SHUA

COMMERCIAL BROCHURE



2026

Chinese Olympic Committee
Fitness Equipment Supplier

SHUA

SMART FITNESS MADE SIMPLE

WEB: WWW.SHUAFITNESS.COM MAIL: CONTACT@SHUAFITNESS.COM

Discover More

S2 SERIES | CARDIO | 88 SERIES | 77 SERIES | 69 SERIES | 89 SERIES | 68 SERIES | RACKS | MOTION

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1996

Market Entry

2003

Fitness Equipment Export

2013

Exclusive Supplier to
Chinese Olympic Committee

2014

Olympic House Fitness Solution
(Sochi Winter Olympics)

2016

Olympic House Fitness Solution
(Rio Olympics)

2018

Olympic House Fitness Solution
(Pyeongchang Winter Olympics)
& ACSM Strategic Partnership

2020

Go Public (Shanghai Stock
Exchange A-shares)

2022

Beijing Winter Olympics
(Official Supplier)

2023

Asian Games Hangzhou
(Official Supplier)

2024

Paris Olympics (Official Supplier
for Chinese Olympic Team)

2025

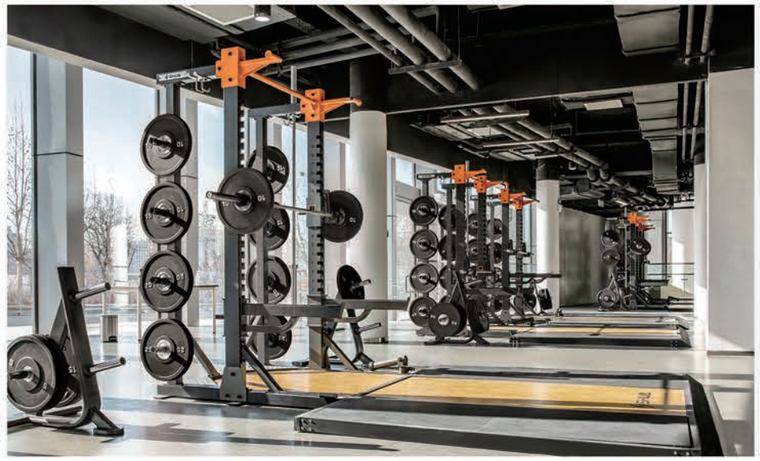
VITAL Smart Training
Solution

2026

Olympic House Fitness Solution
(Milan–Cortina Winter Olympics)

REDEFINE EXCELLENCE IN FITNESS EQUIPMENT

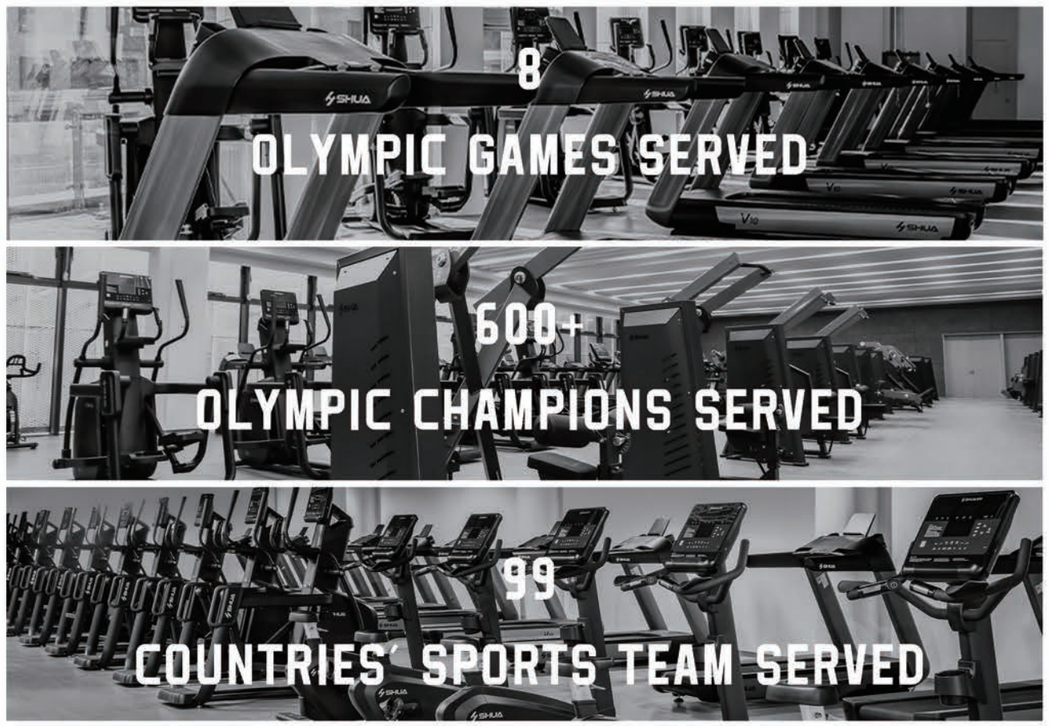
As the official supplier for the Olympic Games, SHUA is synonymous with top-tier performance and reliability. Our dedication to innovation and quality has propelled us to become a mainboard listed company and an ACSM certified partner, a testament to our enduring success and trustworthiness in the industry. Choose SHUA for unparalleled partnership, experience the difference that excellence makes in your fitness business journey.



Chinese Olympic Committee
Fitness Equipment Supplier

OFFICIAL FITNESS EQUIPMENT SUPPLIER

SHUA has become a leading player in the fitness equipment industry, earning the prestigious role of official fitness equipment supplier for the Beijing 2022 Winter Olympics and Paralympics, including the Olympic and Paralympic Villages' fitness centers. This historic choice makes SHUA the first Chinese fitness equipment brand to be featured in the Olympics.



