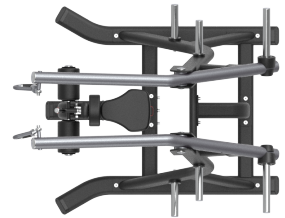


SH PLATE LOADED SERIES**SH029 - UNIVERSAL PULLDOWN****PRODUCT OVERVIEW**

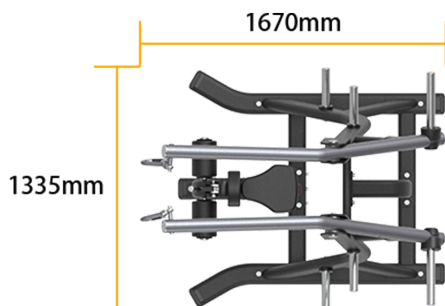
The SH029 is a premium plate-loaded strength machine designed for upper and mid-back training. With a modern aesthetic and solid construction, it is ideal for commercial gyms and high-end personal training studios. Equipped with universal adaptive handles, the machine supports a full range of grip styles from overhand to underhand accommodating diverse user habits and training goals.

The isolated arm design prevents compensation and promotes balanced development of strength and muscle between the left and right sides. A front-facing handle combined with a chest pad offers stable support for the torso and enables both bilateral and unilateral isolation training. The three-position adjustable leg pad ensures lower body stability for users of different heights. The pneumatic infinite seat adjustment allows for quick, single-handed customization, enhancing comfort and individualized training experience.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1670*1335*2037mm
Net Weight:	149kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



Universal Adaptive Handles

Support a variety of grip styles—from overhand to underhand—to accommodate different training objectives.



Isolated Arm Movement

Prevents compensation and promotes symmetrical strength and muscle development.



Three-Position Adjustable Leg Pad

Accommodates users of varying heights and ensures lower-body stability during movement.



Pneumatic Infinite Seat Adjustment

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