

## SH PLATE LOADED SERIES

### DH043- VERTICAL LEG PRESS



## PRODUCT OVERVIEW

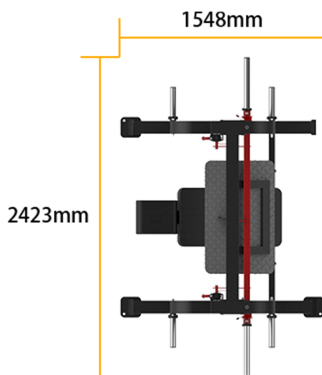
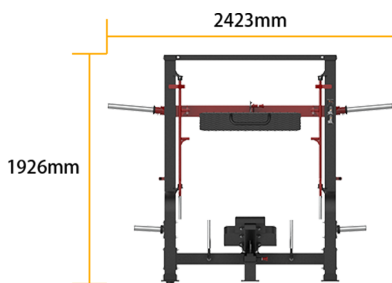
The DH043 is a plate-loaded strength machine designed specifically for lower body training. Featuring a modern aesthetic and robust structure, it is ideal for large commercial gyms and high-end personal training studios. Its vertical linear rail system ensures a smooth and stable movement path, delivering a natural and effective pressing experience. The oversized, non-slip footplate offers four angle adjustments to accommodate various dorsiflexion capacities, supporting multiple stances and foot placements. This enables full engagement of key lower body muscle groups, including the quadriceps, gluteus maximus, and adductors, meeting the needs of both power and hypertrophy-focused users.

The ergonomically designed seat provides firm pelvic support without restricting hip mobility. Paired with a four-position adjustable backrest, it allows users of different body types to find an optimal driving posture with precision and comfort. Additional features such as a step-up assistance handle and extended side grips enhance user stability and machine interaction. A dual-level safety stop system including two-position bottom limiters and side-mounted control handles further ensures safety throughout every rep.

# SPECIFICATIONS & KEY FEATURES

## Specifications

Dimension:	2423*1548*1926mm
Net Weigh:	216kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	J50x100x2.5
Target Muscle Groups	Quadriceps,Gluteus Maximus,Hip Adductors
Standard Color Scheme:	DH Series standard color scheme



## Product Features



### Multi-Angle Footplate for Full Engagement

The four-position adjustable non-slip footplate accommodates various stances and foot angles, effectively activating the quadriceps, glutes, and adductors for a comprehensive lower-body workout.



### Ergonomic Seat and Backrest System

The anatomical seat design provides stable pelvic support without limiting hip mobility. Four backrest angle settings help users find the optimal power path based on body type and range of motion.



### Enhanced Dual-Safety Mechanism

Equipped with both side-mounted safety control handles and two-position bottom limiters, the system ensures smooth operation and a high level of protection during heavy lifting.



### Convenient Support Features

An integrated assistance handle facilitates easy machine entry and exit, while extended side grips enhance torso stability for a safer, more controlled training experience.