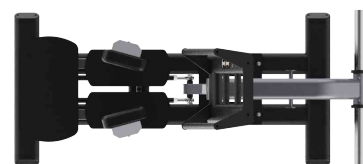


SH PLATE LOADED SERIES

SH044 - STANDING ABDUCTOR



PRODUCT OVERVIEW

The SH044 is a premium plate-loaded training machine designed specifically for glute-focused workouts. Featuring a modern aesthetic and robust structure, it is ideal for large commercial gyms and high-end personal training studios. Utilizing a standing training position, the machine enables hip abduction movements at varying hip flexion angles, effectively activating the gluteus medius, gluteus minimus, and other key muscles for comprehensive glute development.

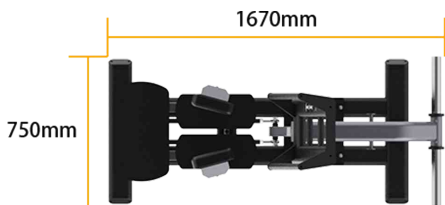
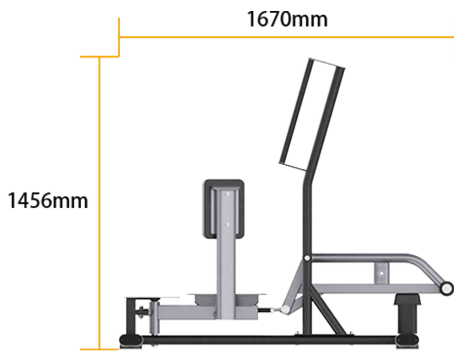
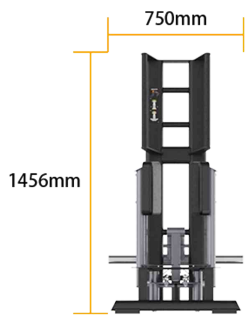
The extended auxiliary handles are ergonomically angled to follow the natural arm path, offering a secure and comfortable grip whether used in a standing or seated posture. This minimizes wrist strain while enhancing movement control. The inward-curved lower leg pads conform to the leg's natural shape, stabilizing the knees and calves to prevent unwanted compensation from non-target muscles, ensuring focused and effective engagement of the glutes.

The wide, non-slip foot platform enhances stability and safety throughout the exercise, while also making it easier to get on and off the machine. A front-mounted resistance band hook adds peak-phase concentric resistance, intensifying muscle contraction and significantly boosting glute training outcomes.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1670*750*1456mm
Net Weight:	110kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme

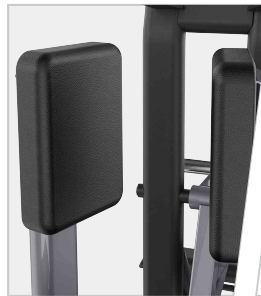


Product Features



Ergonomic Extended Handles

Naturally angled to follow the body's movement pattern, these handles ensure a stable and comfortable grip while reducing wrist strain and improving control during training.



Contoured Calf Pads for Secure Support

Inward-curved leg pads align with the leg's anatomy to provide firm support and isolate the target muscles by limiting compensation from secondary muscle groups.



Wide Non-Slip Foot Platform

Provides a secure surface to prevent foot slippage, enhancing both user safety and machine accessibility.



Band Resistance Hook for Peak Contraction

Adds concentric resistance at the top of the movement to intensify muscle activation and amplify training effectiveness.