

**SH PLATE LOADED SERIES****SH048 - DECLINE OLYMPIC BENCH****PRODUCT OVERVIEW**

The SH048 is a high-performance FID Olympic Bench designed for comprehensive chest training, integrating flat, incline, and decline bench press positions into a single unit. With a modern appearance and solid structural integrity, it is ideal for large commercial gyms and premium personal training studios.

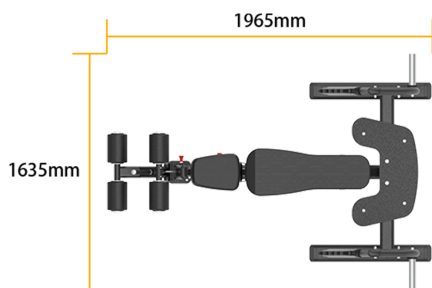
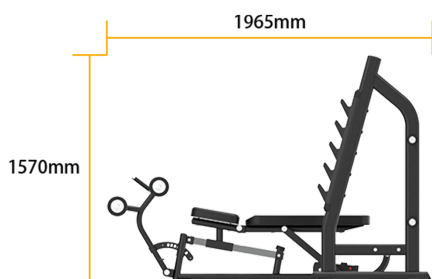
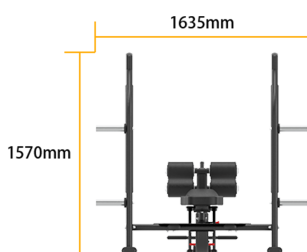
The bench features a 5-position barbell hook system to support various pressing angles. Its back pad offers 3-level quick adjustments, supported by a precision guide rail and reinforced columns to ensure smooth transitions and stable training. The 7-position adjustable leg foam, paired with anti-slip foot pegs, accommodates users of varying leg lengths while preserving space during flat and incline training. Especially for decline presses, this configuration enhances user comfort, safety, and performance.

A raised non-slip platform provides spotters with a secure stance and optimal leverage to assist safely. Additionally, a dedicated assist handle makes it easy for users to get on and off the bench during decline movements, enhancing overall usability.

## SPECIFICATIONS & KEY FEATURES

### Specifications

Dimension:	1965*1635*1570mm
Net Weigh:	150kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



### Product Features



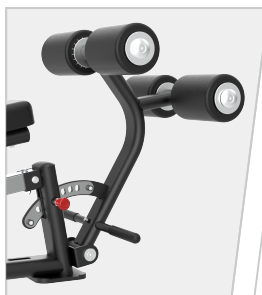
#### Three-in-One Versatility

Supports flat, incline, and decline bench press modes in one compact footprint, maximizing space efficiency and training variety.



#### Secure, Quick-Adjust Back Pad System

Three-position back pad adjustment with guide rail and vertical support ensures fast transitions with enhanced structural stability.



#### 7-Position Leg Foam Adjustment

Accommodates various leg lengths for decline press while remaining clear of movement paths during flat and incline training.



#### Non-Slip Spotter Platform & Foot Pegs

Provides safe footing for spotters and additional support for users, improving body control and training safety.