



SH-G6928



SH-G6917
ISO-Inclined Bench Press



SH-G6918
ISO-Horizontal Bench Press

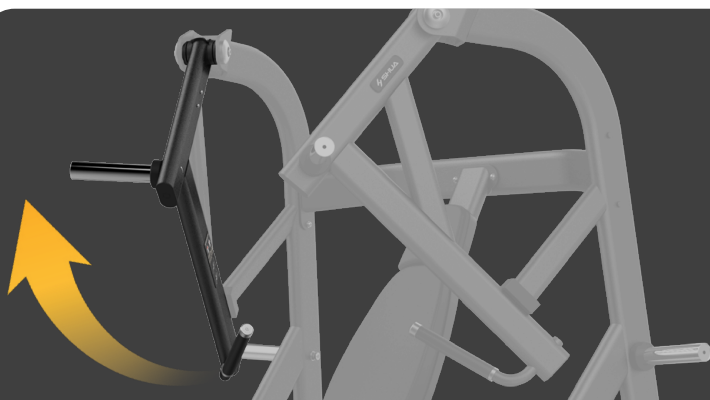
3-PIECE CHEST TRAINING SET

Paired with SH-G6917 & SH-G6918 trainers, it targets upper, middle and lower chest, boosting pectoral strength and balanced, defined muscle growth.



SPLIT-MOTION STRUCTURE IMPROVES BILATERAL STRENGTH BALANCE

It adopts an independent split-motion design that supports both unilateral and bilateral training, helping correct left-right strength imbalances for balanced muscle development.





PROFESSIONAL MOVEMENT PATH

Its movement path aligns with the natural contraction direction of pectoralis major fibers, making every chest press more precise and efficient.



ENHANCED SAFETY DESIGN

The oversized-grip design increases grip contact area and comfort, effectively reduces wrist strain, and delivers greater stability for effortless heavy weight training.



1940 mm



1780 mm

1275 mm

PRODUCT SPECIFICATIONS

DIMENSIONS	1940×1275×1780 mm / 76 × 50 × 70 in
MAX USER WEIGHT	150kg / 331 lbs
MAX TRAINING WEIGHT	200kg / 441 lbs
MUSCLES	Pectoralis Major, Anterior Deltoid, Triceps
NET WEIGHT	157kg / 346 lbs
GROSS WEIGHT	187kg / 412 lbs
LOADING CAPACITY	40HQ: 48 units