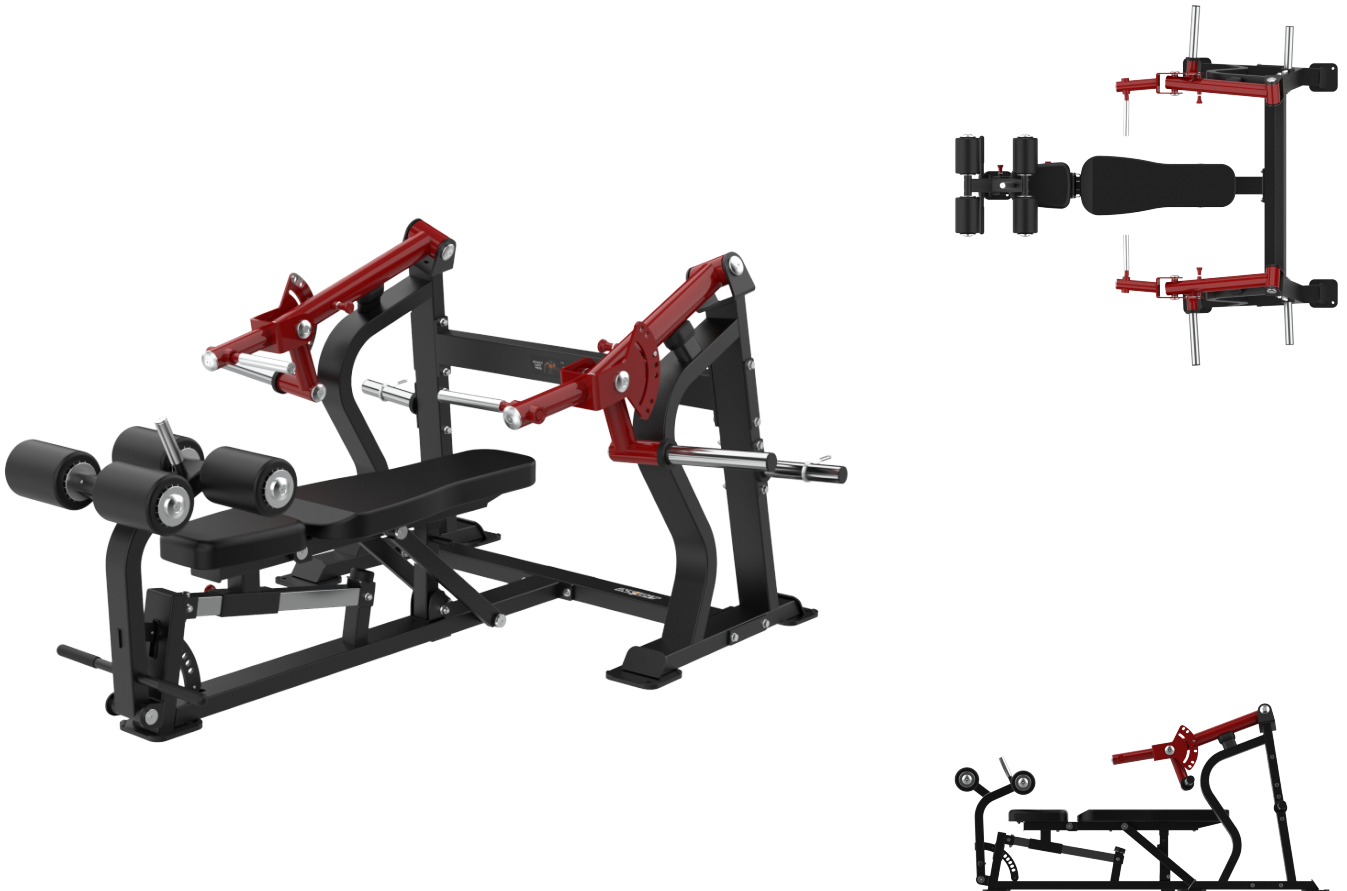


## DH PLATE LOADED SERIES

## DH053 - ISO MULTI CHEST PRESS



## PRODUCT OVERVIEW

The DH053 is a multifunctional iso-lateral chest press system that integrates flat, incline, and decline pressing into a single, versatile unit. Designed specifically for chest strength development, it features a modern aesthetic and a robust frame suitable for large commercial gyms and premium personal training studios.

