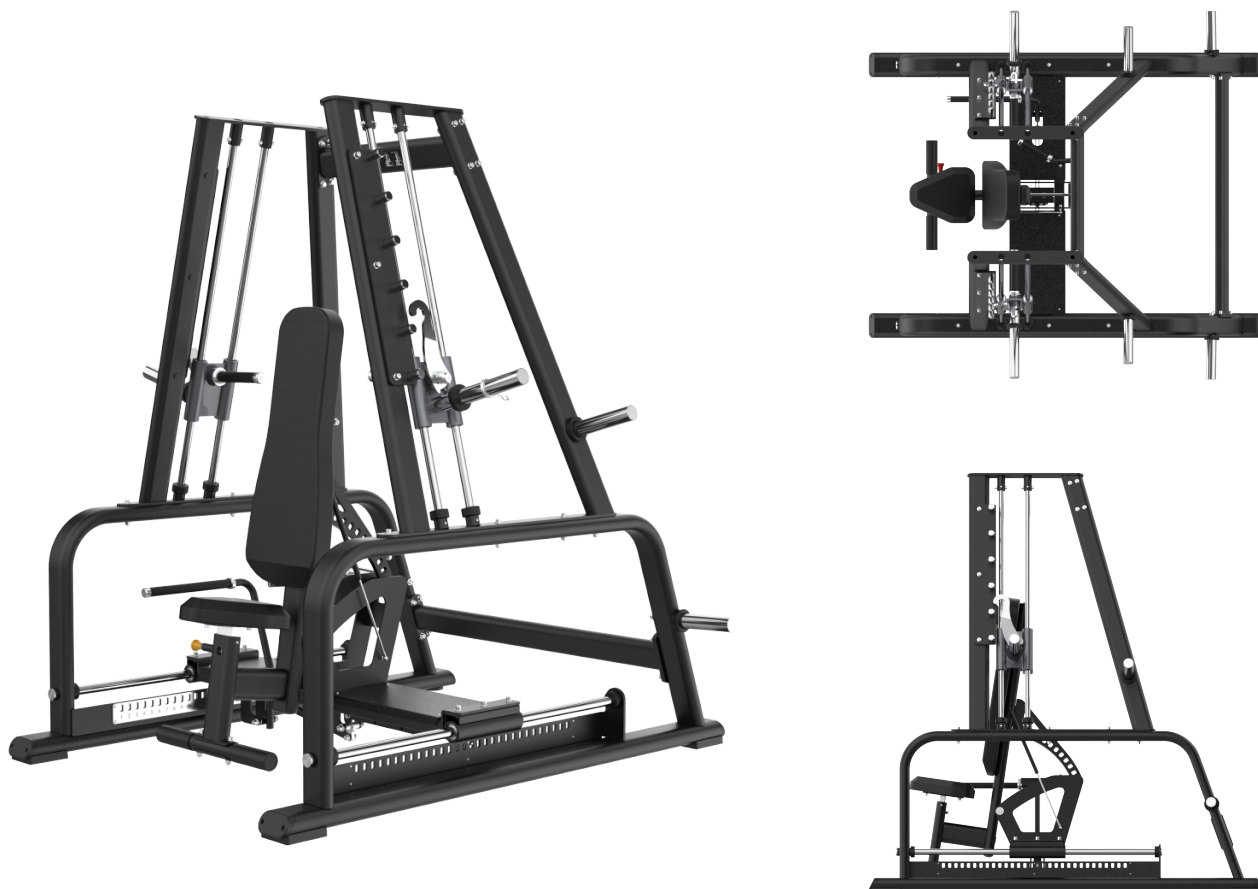


**SH PLATE LOADED SERIES****SH056 - CONVERGENT INCLINE/SHOULDER PRESS****PRODUCT OVERVIEW**

The SH056 is a premium plate-loaded strength machine designed for upper-body pressing exercises. With a modern design and a solid, durable frame, it is ideal for large commercial gyms and high-end personal training studios.