SHUA SPONSORED EQUIPMENT TO

2014
China Athletes Home at the 2014 Sochi Winter Olympics

2016
China Athletes Home at the 2016 Rio Olympic Games

2018
China Athletes Home at the 2018 Pyeongchang Winter Olympics

2020
Chinese Sports Delegation for the 2020 Tokyo Olympic Games

2022
2022 Beijing Winter Olympics (Official Supplier)

2023
2023 Hangzhou Asian Games (Official Supplier)

2024
Chinese Sports Delegation for the 2024 Paris Olympic Games

2026
China Athletes Home at the 2026 Milan–Cortina Winter Olympics



CARDIO

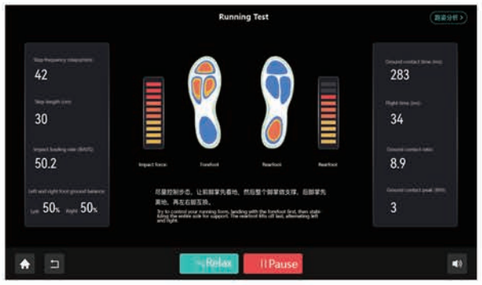
SHUA cardio series encompasses treadmills, elliptical trainers, exercise bikes, and rowing machines. With decades of research in ergonomics and human biomechanics, our cardio products ensure the utmost level of performance, safety, and durability.

S2 SERIES



Dynamic Adaptive Running Deck

The S2⁺ New Variable Resistance Treadmill adopts air pressure dynamic running feel control technology, offering six running feel modes: rubber track, cement pavement, soft soil, asphalt pavement, flat grassland, and intelligent adaptation. With a one-click quick switch, it provides a more tailored running experience for different runners.



Scientific Gait Monitoring

The S2⁺ features an intelligent sensing treadmill that continuously monitors running posture data, including impact force, left-right foot balance, cadence, stride length, and ground contact-to-air time ratio. It provides runners with guidance for posture optimization, supporting scientific running.



Laser Safety Shield

The S2⁺ utilizes ToF (Time of Flight) laser distance sensing technology, combined with ST's third-generation FlightSense algorithm. It features automatic stain calibration and resistance to glass cover interference. The system can monitor whether the runner is within a safe zone. If the runner exceeds the safe range, it triggers a safety alert sound to ensure exercise safety.

Take Your Cardio to the Next Level

NEW DIGITAL CONTROL SYSTEM

Introducing the SHUA Vital OS Console, a state-of-the-art system that delivers an unparalleled workout experience

Seamlessly syncing with your smartphone, it enhances your workout with personalized routines.

With easy access to essential information, our innovative interface ensures a focused and productive session.

Embark on virtual adventures and explore iconic destinations, all from the VitalOS digital console.



21.5" Touch Screen



15.6" Touch Screen



15.6" Keypad Screen

S2+ PRO SERIES TREADMILL

SH-T9100TP

Drive System:
8.0 HP AC Dynamic Response Drive System (31.5")
6.0 HP AC Dynamic Response Drive System (21.5")
Speed Range: 0.5 - 25 km/h
Incline Range: -2 - 18%
Heart Rate:
Hand-grip Heart Rate / Wireless Heart Rate
Running Surface Area:
580 × 1570mm / 23 × 62 in
Max User Weight: 180 kg / 397 lbs
Dimensions(L×W×H):
2217 × 982 × 1814 mm
87 × 39 × 71 in
Net Weight:
220 kg / 485 lbs (31.5")
214 kg / 471 lbs (21.5")
Gross Weight:
260 kg / 573 lbs (31.5")
254 kg / 560 lbs (21.5")



SH-T9100TP
31.5" Touch Screen

SH-T9100TP
21.5" Touch Screen

COMPATIBLE WITH MULTIPLE SCREEN CONSOLE


31.5" Touch Screen


21.5" Touch Screen


Console-Free



S2+ SERIES TREADMILL

SH-T9100T

Drive System:
6.0 HP AC Dynamic Response Drive System
Speed Range: 0.5 - 25 km/h
Incline Range: -2 - 18%
Heart Rate:
Hand-grip Heart Rate
Wireless Heart Rate
Running Surface Area:
580 × 1570mm / 23 × 62 in
Max User Weight: 180 kg / 397 lbs
Dimensions(L×W×H):
2217 × 982 × 1814 mm
87 × 39 × 71 in
Net Weight: 225 kg / 496 lbs
Gross Weight: 260 kg / 573 lbs


SH-T9100T
31.5" Touch Screen



S2 SERIES TREADMILL

SH-T9100

Drive System:
6.0 HP AC Dynamic Response Drive System
Speed Range: 0.5 - 25 km/h
Incline Range: -2 - 18%
Heart Rate:
Hand-grip Heart Rate
Wireless Heart Rate
Running Surface Area:
580 × 1570mm / 23 × 62 in
Max User Weight: 180 kg / 397 lbs
Dimensions(L×W×H):
2217 × 982 × 1523 mm
87 × 39 × 60 in
Net Weight: 205 kg / 452 lbs
Gross Weight: 249 kg / 549 lbs


SH-T9100
Console-Free





S2+ SERIES ELLIPTICAL

SH-B9100ET

Resistance System: Electromagnetic Resistance
Resistance Levels: 40 levels
Heart Rate: Hand-grip Heart Rate
Max User Weight: 180 kg / 397 lbs
Dimensions:
1883 × 780 × 1892mm (21.5")
1883 × 780 × 1835mm (15.6")
74 × 31 × 74 in (21.5")
74 × 31 × 72 in (15.6")
Net Weight:
199 kg / 439 lbs (21.5")
196 kg / 432 lbs (15.6")
Gross Weight:
283 kg / 624 lbs (21.5")
277 kg / 611 lbs (15.6")



SH-B9100ET
21.5" Touch Screen

SH-B9100ET
15.6" Touch Screen

S2 SERIES ELLIPTICAL

SH-B9100E

Resistance System: Electromagnetic Resistance
Resistance Levels: 40 levels
Heart Rate: Hand-grip Heart Rate
Power: Self-Powered
Max User Weight: 180 kg / 397 lbs
Dimensions:
1883 × 780 × 1835mm
74 × 31 × 72 in
Net Weight: 195 kg / 430 lbs
Gross Weight: 279 kg / 615 lbs





