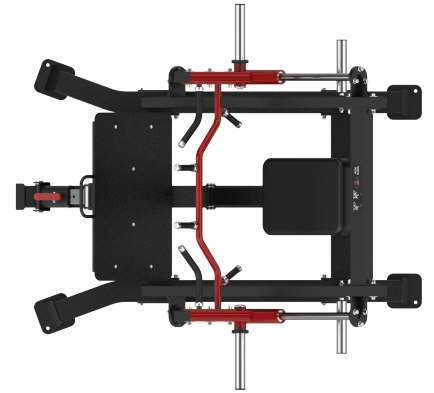


SH PLATE LOADED SERIES

DH059 - SMITH ROW



PRODUCT OVERVIEW

The DH059 is a plate-loaded strength machine engineered specifically for targeted back training. It features a high-precision dual-axis linear bearing system that ensures ultra-smooth and stable motion, allowing users to perform each rowing movement with optimal control and efficiency.

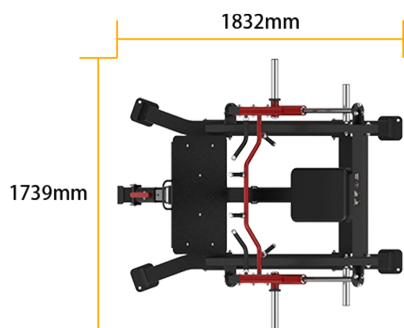
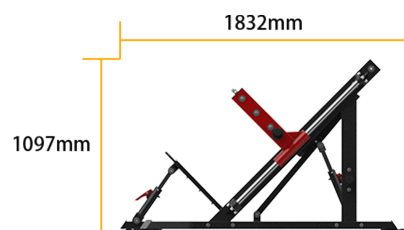
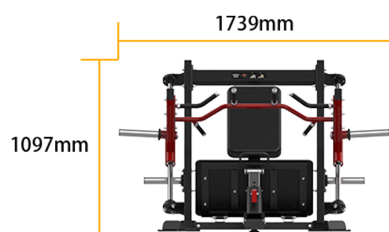
The oversized support pad is designed to distribute the weight evenly and reduce lower back stress, enhancing safety during heavy or high-intensity workouts. A multi-grip handle system offers a variety of grip widths and angles, from wide to narrow, effectively engaging key back muscles including the latissimus dorsi, rhomboids, and trapezius. This design supports a full range of back development, from width expansion to thickness building.

The ergonomically contoured footplate is anti-slip and adjustable across five positions, accommodating users with varying ankle mobility to optimize power output and training comfort.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1832*1739*1097mm
Net Weigh:	173kg
Max Load Capacity:	250kg[2x125kg]
Main Frame Tubing:	J50x100x2.5
Target Muscle Groups	Back muscle groups
Standard Color Scheme:	DH Series standard color scheme

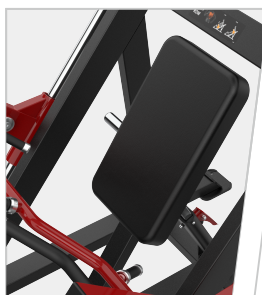


Product Features



High-Precision Linear Guide System

Dual-axis linear rails provide smooth, stable motion control, minimizing wobble or jamming and enhancing muscle isolation during back exercises.



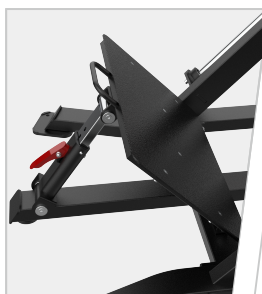
Pressure-Relieving Support Pad

Oversized pad design helps redistribute the weight, significantly reducing lower back pressure and improving safety during heavy-load training.



Multi-Grip Handle Options

Enables multiple grip angles and widths to activate the lats, rhomboids, and traps from various directions, supporting complete back development.



5-Position Adjustable Footplate

5-Ergonomically designed with a wide, anti-slip surface and five adjustment settings to match different levels of ankle mobility, ensuring proper alignment and power delivery.