

SH PLATE LOADED SERIES

SH027 - HIGH ROW



PRODUCT OVERVIEW

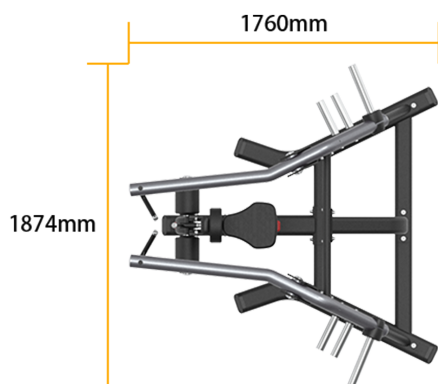
The SH027 is a premium plate-loaded strength machine designed for targeted training of the upper and mid-back muscles. With a modern aesthetic and reinforced structure, it is ideal for large commercial gyms and high-end personal training studios. The ergonomically angled handles are precisely designed to reduce wrist pressure and guide the shoulder joint along a natural path through forearm rotation. This alignment with the back muscle fiber direction ensures precise and effective engagement.

The isolated arm design minimizes compensation and promotes balanced development between the left and right sides. The front-facing handle combined with a chest pad provides stable torso support and allows for unilateral isolation training to meet diverse training goals. A three-position adjustable leg pad ensures lower body stability for users of different heights. The pneumatic infinite seat adjustment allows for quick, single-handed height customization, enhancing comfort and accommodating a wide range of body types.

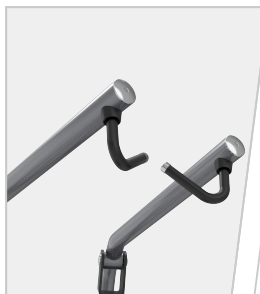
SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1874*1760*1850mm
Net Weigh:	172kg
Max Load Capacity:	300kg[2x150KG]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



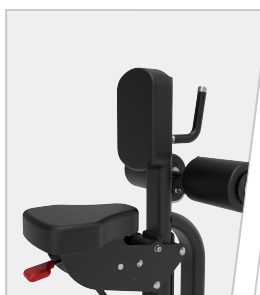
Ergonomic Handles

Reduce wrist stress and help users find a natural, effective pulling position.



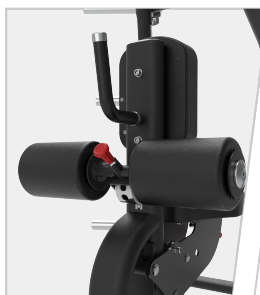
Isolated Arm Movement

Prevents compensation and promotes symmetrical strength and muscle development.



Unilateral Training Support

Chest pad and front handle enable stable and isolated single-arm training.



Three-Position Adjustable Leg Pad

Accommodates users of varying heights and maintains lower body stability during training.



Pneumatic Infinite Seat Adjustment

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