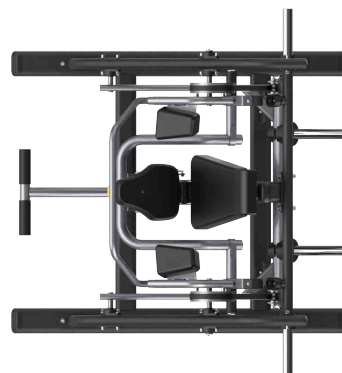


## SH PLATE LOADED SERIES

## SH035 - PULLOVER



## PRODUCT OVERVIEW

The SH035 is a premium plate-loaded strength machine designed specifically for back training. With a modern aesthetic and solid construction, it is ideal for large commercial gyms and high-end personal training studios. The arm pads are precisely angled to match the natural position and motion path of the arms during training, offering stable and comfortable support. The trapezoidal auxiliary handles provide multiple grip options, accommodating users with varying shoulder mobility.

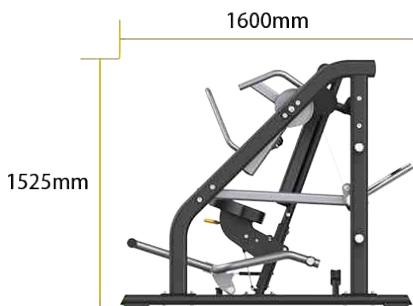
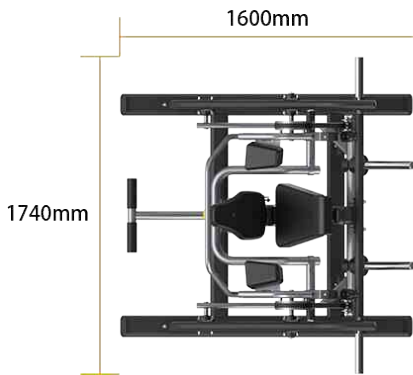
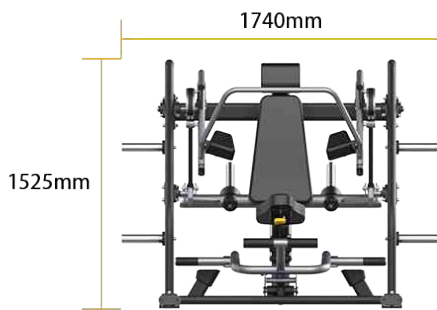
The ergonomically angled backrest aligns closely with the movement arm trajectory, ensuring a complete range of motion while preventing lumbar compensation caused by limited shoulder mobility enhancing both safety and effectiveness.

The seat features a pneumatic infinite adjustment system that allows quick, single-handed operation. An integrated waist strap helps stabilize the body throughout the movement, reducing unnecessary motion. The foot assist system supports users in positioning themselves more easily and reduces shoulder pressure during the initiation of the movement, improving the overall training experience.

# SPECIFICATIONS & KEY FEATURES

## Specifications

Dimension:	1740*1600*1525mm
Net Weight:	178kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



## Product Features



### Adaptive Support for Smooth Movement

High-resilience arm pads and an ergonomic backrest work together to provide stable support and natural motion flow.



### Multi-Grip Options for Versatility

Trapezoidal handles accommodate various shoulder ranges and grip preferences, supporting stable and controlled movement.



### Stabilized Posture for Safe Training

Pneumatic seat adjustment with a waist strap helps maintain body alignment, minimizing unwanted movement or compensation.



### Foot Assist for Reduced Load at Start

The assistive foot pedal eases the setup process and reduces shoulder stress during the initial phase of the exercise.