SH-B9100E
15.6" LED

S2+ SERIES RECUMBENT BIKE

SH-B9100RT

Resistance System: Electromagnetic Resistance
Resistance Levels: 40 levels
Heart Rate: Hand-grip Heart Rate
Max User Weight: 180 kg / 397 lbs
Dimensions:
1663 × 620 × 1455 mm (21.5")
1663 × 620 × 1400 mm (15.6")
65 × 24 × 57 in (21.5")
65 × 24 × 55 in (15.6")
Net Weight:
113 kg / 249 lbs (21.5")
103 kg / 227 lbs (15.6")
Gross Weight:
140 kg / 309 lbs (21.5")
128 kg / 281 lbs (15.6")


SH-B9100RT
21.5" Touch Screen


SH-B9100RT
15.6" Touch Screen

S2 SERIES RECUMBENT BIKE

SH-B9100R

Resistance System: Electromagnetic Resistance
Resistance Levels: 40 levels
Heart Rate: Hand-grip Heart Rate
Power: Self-Powered
Max User Weight: 180 kg / 397 lbs
Dimensions:
1663 × 620 × 1400 mm
65 × 24 × 55 in
Net Weight: 97 kg / 213 lbs
Gross Weight: 120 kg / 265 lbs


SH-B9100R
15.6" LED



S2+ SERIES UPRIGHT BIKE

SH-B9100UT

Resistance System: Electromagnetic Resistance
Resistance Levels: 40 levels
Heart Rate: Hand-grip Heart Rate
Max User Weight: 180 kg / 397 lbs
Dimensions:
1123 × 675 × 1557 mm (21.5")
1123 × 675 × 1506 mm (15.6")
44 × 27 × 61 in (21.5")
44 × 27 × 59 in (15.6")
Net Weight:
87kg /191 lbs (21.5")
84 kg / 185 lbs (15.6")
Gross Weight:
110 kg / 243 lbs (21.5")
106 kg / 234 lbs (15.6")


SH-B9100UT
21.5" Touch Screen


SH-B9100UT
15.6" Touch Screen



S2 SERIES UPRIGHT BIKE

SH-B9100U

Resistance System: Electromagnetic Resistance
Resistance Levels: 40 levels
Heart Rate: Hand-grip Heart Rate
Power: Self-Powered
Max User Weight: 180 kg / 397 lbs
Dimensions:
1123 × 675 × 1506 mm
44 × 27 × 59 in
Net Weight: 72 kg / 159 lbs
Gross Weight: 84 kg / 185 lbs


SH-B9100U
15.6" LED

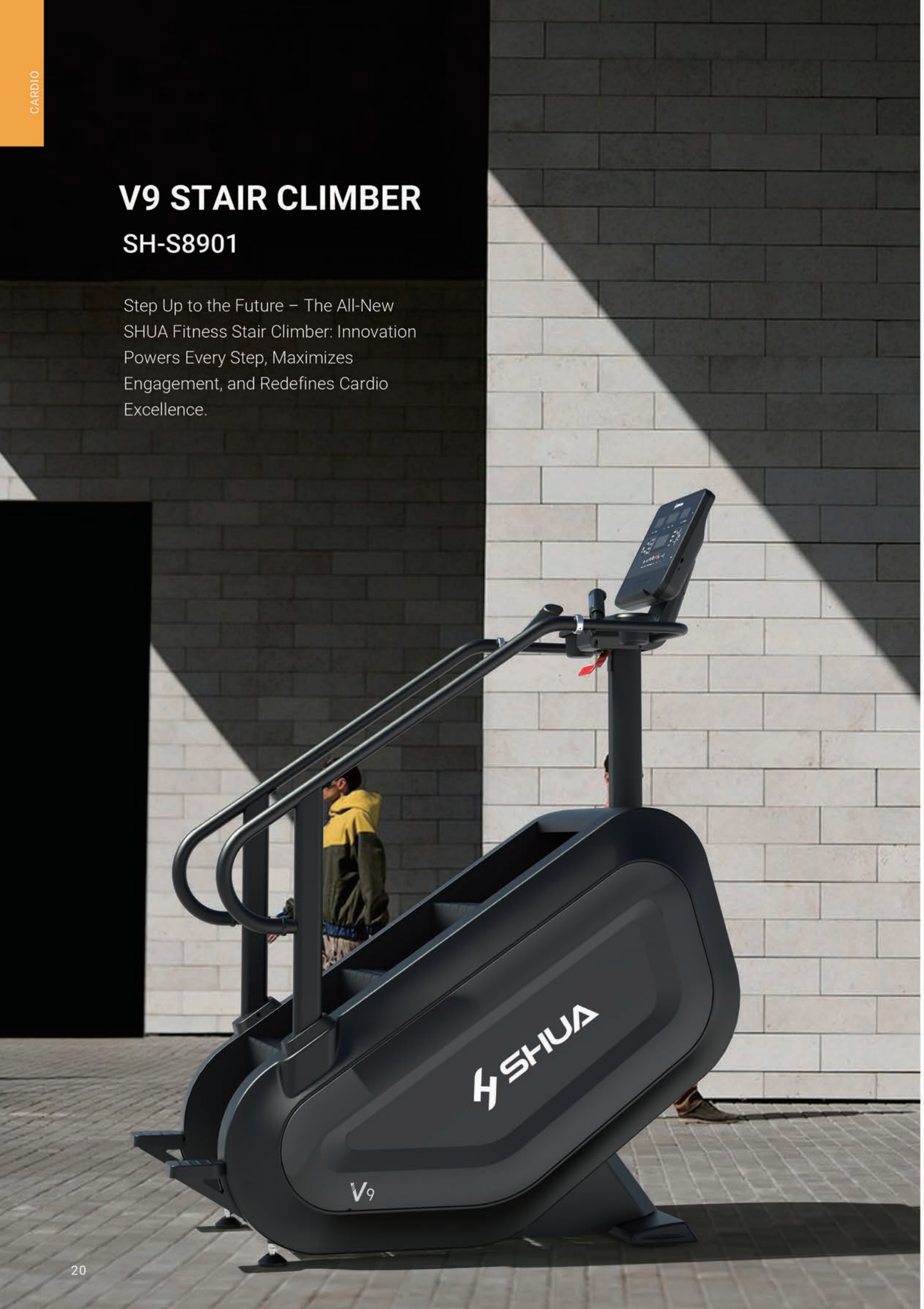



SHUA
SHUA
SHUA

V9 STAIR CLIMBER

SH-S8901

Step Up to the Future – The All-New SHUA Fitness Stair Climber: Innovation Powers Every Step, Maximizes Engagement, and Redefines Cardio Excellence.