The iso-lateral independent arm structure follows the natural direction of the pectoral muscle fibers and the shoulder joint's physiological movement curve, ensuring smooth, stable pressing across all angles. This reduces unnecessary shoulder stress and enhances targeted muscle activation throughout the full range of motion.

The handle system offers a 2+3+2 position adjustment, corresponding to the three pressing modes and accommodating users with different arm lengths. This allows each user to select an optimal grip width for more precise and effective stimulation of the chest musculature.

The back pad system supports three angle adjustments and utilizes a rail-and-column design for quick, secure transitions between positions. This ensures a stable body posture across various pressing angles, maximizing both training efficiency and safety.

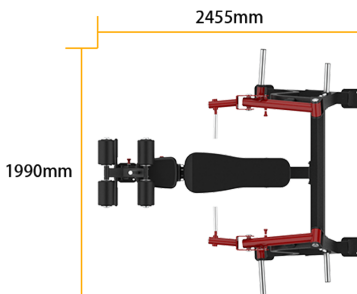
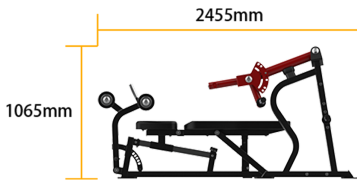
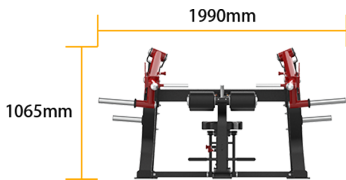
A 7-position adjustable leg support, paired with a front anti-slip foot bar, adapts to users of different heights and leg lengths. This is especially valuable during decline pressing, where proper lower-body fixation enhances performance and minimizes unwanted movement. A dedicated anti-slip platform is provided for spotters, offering a stable footing and optimal leverage to ensure safe training under heavy loads.

Additionally, an integrated assist handle supports easier entry and exit during decline presses, creating a more ergonomic and user-friendly experience.

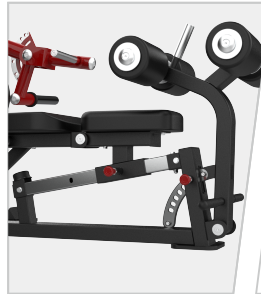
# SPECIFICATIONS & KEY FEATURES

## Specifications

<b>Dimension:</b>	2455*1990*1065mm
<b>Net Weight:</b>	142kg
<b>Max Load Capacity:</b>	300kg[2x150kg]
<b>Main Frame Tubing:</b>	J50x100x2.5
<b>Target Muscle Groups</b>	Chest
<b>Standard Color Scheme:</b>	DH Series standard color scheme



## Product Features



### Multi-Angle Chest Training System

Integrates flat, incline, and decline pressing modes into a single machine. The movement arm follows the natural fiber orientation of the pectoral muscles, delivering comprehensive and effective chest activation across all angles.



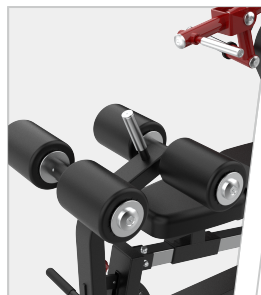
### Precision Adjustable Independent Handles

The 2+3+2 handle configuration offers seven adjustment positions, allowing users to switch grips based on arm length and training objectives for more targeted stimulation of different chest regions..



### Stable Support and Lock-In Positioning System

The back pad offers three quick-shift positions with a solid support structure, while the seven-position adjustable leg support works with the anti-slip foot bar to provide secure stabilization during decline training and prevent movement interference.



### Enhanced User Assistance and Safety Design

Equipped with an easy-access assisted rise handle and a non-slip spotter platform, improving convenience for getting on and off during decline presses and ensuring safety during heavy-load training.