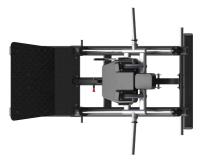


#### SH PLATE LOADED SERIES

## SH036 - HACK SQUAT







### PRODUCT OVERVIEW

The SH036 is a premium plate-loaded strength training machine specifically designed for lower body development. With a sleek, modern design and solid structural integrity, it is ideal for commercial gyms and high-end personal training studios.

Equipped with a precision dual-axis linear bearing system, the machine ensures exceptionally smooth and stable squat motion, delivering a natural movement path and precise force output.

The shoulder pads feature high-resilience material and an ergonomic tilt to relieve pressure on the shoulders, while the wide backrest and contoured headrest offer secure body support for enhanced comfort and safety during training. A prominently placed safety hook control lever allows for effortless engagement, and the five-level adjustable bottom stop adapts to users of different heights and squat depths. The oversized anti-slip footplate, designed with dual-angle positioning, accommodates various stances and ankle flexion angles, improving overall training effectiveness and accessibility.

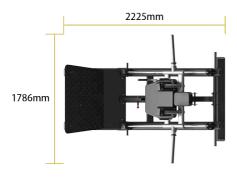


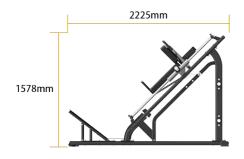
### **SPECIFICATIONS & KEY FEATURES**

## Specifications

Dimension:	2225*1786*1578mm
Net Weigh:	244kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme







#### | Product Features



#### Dual-Axis Rail System for Smooth Stability

The high-precision linear guide system ensures consistent and fluid motion, minimizing vibration and jamming during heavy squat sessions.



# Ergonomic Support for Comfort & Alignment

Shoulder pads, backrest, and headrest are ergonomically contoured to fit the natural curves of the body, reducing pressure and enhancing stability throughout the movement.



#### Adjustable Safety Stops for Secure Range Control

An easy-to-reach safety hook control lever and 5-level adjustable bottom stop provide flexible depth options while protecting users from overextension.



## Oversized Anti-Slip Footplate for Versatile Positioning

The dual-angle footplate supports a wide range of foot placements and ankle mobility, accommodating diverse user needs and maximizing glute and quad engagement.