V9 STAIR CLIMBER

SH-S8901

Resistance System: Electromagnetic Resistance
Resistance Levels: 40 levels
Heart Rate: Hand-grip Heart Rate
Max User Weight: 180 kg / 397 lbs
Dimensions:
1634 × 905 × 2165mm
64 x 36 x 85 in
Net Weight: 207 kg / 456 lbs
Gross Weight: 310 kg / 683 lbs



V10 STAIR CLIMBER

SH-C9100/SH-C9100T

CONSOLE: 21.5" Touch Screen; 15.6" LED
SAFETY SENSING: Infrared sensing, emergency stop button
Resistance Levels: 40 levels
Heart Rate: Hand-grip Heart Rate
MOTOR: Magnetic resistance motor
STEP HEIGHT: 200mm / 8 in
NUMBER OF STEPS: 3
Max User Weight: 181 kg / 399 lbs
Dimensions:
1545 × 850 × 2140 mm
61 × 33 × 84 in
Net Weight: 240 kg / 529 lbs
Gross Weight: 315 kg / 694 lbs



V9+ SERIES TREADMILL

SH-T8919T

Drive System:
6.0 HP AC Dynamic Response Drive System
Speed Range: 0.8 - 20 km/h / 0.5 - 12.4 mph
Incline Range: -3 - 15%
Heart Rate:
Hand-grip Heart Rate
Wireless Heart Rate
Running Surface Area:
580 × 1570 mm / 23 × 62 in
Max User Weight: 180 kg / 397 lbs
Dimensions(L×W×H):
2190 × 970 × 1600 mm
86 × 38 × 63 in
Net Weight: 198 kg / 436 lbs
Gross Weight: 247 kg / 544 lbs



SH-T8919T
21.5" Touch Screen

SH-T8919T
15.6" Touch Screen

V9 SERIES TREADMILL

SH-T8919

Drive System:
6.0 HP AC Dynamic Response Drive System
Speed Range: 0.8 - 20 km/h / 0.5 - 12.4 mph
Incline Range: -3 - 15%
Heart Rate:
Hand-grip Heart Rate
Wireless Heart Rate
Running Surface Area:
580 × 1570 mm / 23 × 62 in
Max User Weight: 180 kg / 397 lbs
Dimensions(L×W×H):
2190 × 970 × 1600 mm
86 × 38 × 63 in
Net Weight: 198 kg / 436 lbs
Gross Weight: 247 kg / 544 lbs





SH-T8919
15.6" LED

V6 SERIES TREADMILL

SH-T860

Drive System:
6.0 HP AC Dynamic Response Drive System
Speed Range: 1.0～20km/h / 0.6～12.4 mph
Incline Range: -3 - 15%
Heart Rate:
Hand-grip Heart Rate
Wireless Heart Rate
Running Surface Area:
580 × 1570 mm / 23 × 62 in
Max User Weight: 180 kg / 397 lbs
Dimensions(L×W×H):
2190 × 960 × 1580 mm
86 × 38 × 62 in
Net Weight: 198 kg / 437 lbs
Gross Weight: 247 kg / 545 lbs





UNLEASH YOUR POWER WITH THE SELF-POWERED CURVED TREADMILL

Eco-Friendly – No electricity, fully powered by you.
Full-Body Workout – Engage every muscle with each stride.
Adjustable Intensity – Control your speed, fit for all levels.
Low Impact, High Burn – Easy on joints, tough on calories.
Curved Design – Promotes natural stride, full speed control, and pure athlete-driven performance.



R1 TREAD

SH-T901Z

Magnetic Resistance: 8 levels
Heart Rate:
Wireless Heart Rate
Running Surface Area:
480 × 1500 mm / 19 × 59 in
Max User Weight: 180 kg / 397 lbs
Dimensions(L×W×H):
2021 × 1055 × 1734 mm
80 × 42 × 68 in
Net Weight: 175 kg / 386 lbs
Gross Weight: 232 kg / 511 lbs



V8 SERIES ELLIPTICAL

SH-E800

Resistance System: Electromagnetic Resistance
Resistance Levels: 32 levels
Heart Rate: Hand-grip Heart Rate
Power: Self-Powered
Max User Weight: 160 kg / 353 lbs
Dimensions:
1900 × 850 × 1760 mm
75 × 33 × 69 in
Net Weight: 125 kg / 276 lbs
Gross Weight: 162 kg / 357 lbs



SH-E800
15.6" LED

V9 INDOOR CYCLE

SH-B8900

Fly Wheel: 4.5 kg / 10 lbs
Display Console : LCD
Resistance System:
Electromagnetic Resistance System
Max User Weight: 150 kg / 331 lbs
Dimensions:
1420 x 630 x 1245 mm
56 x 25 x 49 in
Net Weight: 40 kg / 88 lbs
Gross Weight: 48 kg / 106 lbs





CLASSIC INDOOR CYCLE

SH-B8860SL

Fly Wheel: 23 kg / 51 lbs
Display Console : LCD
Resistance System:
Magnetic Resistance Adjustment System
Max User Weight: 150 kg / 331 lbs
Dimensions(L×W×H):
1210 × 540 × 1200 mm
48 × 21× 47 in
Net Weight: 55 kg / 121 lbs
Gross Weight: 60 kg / 132 lbs





AIR ROWER

SH-R8100

Resistance System:
Magnetic Resistance + Air Resistance
Resistance Levels: 16 levels
Max User Weight: 150 kg / 331 lbs
Dimensions(L×W×H):
2412 × 546 × 846 mm
95 × 22 × 33 in
Net Weight: 44 kg / 97 lbs
Gross Weight: 51 kg / 112 lbs



PRO ROWER

SH-R8800

Resistance System:
Magnetic Resistance +Air Resistance
Resistance Levels: 20 levels
Power: Self-Powered
Max User Weight: 180 kg / 397 lbs
Dimensions(L×W×H):
2400 × 490 × 1100 mm
94 × 19 × 43 in
Net Weight: 60 kg / 132 lbs
Gross Weight: 68 kg / 150 lbs



STRENGTH

SHUA offers a comprehensive strength series that includes selectorized and plate-loaded equipment. Covering both upper and lower body exercises, it provides every trainer with an unparalleled strength training experience.

