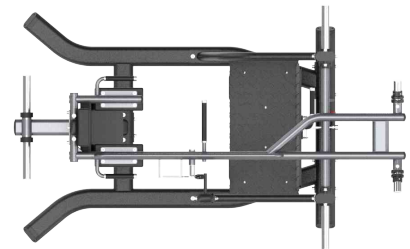## SH PLATE LOADED SERIES

SH033 - PENDULUM SQUAT

PRODUCT OVERVIEW

The SH033 is a premium plate-loaded strength machine designed specifically for lower-body training. With a modern aesthetic and reinforced construction, it is ideal for commercial gyms and high-end personal training studios. The movement arm follows a trajectory aligned with the natural motion of the lower-body joints, maintaining structural stability even under heavy loads to ensure smooth squatting mechanics and precise power delivery.
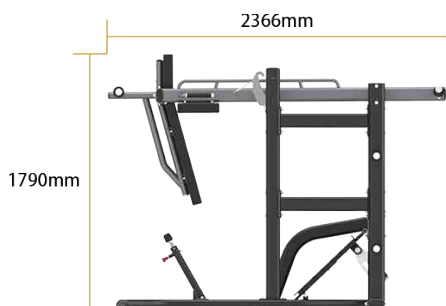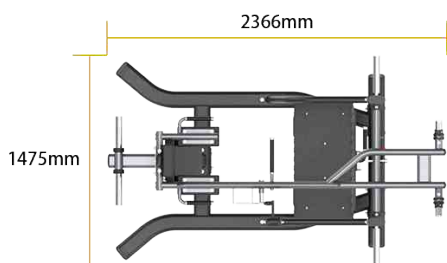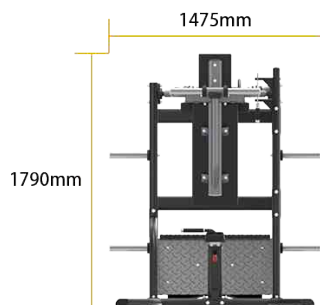
The backrest is professionally angled to provide firm support while minimizing pressure on the lower back, improving both safety and comfort during leg training. The high-resilience shoulder pads reduce discomfort from weight-bearing. Dual handle positions accommodate different grip preferences for enhanced movement control. A prominently placed safety hook is easy to reach and operate, offering added safety during training.

The innovative counterbalance system allows users to adjust the machine's base resistance according to their strength level, making it suitable for a wide range of training needs. The 12-position adjustable safety stop supports users of different heights and leg lengths in finding their optimal range of motion. The large, five-position adjustable anti-slip footplate supports various stance widths and dorsiflexion angles, enhancing overall stability and training performance.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	2366*1475*1790mm
Net Weigh:	210kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme

1475mm

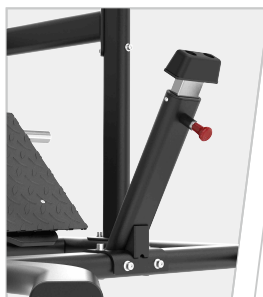1790mm

2366mm

1475mm

2366mm

1790mm

Product Features

Multi-Point Support, Stable Power Output

Professionally designed backrest and high-resilience shoulder pads offer secure support, ensuring comfort and a natural power path during movement.

Dual Handle Options, Seamless Switching

Supports both barbell-style and front-position grips, accommodating different training preferences and improving control.

Adjustable Safety, Protected Training

Equipped with a 12-position safety stop and high-visibility safety hook to enhance safety for users of varying body types.

Counterbalance System, Scalable Load

Innovative weight-balancing structure allows for adjustment of the machine's base load, supporting both beginner and advanced users.