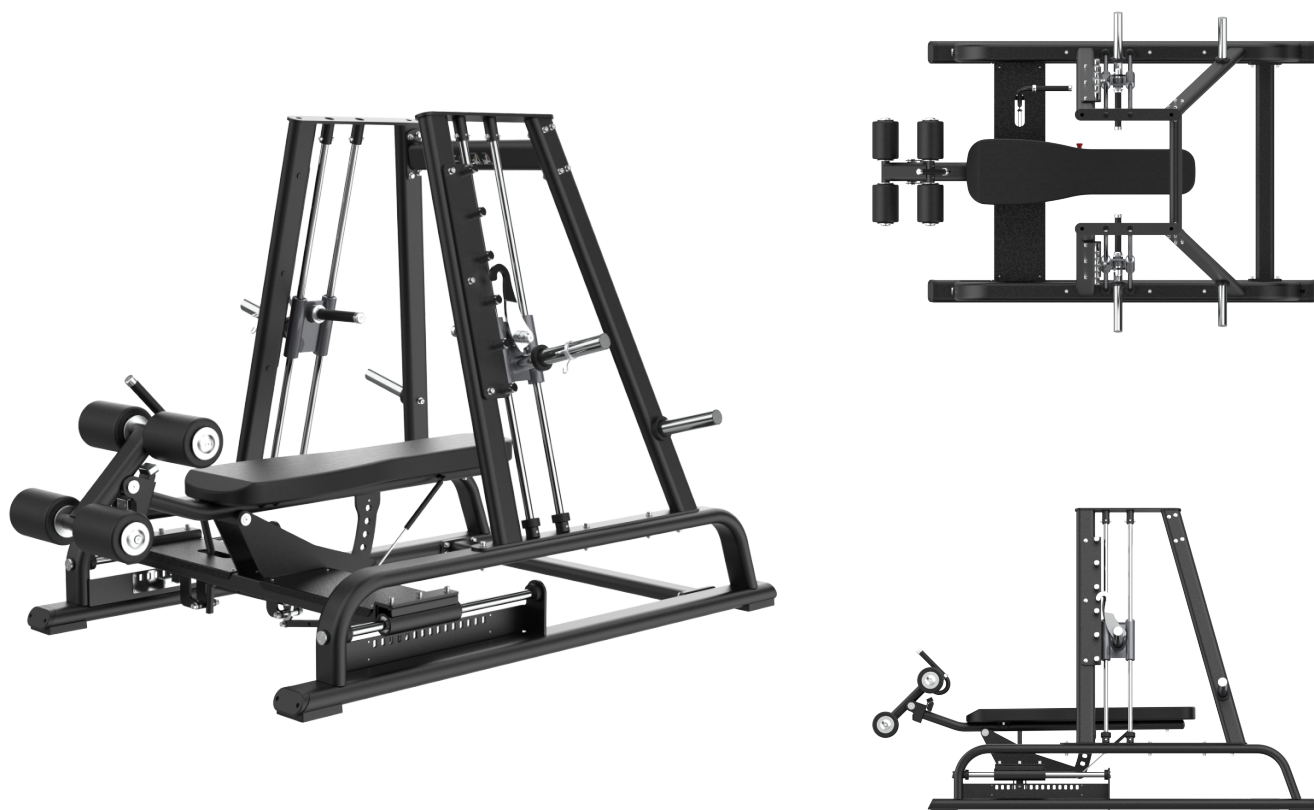


SH PLATE LOADED SERIES

SH057 - DECLINE/FLAT SMITH PRESS



PRODUCT OVERVIEW

The SH057 is a premium plate-loaded strength machine engineered for chest training. With a modern aesthetic and solid construction, it is designed for large commercial gyms and high-end personal training studios. The unit supports both flat and decline press modes, utilizing a linear guide rail system that ensures smooth, stable pressing mechanics for natural and efficient power delivery. Its convergent motion path is designed to align with the natural muscle fiber orientation of the chest, providing more focused and effective stimulation.

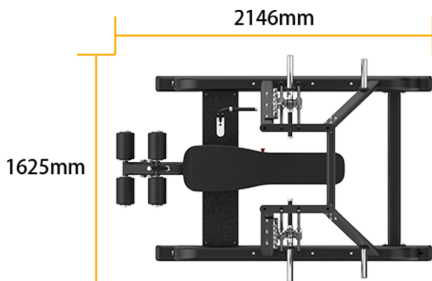
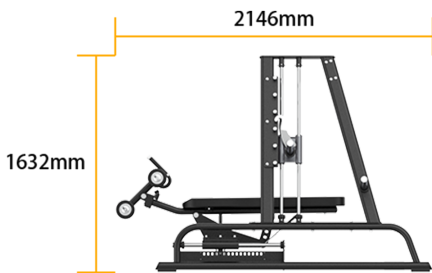
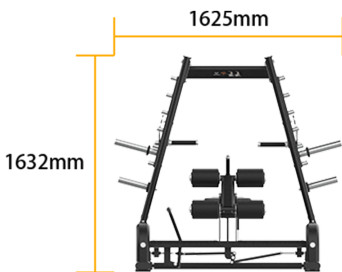
The independent pressing arms feature 6 adjustable height positions, accommodating users of different body types and enabling unilateral training for improved control and muscle targeting. The back pad offers 5 angle adjustments, ranging from 0° to -18°, allowing users to effectively engage the middle and lower fibers of the pectoralis major for both width development and thickness enhancement.

A self-adjusting leg support stabilizes the body during decline presses and automatically returns to its resting position after training for easy entry and exit. Extended assist handles help users sit up comfortably after decline training, improving overall usability. The back pad is equipped with 15 single-handed adjustment positions and an elongated adjustment handle, making repositioning quick and precise. This ensures close alignment between motion trajectory and muscle activation, reduces joint stress, and delivers a safer, more efficient training experience.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	2142*1625*1632mm
Net Weight:	257kg
Max Load Capacity:	300kg[2x150kg]
Main Frame Tubing:	PT60x120x2.5
Standard Color Scheme:	SH Series standard color scheme



Product Features



Six-Position Independent Handles

Adapt to different heights and training modes, while supporting unilateral training for improved control and targeted activation.



Five-Angle Adjustable Back Pad

Covers a range from 0° to -18°, effectively stimulating the mid and lower pectorals to meet diverse training goals.



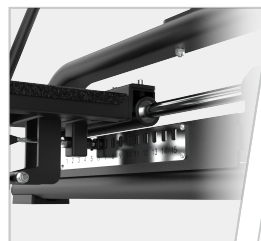
Self-Adjusting Leg Roller

Provides stable support during decline training and returns quickly after use, allowing safe and convenient dismount.



Assist Handles for Easy Exit

Enable users to sit up comfortably after decline presses, enhancing training safety and convenience.



15-Position Quick-Adjust Back Pad

Single-hand operation with extended handles allows fast, precise adjustments, ensuring natural movement alignment and reduced joint stress.