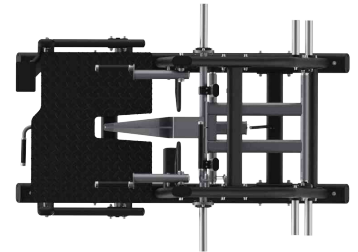


SH PLATE LOADED SERIES

SH039 - MULTI BELT SQUAT



PRODUCT OVERVIEW

The SH039 is a multifunctional, high-end plate-loaded strength machine with a modern aesthetic and robust construction, ideal for commercial gyms and premium personal training studios. This dual-function unit integrates two key training modes: an upper dip station and a lower belt squat platform, offering rich functionality while maximizing space efficiency.

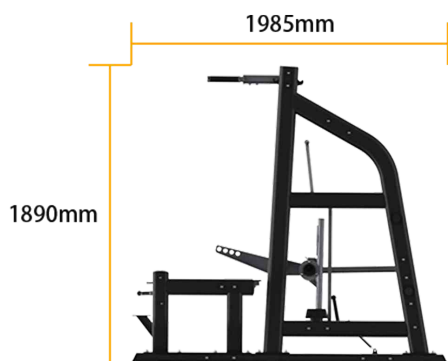
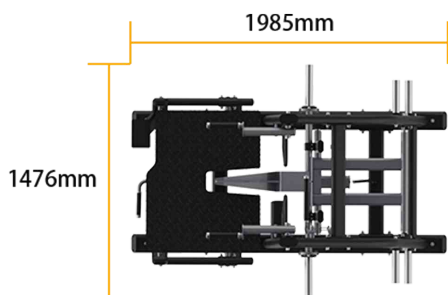
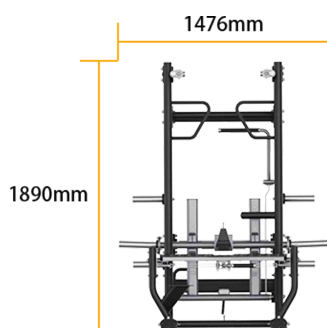
The dip handles rotate 180° and support multiple grip widths—from wide to narrow—to effectively target the pectoralis major and triceps. When not in use, the handles can be retracted to prevent interference with other exercises. Integrated step-up pedals improve accessibility and ease of use. The belt squat section features multi-angle support handles to accommodate various heights and grip preferences. The four-position belt hook system avoids interference with the machine structure and enhances freedom of movement. The widened belt design ensures safety and stability during heavy lifts.

The movement arm follows the natural arc of the hip joint, promoting smooth, efficient force transfer and precise muscle engagement. The oversized, five-position adjustable anti-slip footplate supports various stance widths and foot angles. It can be adjusted single-handedly, accommodates different levels of ankle mobility, reduces shear stress on the knees, and enhances training safety and performance.

SPECIFICATIONS & KEY FEATURES

Specifications

| | |
|------------------------|---------------------------------|
| Dimension: | 1985*1476*1890mm |
| Net Weigh: | 235kg |
| Max Load Capacity: | 300kg[2x150kg] |
| Main Frame Tubing: | PT60x120x2.5 |
| Standard Color Scheme: | SH Series standard color scheme |

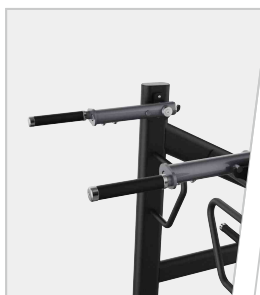


Product Features



Dual Function, Maximum Efficiency

Integrates dip and belt squat training modes in a single unit, maximizing space usage and training versatility.



Rotatable Dip Handles for Flexible Use

Handles support multiple grip widths and fold away when not in use, adapting to different training needs and minimizing interference.



Multi-Point Adjustments for Personalized Fit

Adjustable handles, belt hooks, and footplate accommodate different body types, stances, and movement habits for improved training comfort.



Safety-Driven Design for Confident Training

Features include an extended safety limiter, widened belt, non-slip footplate, and access pedals—all working together to ensure stable and secure training.