

SH PLATE LOADED SERIES

SH066 - Hack Squat



PRODUCT OVERVIEW

The SH066 Hack Squat is a premium plate-loaded strength machine designed specifically for lower-body training. Featuring a modern appearance and a robust structure, it is well suited for commercial gyms and high-end personal training studios.

The machine is equipped with a high-precision dual-axis linear guide system, significantly enhancing movement smoothness and stability throughout the squat motion. This ensures a controlled, natural force path with precise movement tracking, delivering consistent and reliable training performance.

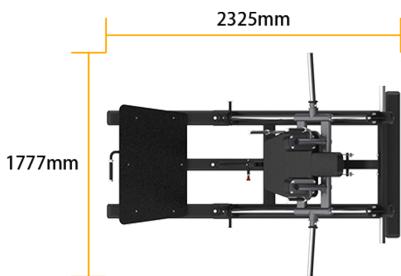
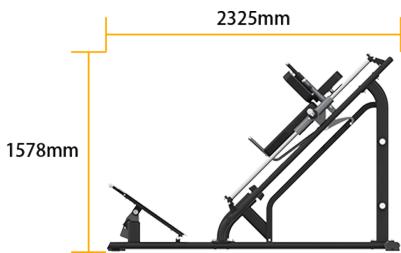
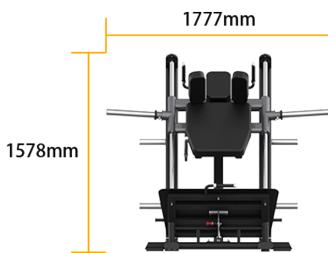
The shoulder pads are made from high-resilience material and contoured to follow the natural shape of the neck and shoulders, effectively distributing load and reducing pressure discomfort. A wide back pad combined with an ergonomically designed headrest provides stable support for the torso and head, helping users maintain proper posture under load while ensuring both safety and comfort.

A clearly positioned safety hook control lever allows quick and effortless operation, while the five-position adjustable lower safety stop accommodates users of different heights and training preferences. The anti-slip foot platform offers three adjustment angles to suit varying ankle mobility, and the safety stop system also features three adjustment positions to meet the needs of users with different body types and flexibility levels—further enhancing overall safety and usability.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	2325*1777*1578mm
Net Weight:	239kg
Max Load Capacity:	300kg
Main Frame Tubing:	PT50*100*2.5
Target Muscle Groups	Gluteus Maximus, Medius, Minimus
Standard Color Scheme:	SH Series standard color scheme



Product Features



Dual-Axis Linear Guide System

The high-precision dual-axis linear rail system delivers smooth, stable motion throughout the squat, minimizing lateral movement and mechanical friction for consistent control and enhanced safety under heavy loads.



Ergonomic Support Structure

The shoulder pads, backrest, and headrest are ergonomically shaped to follow the body's natural contours, providing stable upper-body support while reducing pressure on the shoulders and spine.



Adjustable Safety Stops

A clearly positioned, easy-to-operate safety hook lever combined with a three-position adjustable bottom stop allows users to set an appropriate training depth while ensuring reliable safety protection.



Adjustable Anti-Slip Footplate

The oversized anti-slip footplate features three adjustment positions to accommodate different ankle mobility and stance preferences, supporting stable force application and effective lower-body activation.