88 APEX SERIES

Ergonomisches Produkt
Zertifiziert durch
IGR Institut für Gesundheit und Ergonomie
www.igr-ev.de

Unleash the extraordinary with SHUA's 88 Apex Series, where cutting-edge ergonomic design, advanced intelligence, and innovative craftsmanship converge seamlessly. Meticulously tailored for premium fitness facilities, ensuring an unparalleled fitness experience for members demanding the very best.



Innovative Craftsmanship

Leading the industry with advanced laser engraving technology on the surface of plastic components. Each texture undergoes over 30 meticulous engravings, creating a refined finish that's visually stunning and tactile. Combined with sleek black titanium and brushed silver, it elevates your fitness facility to a premium level.



Optimal Ergonomics

Developed by the SHUA R&D team in collaboration with world-class bodybuilding champions, the 88 Series represents a pinnacle in the autonomous design of professional-grade training equipment.

IGR ERGONOMIC CERTIFICATION

The SHUA 88 Strength Equipment Series has received the prestigious IGR Ergonomic Certification in Germany, highlighting our commitment to comfort, safety, and performance. With SHUA, experience the perfect blend of innovation and quality for your fitness journey.



Champagne Black

CHEST PRESS

SH-G8801

Dimensions:

1376 x 1266 x 1356 mm

54 x 50 x 53 in

Net Weight:

305 kg / 672 lbs

Gross Weight:

392 kg / 864 lbs

Weight Stack:

120 kg / 265 lbs





SHOULDER PRESS

SH-G8802

Dimensions:

1464 x 1411 x 1350 mm

58 x 56 x 53 in

Net Weight:

298 kg / 657 lbs

Gross Weight:

392 kg / 864 lbs

Weight Stack:

100 kg / 221 lbs





LAT PULLDOWN

SH-G8803

Dimensions:

1525 x 1300 x 1910 mm

60 x 51 x 75 in

Net Weight:

295 kg / 650 lbs

Gross Weight:

382 kg / 842 lbs

Weight Stack:

110 kg / 243 lbs





SEATED ROW

SH-G8804

Dimensions:

1430 × 1280 × 1350 mm

56 × 50 × 53 in

Net Weight:

295 kg / 651 lbs

Gross Weight:

404 kg / 891 lbs

Weight Stack:

115 kg / 254 lbs





SEATED LEG PRESS

SH-G8805

Dimensions:

1740 x 1040 x 1350 mm

69 x 41 x 53 in

Net Weight:

345 kg / 761 lbs

Gross Weight:

442 kg / 974 lbs

Weight Stack:

150 kg / 331 lbs





LEG EXTENSION

SH-G8806

Dimensions:

1300 x 1256 x 1352 mm

51 x 49 x 53 in

Net Weight:

302 kg / 666 lbs

Gross Weight:

388 kg / 855 lbs

Weight Stack:

120 kg / 265 lbs





PRONE LEG CURL

SH-G8807

Dimensions:

1656 x 1162 x 1350 mm

65 x 46 x 53 in

Net Weight:

275 kg / 606 lbs

Gross Weight:

356 kg / 785 lbs

Weight Stack:

110 kg / 243 lbs





ABDUCTOR/ADDUCTOR

SH-G8808

Dimensions:

1619 x 771 x 1350 mm

64 x 30 x 53 in

Net Weight:

336 kg / 741 lbs

Gross Weight:

429 kg / 946 lbs

Weight Stack:

120 kg / 265 lbs





HIP THRUST

SH-G8809

Dimensions:

1603 x 1153 x 1352 mm

63 x 45 x 53 in

Net Weight:

283 kg / 624 lbs

Gross Weight:

370 kg / 816 lbs

Weight Stack:

120 kg / 265 lbs





PECTORAL FLY/REAR DELTOID

SH-G8810

Dimensions:

1520 x 1320 x 2010 mm

60 x 52 x 79 in

Net Weight:

295 kg / 650 lbs

Gross Weight:

382 kg / 842 lbs

Weight Stack:

100 kg / 221 lbs





BACK EXTENSION

SH-G8812

Dimensions:

1290 x 1285 x 1350 mm

51 x 51 x 53 in

Net Weight:

259 kg / 571 lbs

Gross Weight:

338 kg / 745 lbs

Weight Stack:

90 kg / 198 lbs





ABDOMINAL

SH-G8814

Dimensions:

1350 x 1000 x 1710 mm

53 x 39 x 67 in

Net Weight:

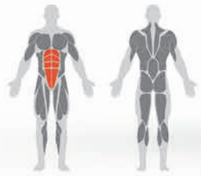
300 kg / 661 lbs

Gross Weight:

377 kg / 831 lbs

Weight Stack:

100 kg / 221 lbs





BICEPS CURL/TRICEPS PRESS

SH-G8815

Dimensions:

1415 x 1100 x 1350 mm

56 x 43 x 53 in

Net Weight:

245 kg / 540 lbs

Gross Weight:

323 kg / 712 lbs

Weight Stack:

80 kg / 176 lbs





LEG CURL/EXTENSION

SH-G8816

Dimensions:

1220 x 1200 x 1350 mm

48 x 47 x 53 in

Net Weight:

265 kg / 584 lbs

Gross Weight:

344 kg / 758 lbs

Weight Stack:

