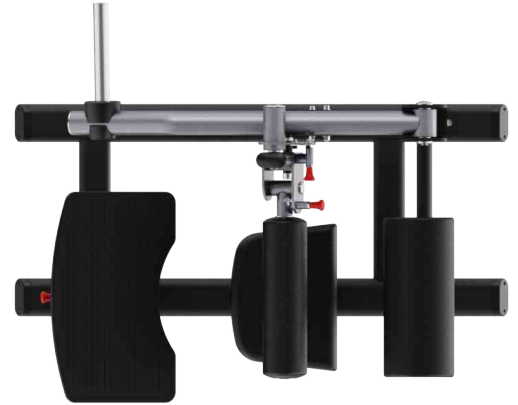


SH PLATE LOADED SERIES

SH031 - HIP THRUSTER



PRODUCT OVERVIEW

The SH031 is a premium plate-loaded strength machine designed for targeted glute and core training. With a modern aesthetic and reinforced construction, it is ideal for large commercial gyms and high-end personal training studios. The machine features a three-position adjustable crossbar that allows users to find their optimal power position based on body type and training habits. It also includes two angle settings—training and resting positions—for easier entry and exit, enhancing overall usability.

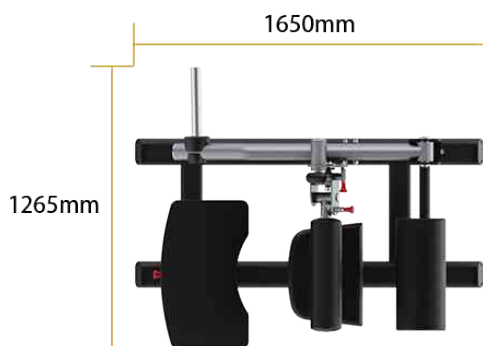
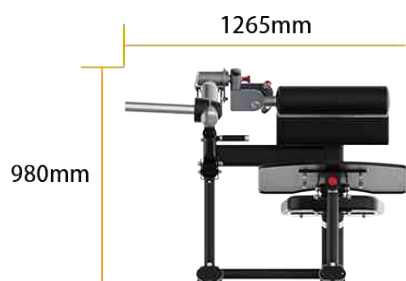
The movement arm trajectory has been repeatedly optimized based on exercise biomechanics to closely replicate the natural motion path of the barbell hip thrust. It follows the natural arc of the hip joint, ensuring smooth execution and focused muscle activation. The widened semi-circular back pad provides stable support and greater comfort throughout the movement. The oversized seat offers ample space for setup and hip-knee angle adjustment, helping prevent compensation from the legs and enabling better glute engagement.

The large, anti-slip footplate is adjustable in three positions and designed to follow the natural movement of the ankle joint. It supports multiple stance widths, enabling comprehensive activation of the gluteus maximus, gluteus medius, and other key posterior muscles.

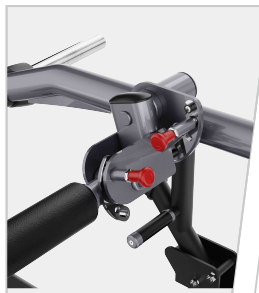
SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1650*1265*980mm
Net Weigh:	108kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



Adjustable Crossbar for Targeted Output

Three-position height adjustment and two-angle tilt options adapt to different body types and entry needs, enabling efficient force application.



Precision Trajectory for Focused Glute Activation

Movement arm closely mimics the hip thrust path, aligning with the hip joint's natural curve for smooth, concentrated muscle engagement.



Comfort-Fit Support System

Widened semi-circular back pad and spacious seat provide stable support, reduce compensation, and enhance comfort and focus during training.



Anti-Slip Footplate with Full-Angle Coverage

Large, three-position adjustable footplate accommodates different stances and ankle angles, delivering full-range stimulation for the glute muscles.