

SH PLATE LOADED SERIES

SH019 - LINEAR LEG PRESS 45°



PRODUCT OVERVIEW

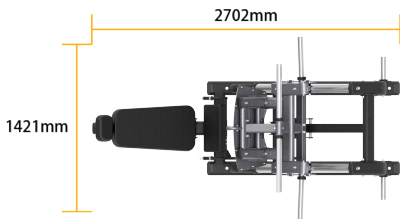
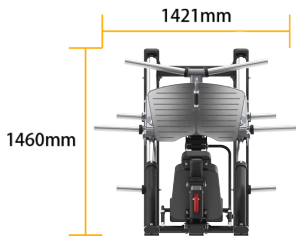
The SH019 is a premium plate-loaded strength machine designed for lower body development. With a modern aesthetic and solid construction, it is ideal for commercial gyms and upscale personal training studios. Featuring a 45° linear press design, the movement path is smooth and stable, providing natural resistance throughout the range of motion. The oversized, anti-slip footplate supports a wide variety of stances—from wide to narrow, high to low—effectively targeting the quadriceps, glutes, and adductors to meet diverse training goals.

The ergonomic seat and 4-position adjustable backrest provide stable pelvic support without restricting hip mobility, helping users of all sizes find their optimal posture and power path. Equipped with dual side limit handles and a 3-position adjustable safety stop, the SH019 ensures enhanced safety and operational ease. The addition of assist handles further improves usability during entry and exit.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	2702*1421*1460mm
Net Weight:	225kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme

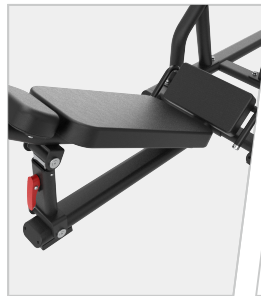


Product Features



Oversized Anti-Slip Footplate

Accommodates various stances and foot positions to support comprehensive lower body muscle activation.



Ergonomic Seat & 4-Position Adjustable Backrest

Provides stable pelvic support and allows personalized positioning to match different body types and training goals.



Dual Safety Mechanisms

Dual limit handles and a 3-position adjustable safety stop offer greater protection and ease of use during training.



Assist Entry Handles

Improves accessibility and enhances user experience when getting on or off the machine.