

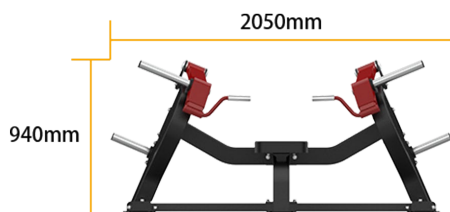
DH PLATE LOADED SERIES**DH045 - HORIZONTAL BENCH PRESS****PRODUCT OVERVIEW**

The DH045 is a premium plate-loaded strength machine designed specifically for chest training. Built with a rugged square-tube frame, it presents a solid and professional aesthetic while ensuring long-lasting durability. The independent movement arms help prevent training compensation, promoting balanced strength and muscle development between the left and right sides. The arm angles are precisely calculated to align with the pectoral muscle fiber direction and match the natural movement curve of the shoulder joint during horizontal adduction, delivering precise and efficient training. Aluminum alloy knurled handles provide a secure, slip-resistant grip for enhanced comfort and control. The ergonomically designed back pad offers stable support for the scapula and torso, ensuring a steady pressing trajectory and focused chest muscle engagement for high-quality chest workouts.

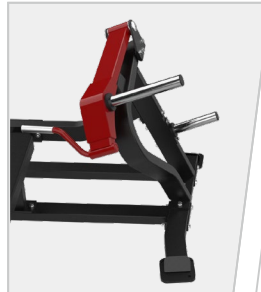
SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	2050*1780*940mm
Net Weigh:	144kg
Max Load Capacity:	300kg (2x150kg)
Main Frame Tubing:	J50x100x2.5
Target Muscle Groups:	Chest, Front Deltoid
Standard Color Scheme:	DH Series standard color scheme

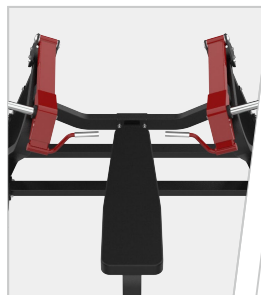


Product Features



Rugged Steel Construction, Safe and Stable

Built from 50×100 mm high-strength carbon steel for safety, stability, and lasting durability.



Isolated Arm Movement, Balanced Development

Built from 50×100 mm high-strength carbon steel for safety, stability, and lasting durability.



Precision Motion Path, Efficient Power Output

Matches muscle fiber alignment and joint movement curves to ensure precise and effective training.



Stable Support, Chest-Focused Engagement

Ergonomic back pad stabilizes the scapula and torso, maintaining motion stability and focused chest activation.