

## SH PLATE LOADED SERIES

### SH037 - LAT PULLDOWN CIRCULAR



## PRODUCT OVERVIEW

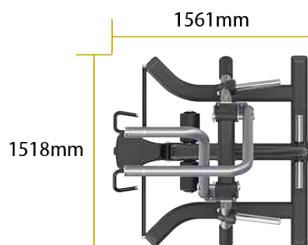
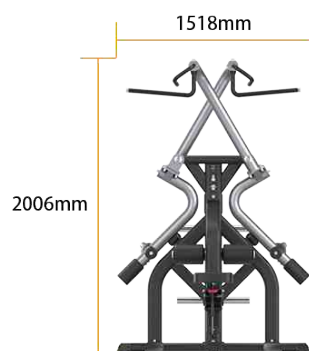
The SH037 is a premium plate-loaded strength machine engineered for targeted back training. With a bold, modern design and robust structure, it is ideal for large commercial gyms and high-end personal training studios. The extended multi-angle handles support a wide range of grips—from pronated to neutral, wide to narrow—allowing users to activate key back muscles such as the latissimus dorsi, teres major, and trapezius from multiple angles.

Independent converging arms ensure balanced strength development by preventing compensation, while the front stability grip offers support during single-arm isolation training. A pneumatic infinitely adjustable seat and 3-level thigh pad accommodate users of different sizes, ensuring stable posture and optimal biomechanics throughout the movement.

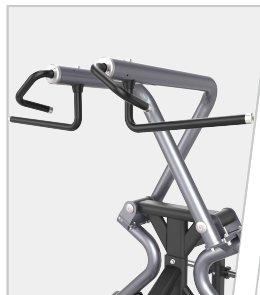
# SPECIFICATIONS & KEY FEATURES

## Specifications

Dimension:	1561*1518*2006mm
Net Weigh:	124kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



## Product Features



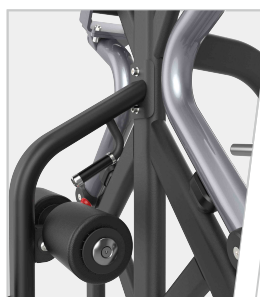
### Multi-Grip Handle for Full Activation

Extended and angled grips support a variety of hand positions and widths, enabling comprehensive stimulation of back muscles for both width and thickness.



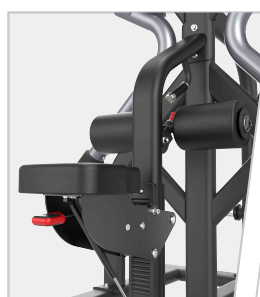
### Isolated Arms for Balanced Strength

The unilateral arm design eliminates training imbalances and ensures equal strength and size development on both sides.



### Supportive Grip for Isolation Control

The front stability handle provides firm support during single-arm training, enhancing control and targeting efficiency.



### Adjustable Fit for Optimal Stability

Pneumatic infinite seat adjustment and 3-position thigh pad allow fast, precise setup tailored to each user's body dimensions.