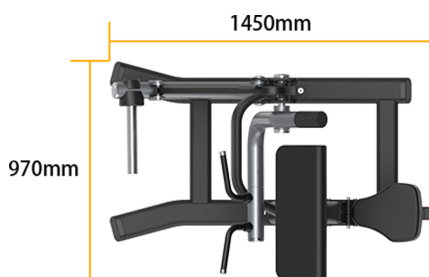
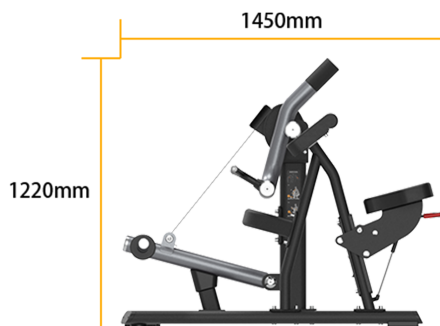
A wide, ergonomically curved upper-arm pad provides stable and comfortable support, adapting to various shoulder widths. The Pneumatic Infinite Seat Adjustment system enables users of different heights to quickly find their optimal training position, improving both comfort and performance.

The machine's resistance arm follows a descending resistance curve that aligns with the muscle's natural strength arc, ensuring stronger peak contraction and more effective biceps activation.

## SPECIFICATIONS & KEY FEATURES

### Specifications

Dimension:	1450*970*1220mm
Net Weigh:	95kg
Max Load Capacity:	150kg
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



### Product Features



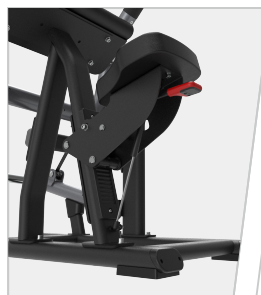
#### Adaptive Dual-Angle Handles

Automatically follow the natural wrist path to reduce joint stress, with multiple grip positions to support diverse training goals.



#### Wide Curved Arm Support Pad

Ergonomically contoured to match the upper arm and torso, providing stable and comfortable support.



#### Pneumatic Infinite Seat Adjustment

Single-handed operation allows quick and precise height adjustment for optimal posture and alignment.



#### Descending Resistance Curve

Matches the biceps' natural strength profile to enhance peak contraction and training effectiveness.