100 kg / 221 lbs





LATERAL RAISE

SH-G8821

Dimensions:

1260 × 1110 × 1343 mm

50 × 44 × 53 in

Net Weight:

300 kg / 661 lbs

Gross Weight:

377 kg / 831 lbs

Weight Stack:

90 kg / 198 lbs





ROTARY TORSO

SH-G8822

Dimensions:

1326 x 1246 x 1343 mm

52 x 49 x 53 in

Net Weight:

244 kg / 537 lbs

Gross Weight:

333 kg / 732 lbs

Weight Stack:

80 kg / 176 lbs





ABDUCTOR

SH-G8823

Dimensions:

1760 x 1687 x 1343 mm

69 x 66 x 53 in

Net Weight:

335 kg / 739 lbs

Gross Weight:

432 kg / 952 lbs

Weight Stack:

120 kg / 265 lbs







88 SERIES

ADDUCTOR

SH-G8824

Dimensions:

1765 x 1736 x 1343 mm

69 x 68 x 53 in

Net Weight:

335 kg / 739 lbs

Gross Weight:

432 kg / 952 lbs

Weight Stack:

120 kg / 265 lbs





BICEPS CURL

SH-G8825

Dimensions:

1530 x 1295 x 1343 mm

60 x 51 x 53 in

Net Weight:

258 kg / 569 lbs

Gross Weight:

332 kg / 732 lbs

Weight Stack:

90 kg / 198 lbs





TRICEPS PRESS

SH-G8826

Dimensions:

1232 x 1151 x 1343 mm

48 x 45 x 53 in

Net Weight:

280 kg / 617 lbs

Gross Weight:

370 kg / 816 lbs

Weight Stack:

120 kg / 265 lbs





SEATED LEG CURL

SH-G8827

Dimensions:

1220 × 1200 × 1350 mm

48 × 47 × 53 in

Net Weight:

262 kg / 578 lbs

Gross Weight:

341 kg / 752 lbs

Weight Stack:

100 kg / 221 lbs



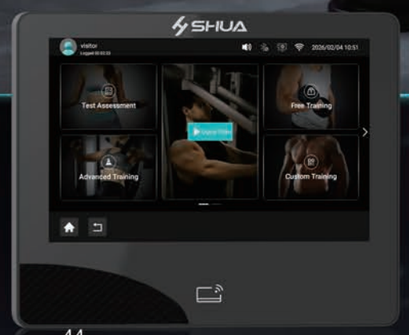


88 SERIES



98 BIOFIT SERIES





The **98 BioFit Series** combines interactive smart displays, precision servo resistance, and intelligent connectivity to deliver a smarter and more efficient strength training experience. With real-time data feedback, versatile training modes, and digital management, it redefines modern smart strength training.

CHEST PRESS

SH-G9801S

Dimensions:

1265 × 1380 × 1382 mm

50 × 54 × 54 in

Net Weight:

233 kg / 514 lbs

Gross Weight:

320 kg / 705 lbs

Max Training Weight:

120 kg / 265 lbs





SHOULDER PRESS

SH-G9802S

Dimensions:

1630 × 1410 × 1367 mm

64 × 56 × 54 in

Net Weight:

232 kg / 511 lbs

Gross Weight:

314 kg / 692 lbs

Max Training Weight:

100 kg / 220 lbs





SEATED ROW

SH-G9804S

Dimensions:

1430 × 1280 × 1350 mm

56 × 50 × 53 in

Net Weight:

212 kg / 467 lbs

Gross Weight:

310 kg / 683 lbs

Max Training Weight:

100 kg / 220 lbs





LEG EXTENSION

SH-G9806S

Dimensions:

1222 × 1256 × 1380 mm

48 × 49 × 54 in

Net Weight:

210 kg / 463 lbs

Gross Weight:

296 kg / 653 lbs

Max Training Weight:

120 kg / 265 lbs





SEATED LEG PRESS

SH-G9805S

Dimensions:

1755 × 1040 × 1370 mm

69 × 41 × 54 in

Net Weight:

300 kg / 661 lbs

Gross Weight:

398 kg / 877 lbs

Max Training Weight:

120 kg / 265 lbs





HIP THRUST

SH-G9809S

Dimensions:

1477 × 1200 × 1342 mm

58 × 47 × 53 in

Net Weight:

225 kg / 496 lbs

Gross Weight:

321 kg / 708 lbs

Max Training Weight:

120 kg / 265 lbs







77 HYBRID SERIES

77 Hybrid series unveils a groundbreaking fusion of selectorized and plate-loaded dual-weight systems, seamlessly integrated into an eye-catching X-shaped design. Crafted to meet the diverse needs of both starters and seasoned athletes, the 77 Hybrid Series stands as a testament to cutting-edge engineering and uncompromising performance.





Dual-Weight Systems

Featuring a pioneering combination of selectorized and plate-loaded dual-weight systems, coupled with a split-type design that allows for unilateral training.

X-Shaped Innovative Design

Distinguished by its unmistakable X-shaped silhouette, the 77 Hybrid Series combines a stylish aesthetic with enhanced stability, making your gym stand out from the crowd.

HYBRID CHEST PRESS

SH-G7701

Dimensions:

1690 x 1840 x 1740 mm

67 x 72 x 69 in

Net Weight:

325 kg / 717 lbs

Gross Weight:

363 kg / 800 lbs

Weight Stack:

100 kg / 220 lbs





HYBRID PECTORAL FLY

SH-G7702

Dimensions:

1800 x 1950 x 1480 mm

71 x 77 x 58 in

Net Weight:

285 kg / 628 lbs

Gross Weight:

323 kg / 712 lbs

Weight Stack:

80 kg / 176 lbs





HYBRID LAT PULLDOWN

SH-G7703

Dimensions:

1525 x 1420 x 1980 mm

60 x 56 x 78 in

Net Weight:

275 kg / 607 lbs

Gross Weight:

313 kg / 690 lbs

Weight Stack:

100 kg / 220 lbs





HYBRID SEATED ROW TRAINER

SH-G7704

Dimensions:

