

## SH PLATE LOADED SERIES

## SH003 - SHOULDER PRESS



## PRODUCT OVERVIEW

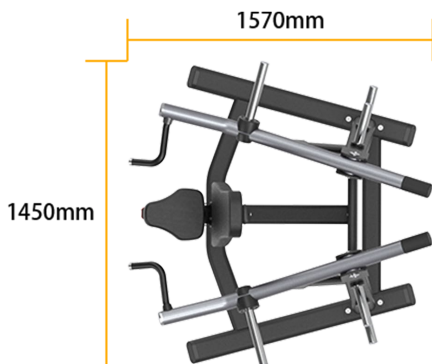
The SH003 is a premium plate-loaded shoulder press machine engineered specifically for anterior deltoid training. Featuring a modern aesthetic and robust construction, it is ideal for commercial gyms and high-end personal training facilities. The pressing arm path is biomechanically optimized to align with shoulder joint movement and the natural direction of deltoid muscle fibers, delivering a smooth, effective pressing experience.

The unit is equipped with large-diameter rubber-coated handles offering two grip angles, catering to users with varying shoulder mobility needs and enhancing overall comfort and control. The ergonomically inclined backrest offers solid scapular support, while the pneumatic, infinitely adjustable seat allows users of all sizes to achieve optimal training posture. This ensures proper body-machine alignment, improving both safety and training efficiency during shoulder presses.

# SPECIFICATIONS & KEY FEATURES

## Specifications

Dimension:	1570*1450*1590mm
Net Weight:	127kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



## Product Features



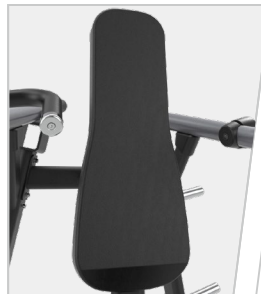
### Stable and Durable Construction

Reinforced structural design and high-quality craftsmanship ensure lasting safety and stability under heavy use.



### Large-Diameter Rubber-Coated Handles

Offer a natural and secure grip, reducing wrist pressure and enhancing control during incline pressing.



### Ergonomic Backrest Design

Offers firm support for the scapula and torso, improving movement stability and muscle engagement.



### Pneumatic Infinite Seat Adjustment

Allows quick and precise seat height customization for ideal posture alignment, adapting to a wide range of body types.