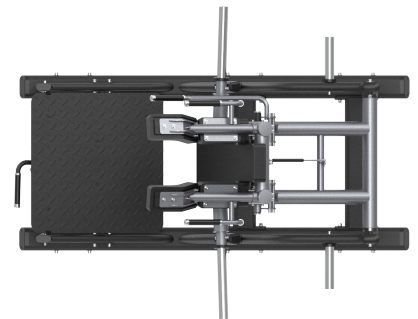


SH PLATE LOADED SERIES

SH038 - V-SQUAT



PRODUCT OVERVIEW

The SH038 is a premium plate-loaded lower-body training machine designed for both commercial gyms and high-end personal training studios. With its robust build and modern aesthetic, it offers two distinct squat modalities in a single unit forward-facing to target the quadriceps and reverse-facing to activate the gluteus maximus providing a versatile solution for comprehensive leg development.

The front shoulder pads conform to the natural contours of the chest and shoulders for stable, comfortable support and smooth resistance transfer. The rear pads follow the alignment of the trapezius and scapula to reduce pressure and prevent training discomfort. Both positions feature high-density shoulder pads to minimize shoulder strain.

Dual-position handles offer ergonomic grip options for both squat directions, helping users stabilize their posture while reducing load on the shoulders. The enlarged backrest supports the spine and pelvis, preventing lumbar compensation and improving both safety and movement precision.

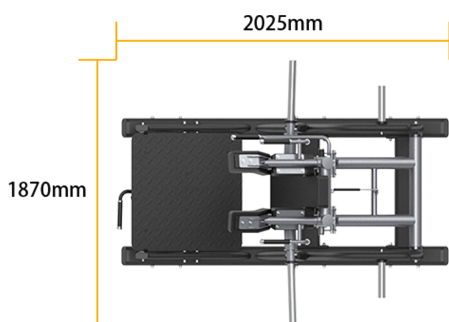
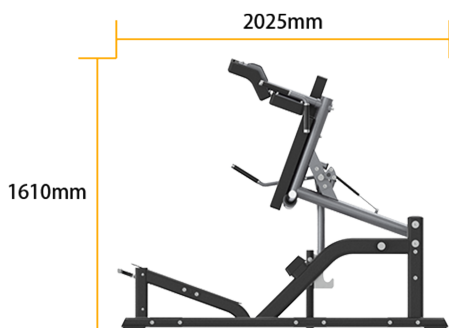
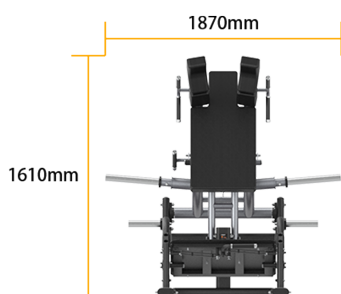
A pneumatic-assisted safety catch system with an ergonomically positioned handle allows for quick and effortless re-racking, even under fatigue. With two height settings, it accommodates users of varying heights.

The oversized anti-slip footplate features seven adjustable tilt angles and supports various stances and foot positions. This allows for natural ankle mobility while reducing knee shear forces and effectively activating key lower-body muscles including the quadriceps, glutes, and adductors.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	2061*1605*1566mm
Net Weigh:	190kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



Dual-Modality Design for Comprehensive Training

Supports both forward- and reverse-facing squat positions, targeting the quadriceps and glutes in one integrated system.



Anatomically Supportive Padding

High-density shoulder and back pads ensure stable support, minimize pressure points, and optimize force transmission.



Pneumatic Safety Catch System

Convenient and effortless to operate, the pneumatic safety hook enables safe racking under high-intensity loads with dual height adjustments for user adaptability.



7-Level Adjustable Footplate

Oversized, anti-slip platform offers quick single-handed adjustment to match various stance widths and ankle mobility needs, enhancing lower-body muscle activation and safety.