1495 x 1425 x 1930 mm

59 x 56 x 76 in

Net Weight:

284 kg / 626 lbs

Gross Weight:

358 kg / 789 lbs

Weight Stack:

100 kg / 220 lbs





HYBRID SHOULDER PRESS

SH-G7705

Dimensions:

1895 x 1635 x 1480 mm

75 x 64 x 58 in

Net Weight:

300 kg / 661 lbs

Gross Weight:

348 kg / 767 lbs

Weight Stack:

80 kg / 176 lbs





HYBRID LEG PRESS

SH-G7707

Dimensions:

1525 x 1680 x 1480 mm

60 x 66 x 58 in

Net Weight:

385 kg / 849 lbs

Gross Weight:

423 kg / 933 lbs

Weight Stack:

90 kg / 198 lbs





HYBRID LATERAL RAISE

SH-G7706

Dimensions:

1200 x 1510 x 1480 mm

47 x 59 x 58 in

Net Weight:

205 kg / 452 lbs

Gross Weight:

243 kg / 536 lbs

Weight Stack:

80 kg / 176 lbs





HYBRID LEG EXTENSION

SH-G7708

Dimensions:

1600 x 1030 x 1480 mm

63 x 41 x 58 in

Net Weight:

260 kg / 573 lbs

Gross Weight:

298 kg / 657 lbs

Weight Stack:

100 kg / 220 lbs





HYBRID PRONE LEG CURL

SH-G7709

Dimensions:

1670 x 1295 x 1480 mm

66 x 51 x 58 in

Net Weight:

238 kg / 525 lbs

Gross Weight:

276 kg / 609 lbs

Weight Stack:

100 kg / 220 lbs





HYBRID REAR KICK

SH-G7710

Dimensions:

1350 x 1030 x 1480 mm

53 x 41 x 58 in

Net Weight:

230 kg / 507 lbs

Gross Weight:

263 kg / 580 lbs

Weight Stack:

80 kg / 176 lbs





PUSH LIMITS,
UNLOCK POTENTIAL

69 STANDARD SERIES

69 Standard Series, where ergonomic design, top-tier durability, and unmatched user experience converge seamlessly. Designed for individuals seeking to push their limits and achieve a higher level of strength training.



Optimized Muscle Activation

With exceptional human biomechanical design, 69 Standard Series offers the perfect movement trajectory and distribution of resistance, maximizing muscle activation.



Precision Manufacturing

69 Standard Series is crafted with meticulous precision, guaranteeing stability and safety throughout the exercise trajectory, delivering the ultimate strength training experience for users.



User-friendly Design

Products in the 69 Standard Series are designed with cleverly integrated features, prioritizing user experience to ensure exercisers enjoy a comfortable and efficient workout.

ISO-CHEST PRESS

SH-G6901

Dimensions:

1770 x 1450 x 1935 mm

70 x 57 x 76 in

Net Weight:

200 kg / 441 lbs

Gross Weight:

245 kg / 540 lbs





ISO-LAT PULLDOWN

SH-G6903

Dimensions:

1560 x 1530 x 1880 mm

61 x 60 x 74 in

Net Weight:

145 kg / 320 lbs

Gross Weight:

185 kg / 408 lbs





ISO-LEVERAGE DECLINE CHEST PRESS

SH-G6902

Dimensions:

1840 x 1555 x 1290 mm

72 x 61 x 51 in

Net Weight:

125 kg / 265 lbs

Gross Weight:

176 kg / 320 lbs





ISO-ROW

SH-G6904

Dimensions:

1274 × 1483 × 1314 mm

50 × 58 × 52 in

Net Weight:

130 kg / 287 lbs

Gross Weight:

168 kg / 370 lbs





ISO-SHOULDER PRESS

SH-G6905

Dimensions:

1920 x 1385 x 1315 mm

76 x 55 x 52 in

Net Weight:

157 kg / 346 lbs

Gross Weight:

202 kg / 445 lbs





ISO-BICEPS CURL

SH-G6906

Dimensions:

1985 x 1195 x 1135 mm

78 x 47 x 45 in

Net Weight:

101 kg / 223 lbs

Gross Weight:

141 kg / 311 lbs





ISO-TRICEPS PRESS

SH-G6907

Dimensions:

1310 x 1170 x 1170 mm

52 x 46 x 46 in

Net Weight:

111 kg / 245 lbs

Gross Weight:

151 kg / 333 lbs





ISO-LEG EXTENSION

SH-G6908

Dimensions:

1480 x 1415 x 1075 mm

58 x 56 x 42 in

Net Weight:

105 kg / 231 lbs

Gross Weight:

140 kg / 309 lbs





ISO-KNEELING LEG CURL

SH-G6909

Dimensions:

1515 x 1205 x 1390 mm

60 x 47 x 55 in

Net Weight:

109 kg / 240 lbs

Gross Weight:

145 kg / 320 lbs





SEATED CALF RAISE

SH-G6910

Dimensions:

1690 × 575 × 1026 mm

66 × 23 × 40 in

Net Weight:

60 kg / 132 lbs

Gross Weight:

75 kg / 165 lbs





REAR KICK

SH-G6911

Dimensions:

1525 × 1225 × 1635 mm

60 × 48 × 64 in

Net Weight:

121 kg / 267 lbs

Gross Weight:

153 kg / 337 lbs





STRETCHER

SH-G6912

Dimensions:

1885 x 1145 x 1045 mm

74 x 45 x 41 in

Net Weight:

95 kg / 209 lbs

Gross Weight:

109 kg / 240 lbs





V SQUAT

SH-G6913

Dimensions:

1760 x 1445 x 1620 mm

69 x 57 x 64 in

Net Weight:

174 kg / 384 lbs

Gross Weight:

220 kg / 485 lbs





LINEAR HACK PRESS

SH-G6914

Dimensions:

1650 x 1050 x 1160 mm

65 x 41 x 46 in

Net Weight:

190 kg / 419 lbs

Gross Weight:

240 kg / 529 lbs





ABDOMINAL OBLIQUE CRUNCH

SH-G6915

Dimensions:

