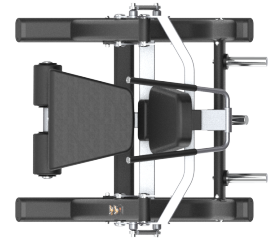


SH PLATE LOADED SERIES

SH025 - UNIVERSAL ABDOMINALS CRUNCH



PRODUCT OVERVIEW

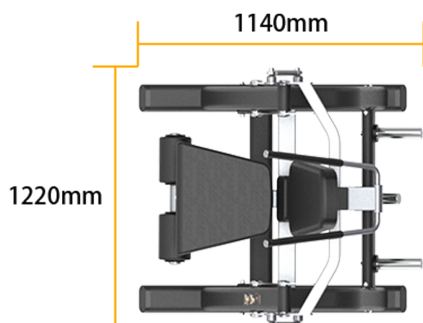
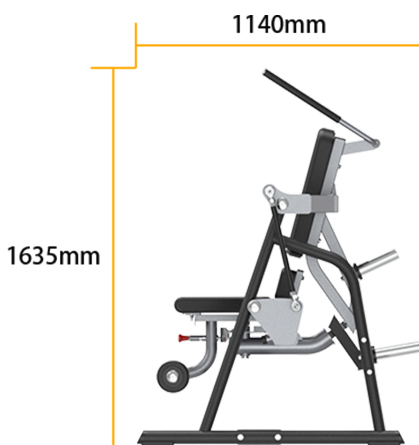
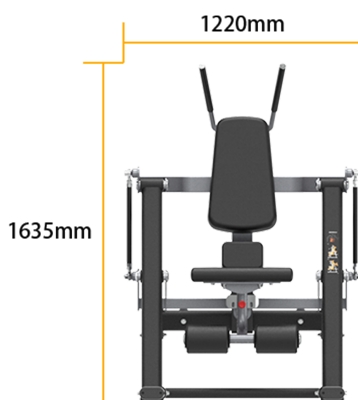
The SH025 is a premium plate-loaded machine specifically designed for core and abdominal muscle training. With a modern aesthetic and solid construction, it is ideal for large commercial gyms and upscale personal training studios. The extra-long rubber-coated handles accommodate users with varying shoulder mobility, allowing a firm and comfortable grip without excessive shoulder flexion. This minimizes spinal compensation and ensures continuous abdominal muscle engagement. The rear pelvic support pad is angled to match the natural posterior pelvic tilt during crunch movements, offering stable support while aligning with the functional path of abdominal muscle contraction.

A spacious seat provides sufficient legroom and stable positioning, while the three-position adjustable seat angle allows targeted activation of the rectus abdominis, internal and external obliques, meeting diverse training needs. The leg support pads are firm yet comfortable, stabilizing the lower limbs and limiting unnecessary hip movement to enhance core engagement. A precision linkage system ensures that the motion path closely follows the natural curve of the spine, delivering smooth, efficient, and isolated abdominal contractions.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1220*1140*1635mm
Net Weigh:	128kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



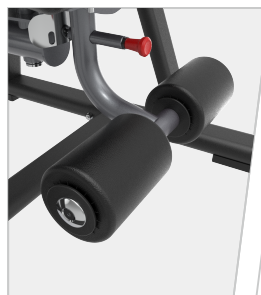
Extra-Long Rubber-Coated Handles

Provide a comfortable grip for users with varying shoulder mobility, reducing spinal compensation caused by limited range of motion.



Three-Position Adjustable Seat with Support Pad

Stabilizes the pelvis and offers full leg support. Adjustable seat angle targets different sections of the core for enhanced training results.



Comfortable Leg Support System

Firm yet cushioned leg pads enhance lower-body stability, minimizing hip involvement and improving isolation.



Precision Linkage Design

Mimics the spine's natural curve throughout the movement, ensuring smooth motion and effective abdominal isolation.