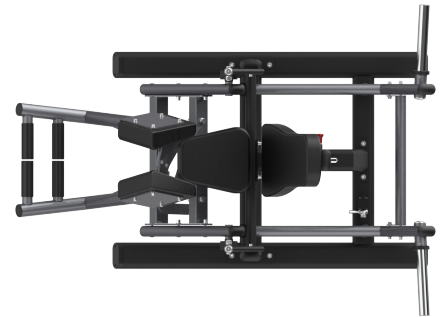


## SH PLATE LOADED SERIES

### SH062 - 3D SEATED HIP ABDUCTION



## PRODUCT OVERVIEW

The SH062 is a premium plate-loaded machine designed for glute-focused training. With its modern aesthetic and solid construction, it is ideal for large commercial gyms and high-end personal training studios.

Through its innovative structural design, the SH062 combines hip abduction with a hip extension component, providing full activation of the gluteus medius, gluteus minimus, and gluteus maximus for more complete glute training.

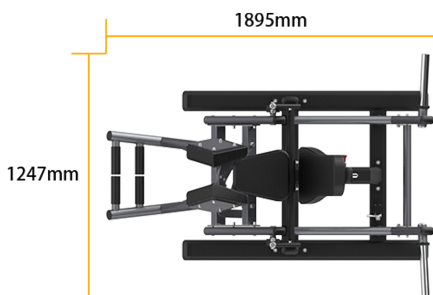
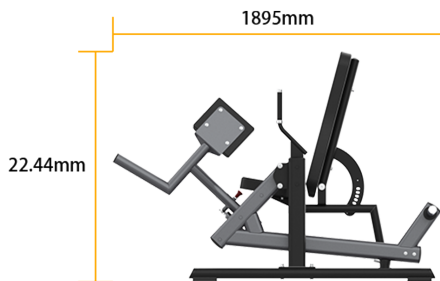
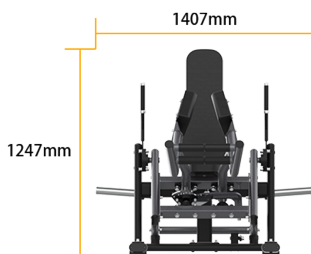
The back pad offers six adjustable positions, allowing users to perform movements at different hip flexion angles for precise targeting of muscle fibers. Dual side handles help maintain stability, even during heavy lifts, ensuring proper form and safety throughout the workout.

The leg pads feature four adjustment positions for user entry and starting width, accommodating users of various body types. Both the height and angle of the leg pads have been ergonomically designed to contour the legs and provide secure, comfortable support. The footplate position has been repeatedly tested to offer optimal alignment for the knees and ankles, improving user comfort and movement efficiency.

## SPECIFICATIONS & KEY FEATURES

### Specifications

Dimension:	1895*1407*1247mm
Net Weight:	165kg
Max Load Capacity:	150KG
Main Frame Tubing:	PT60*120*2.5, PT50*100*2.5
Target Muscle Groups	Gluteus Maximus, Medius, Minimus
Standard Color Scheme:	SH Series standard color scheme

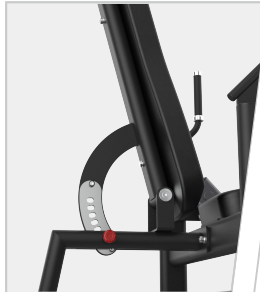


### Product Features



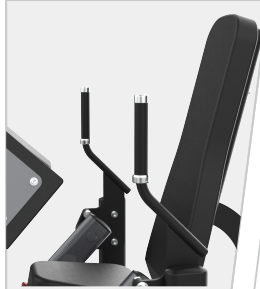
#### Compound Motion Path Design

Integrates hip extension into the abduction movement, enhancing glute activation and delivering a more comprehensive lower-body workout.



#### Multi-Angle Back Pad Adjustment

Six adjustable back pad positions allow training at different hip flexion angles, precisely aligning with muscle fiber direction for optimal activation.



#### Dual Side Stability Handles

Help users maintain proper pelvic alignment and body stability during heavy lifts, improving movement quality and training safety.



#### Ergonomic Leg Support System

Leg pad height and angle are designed to contour the legs, providing firm yet comfortable support and reducing thigh pressure during exercise.



#### Optimized Footplate Position

Ensures proper knee and ankle alignment for a more natural lower-limb movement path and enhanced training comfort.