Supporting both incline bench press and seated shoulder press training modes, the unit features linear guide rails and a convergent pressing path. This design not only ensures smooth, natural motion but also closely follows the orientation of the pectoral muscle fibers and shoulder joint mechanics, providing more focused and effective stimulation of the target muscles.

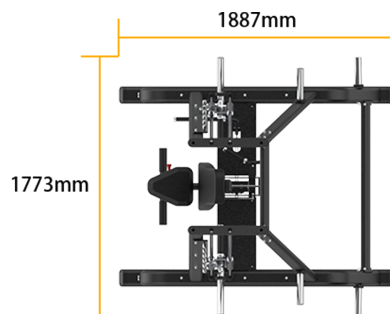
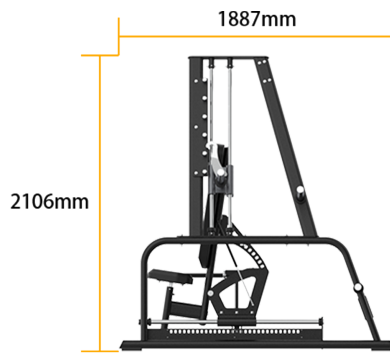
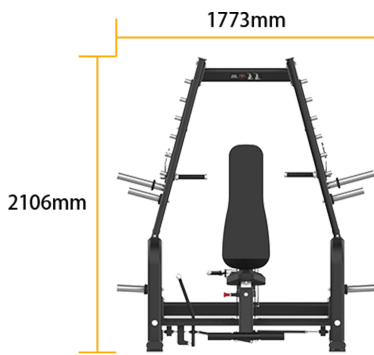
The independent movement arms include six adjustable starting positions, accommodating different user heights and arm spans, while also supporting unilateral training for improved control and muscle isolation. The backrest can be set to 11 positions, ranging from 30° to 80°, effectively targeting the upper pectorals and anterior deltoids for versatile pressing workouts.

The seat offers seven height adjustments to help users establish an ergonomic training posture, while the back pad provides 30 single-handed adjustment positions with an extended handle for quick and precise setup. This design optimizes alignment between the user's body mechanics and the machine's motion path, reducing joint stress and improving both safety and effectiveness. Non-slip foot bars support different foot positions, enhancing stability during training.

# SPECIFICATIONS & KEY FEATURES

## Specifications

<b>Dimension:</b>	1773*1887*2106mm
<b>Net Weight:</b>	269kg
<b>Max Load Capacity:</b>	300kg[2x150kg]
<b>Main Frame Tubing:</b>	PT60x120x2.5
<b>Standard Color Scheme:</b>	SH Series standard color scheme



## Product Features



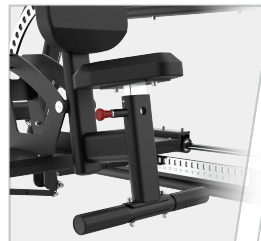
### 6-Position Adjustable Independent Handles

Supports different user heights and training modes; allows unilateral training for greater control and targeted muscle activation.



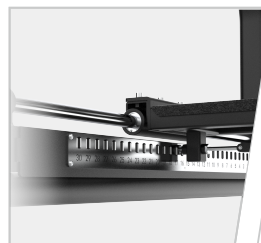
### 11-Position Adjustable Backrest

Ranges from 30° to 80°, comprehensively engaging the upper chest and anterior deltoids to meet diverse training goals.



### 7-Position Adjustable Seat

Ensures proper body alignment across different user heights, enhancing comfort and training efficiency.



### 30-Position Back Pad with Single-Hand Adjustment

Extended adjustment handle allows quick, effortless setup; improves alignment between motion path and muscle activation while reducing joint strain.



### Non-Slip Foot Bar Design

Provides stable foot support for varied positioning, helping users maintain balance and overall comfort during training.