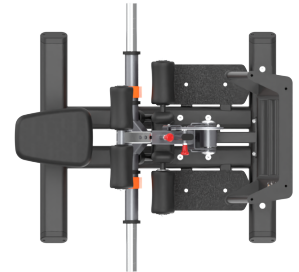


SH PLATE LOADED SERIES

SH046 - STANDING HIP THRUSTER



PRODUCT OVERVIEW

The SH046 is a premium plate-loaded machine designed specifically for targeted glute training. With a modern aesthetic and robust construction, it is ideal for large-scale commercial gyms and high-end personal training studios. Unlike traditional hip thrusts or deadlifts, this machine utilizes a standing position for loaded hip extension, offering greater control and safety while precisely activating key muscle groups such as the gluteus maximus.

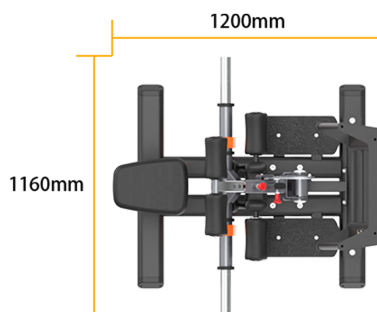
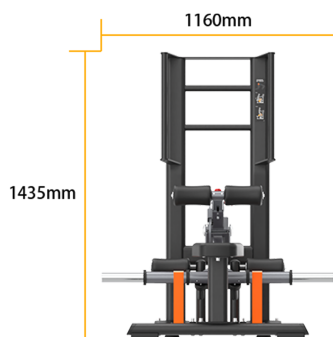
Equipped with extended support handles ergonomically aligned with the natural motion path of the arms, the SH046 ensures a secure and comfortable grip in both standing and seated positions, reducing wrist pressure and enhancing movement control. The thigh restraint features 4+1 angle settings and 5 length adjustments, accommodating users of varying heights and leg lengths to help establish optimal starting posture; the flip-up design allows for fast repositioning, streamlining the entry and exit process. The calf support is scientifically positioned to provide stable contact without placing undue pressure on the knees, ensuring a safer training experience.

The anti-slip foot platform is ergonomically angled to support ankle mobility while minimizing compensatory movements from non-target muscle groups, maximizing glute isolation and training efficiency. The front-positioned resistance band peg provides additional concentric resistance at the top of the movement, intensifying the peak contraction and enhancing muscle activation. A dedicated rear seat pad allows for easy mounting and dismounting, improving overall user experience and flow throughout the workout.

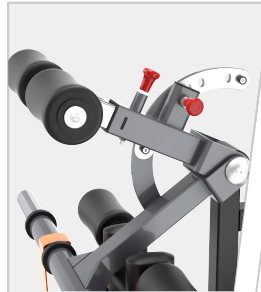
SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1200*1160*1435mm
Net Weigh:	91kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



Multi-Directional Adjustable Leg Support

The thigh pad offers dual adjustments for both angle and length, accommodating a wide range of user anatomies and movement preferences. The quick-flip storage feature further improves operational convenience.



Ergonomic Non-Slip Foot Platform

Designed to follow the ankle's natural movement arc, the platform ensures a secure and comfortable stance while reducing unwanted involvement of non-target muscle groups for optimal glute isolation.



Resistance Band Peg System

Positioned at the front, the band peg delivers additional concentric resistance at the peak of each rep, boosting muscle contraction and enhancing training stimulus and effectiveness.



Convenient Entry and Exit Seat Pad

A dedicated pad at the rear supports pre-training setup and post-training exit, optimizing the machine's usability and overall ergonomic design.