SH PLATE LOADED SERIES

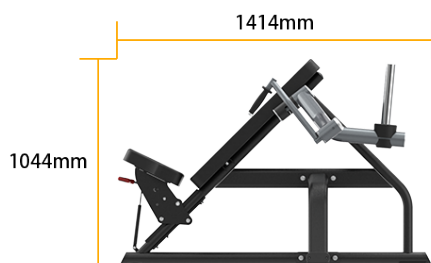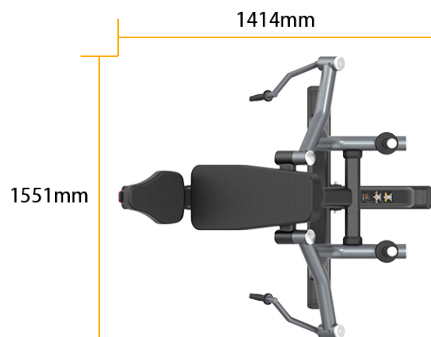# SH049 - INCLINE CHEST FLY

PRODUCT OVERVIEW

The SH049 is a premium plate-loaded strength training machine designed specifically for pectoralis major development. With a modern aesthetic and robust construction, it is ideal for use in large commercial gyms and upscale personal training studios. The training arms follow a scientifically optimized path that aligns with the muscle fiber orientation of the chest and the natural biomechanics of the shoulder joint, ensuring smooth, stable, and effective fly movements.

Equipped with 360° adaptive rotating handles, the machine automatically accommodates the user's hand positioning throughout the movement, helping maintain a neutral wrist alignment to reduce joint stress and enhance training safety. The adaptive swing arms further refine movement fluidity and stability, ensuring each repetition targets the intended muscles with precision and control. The ergonomically angled back pad provides reliable scapular support, while the Pneumatic Infinite Seat Adjustment allows users of various body types to quickly find the optimal training position, ensuring biomechanical alignment and training effectiveness.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1551*1414*1044mm
Net Weigh:	92kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme

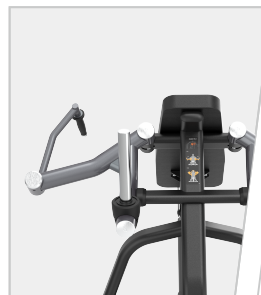1551mm
1044mm

1414mm
1551mm

1414mm
1044mm

Product Features

360° Adaptive Rotating Handles

Naturally rotate with the movement path, maintaining neutral wrist alignment to reduce joint stress and enhance comfort and safety.

Smooth Adaptive Arm Path

Ensures stable, fluid motion with every repetition, enhancing control and maximizing target muscle activation.

Ergonomic Back Pad Design

Inclined support structure aligns with scapular anatomy, offering a stable foundation to promote precise movement execution.

Pneumatic Infinite Seat Adjustment

One-hand operation for quick and precise seat height adjustment, aligning force paths with body structure across user profiles.