

## SH PLATE LOADED SERIES

### SH026 - FRONT PULLDOWN



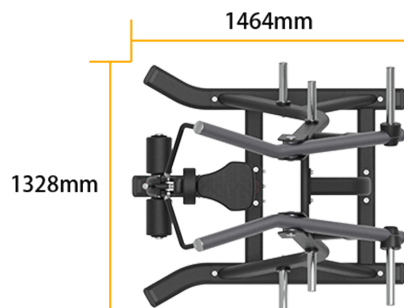
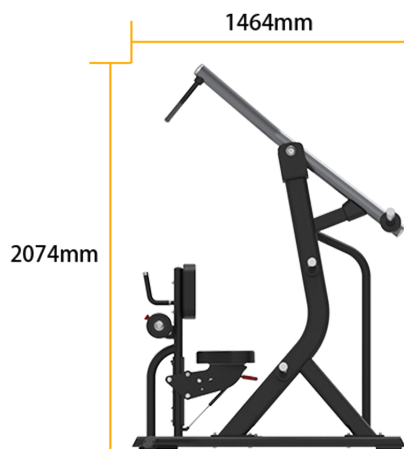
## PRODUCT OVERVIEW

The SH026 is a premium plate-loaded strength training machine designed specifically for targeting the major muscles of the back. With its modern design and solid construction, it is ideal for commercial gyms and high-end personal training studios. The extended rubber-coated handles support multiple grip widths from wide to narrow allowing for full engagement of the latissimus dorsi, teres major, and trapezius muscles, and accommodating various training goals. The independent arm design helps prevent strength compensation and promotes balanced muscle development. The chest pad and front auxiliary handles provide stable support for unilateral and isolated training. A three-position adjustable thigh hold-down ensures stability during exercise for users of different leg lengths. The pneumatic infinite seat adjustment allows quick, single-handed operation, enhancing overall comfort and convenience.

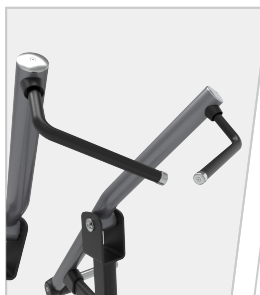
## SPECIFICATIONS & KEY FEATURES

### Specifications

|                        |                                 |
|------------------------|---------------------------------|
| Dimension:             | 1464*1328*2074mm                |
| Net Weigh:             | 158kg                           |
| Max Load Capacity:     | 300kg[2x150kg]                  |
| Main Frame Tubing:     | PT60x120x2.5                    |
| Standard Color Scheme: | SH Series standard color scheme |



### Product Features



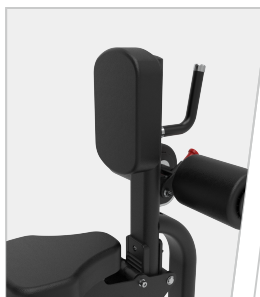
#### Extended Multi-Grip Handles

Rubber-coated and lengthened to support various grip widths, enabling full activation of the lats, traps, and rhomboids for diverse training needs.



#### Isolated Arm Movement

Unilateral motion prevents compensation, ensuring balanced strength development and precise muscle targeting.



#### Stabilizing Support System

The chest pad paired with front single-hand grips offers enhanced body stability and supports isolated single-arm training.



#### User-Friendly Adjustability

Pneumatic infinite seat adjustment and three-position thigh pads accommodate users of different heights, providing secure and comfortable training posture.