1420 x 1150 x 1720 mm

56 x 45 x 68 in

Net Weight:

125 kg / 276 lbs

Gross Weight:

160 kg / 353 lbs





MULTI-FUNCTIONAL STRETCH TRAINER

SH-G6916

Dimensions:

3180 × 1300 × 2210 mm

125 × 51 × 87 in

Net Weight:

200 kg / 441 lbs

Gross Weight:

250 kg / 551 lbs





ISO-INCLINED BENCH PRESS

SH-G6917

Dimensions:

2047 × 1710 × 1235 mm

81 × 67 × 49 in

Net Weight:

210 kg / 463 lbs

Gross Weight:

227 kg / 500 lbs





ISO-HORIZONTAL BENCH PRESS

SH-G6918

Dimensions:

2306 × 1475 × 860 mm

91 × 58 × 34 in

Net Weight:

185 kg / 408 lbs

Gross Weight:

200 kg / 440 lbs





ISO-INCLINED FLIGHT MACHINE

SH-G6919

Dimensions:

1560 × 1428 × 815 mm

61 × 56 × 32 in

Net Weight:

83 kg / 183 lbs

Gross Weight:

110 kg / 243 lbs





BELT SQUAT

SH-G6920

Dimensions:

1924 × 1563 × 1405 mm

76 × 62 × 55 in

Net Weight:

185 kg / 408 lbs

Gross Weight:

225 kg / 496 lbs





T BAR ROW

SH-G6921

Dimensions:

1815 × 1215 × 1234 mm

71 × 48 × 49 in

Net Weight:

100 kg / 220 lbs

Gross Weight:

123 kg / 271 lbs





ISO-HIGH ROW

SH-G6922

Dimensions:

1886 × 1320 × 1876 mm

74 × 52 × 74 in

Net Weight:

156 kg / 344 lbs

Gross Weight:

243 kg / 536 lbs





STANDING ABDUCTOR

SH-G6923

Dimensions:

1790 × 920 × 1555 mm

31 × 36 × 61 in

Net Weight:

200 kg / 440 lbs

Gross Weight:

227 kg / 501 lbs





PENDULUM SQUAT

SH-G6924

Dimensions:

2400 × 1670 × 1717 mm

94 × 66 × 68 in

Net Weight:

239 kg / 526 lbs

Gross Weight:

296 kg / 653 lbs





SEATED HIP ABDUCTOR

SH-G6926

Dimensions:

1877 × 860 × 1478 mm

74 × 34 × 58 in

Net Weight:

134 kg / 295 lbs

Gross Weight:

146 kg / 322 lbs





WIDE CHEST PRESS

SH-G6928

Dimensions:

1940 x 1275 x 1780 mm

76 x 50 x 70 in

Net Weight:

157 kg / 346 lbs

Gross Weight:

187 kg / 412 lbs





LOW ROW

SH-G6930

Dimensions:

1475 x 1175 x 1665 mm

58 x 46 x 66 in

Net Weight:

149 kg / 328 lbs

Gross Weight:

173 kg / 381 lbs





D.Y.ROW

SH-G6931

Dimensions:

1457 x 1813 x 2020 mm

57 x 71 x 80 in

Net Weight:

165 kg / 364 lbs

Gross Weight:

180 kg / 397 lbs





SMITH MACHINE

SH-G6953

Dimensions:

2185 x 1535 x 2485 mm

86 x 60 x 98 in

Net Weight:

150 kg / 331 lbs

Gross Weight:

180 kg / 397 lbs





SMITH MACHINE

SH-G6954

Dimensions:

2188 x 1365 x 2287 mm

86 x 54 x 90 in

Net Weight:

246 kg / 542 lbs

Gross Weight:

310 kg / 683 lbs



LINEAR LEG PRESS

SH-G6975

Dimensions:

2050 x 1000 x 1469 mm

81 x 39 x 58 in

Net Weight:

240 kg / 529 lbs

Gross Weight:

280 kg / 617 lbs







89 PERFORMANCE SERIES

89 Performance Series encompasses both free weight and plate-loaded equipment, meticulously developed to meet high-intensity functional and strength training needs of professional athletes, military personnel, and elite trainers.

SHUA



Optimal Muscle Engagement

Various plate-loaded products in the 89 Series incorporate designs such as split-type designs and multiple grips. These designs are engineered to assist trainers in achieving targeted and comprehensive muscle activation.



Unparalleled Quality

Crafted from premium-grade steel and rigorously tested beyond industry standards by 7 to 10 times, each product in the 89 Series is engineered to withstand the toughest of workouts.

HALF RACK

SH-G8901

Dimensions:

1510 x 1675 x 2465 mm

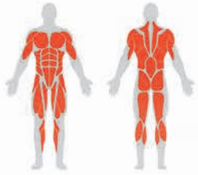
59 x 66 x 97 in

Net Weight:

210 kg / 463 lbs

Gross Weight:

236 kg / 520 lbs





POWER RACK

SH-G8902

Dimensions:

2010 x 1770 x 2465 mm

79 x 70 x 97 in

Net Weight:

315 kg / 694 lbs

Gross Weight:

345 kg / 760 lbs





COMPREHENSIVE POWER RACK

SH-G8903

Dimensions:

2940 x 1680 x 2465 mm

1160 x 660 x 970 in

Net Weight:

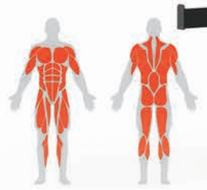
595 kg / 1312 lbs

Gross Weight:

624 kg / 1375 lbs

Weight Stack:

2 x 97 kg / 2 x 214 lbs





WEIGHTLIFTING PLATFORM (40MM/80MM)

SH-Q8901/Q8902/Q8903

Rubber Pads:

500 × 500 × 30 mm

20 × 20 × 1 in

500 × 250 × 30 mm

20 × 10 × 1 in

Beech Boards:

2000 × 1000 × 40 mm / 2000 × 1000 × 80 mm

79 × 39 × 2 in / 79 × 39 × 3 in

1840 × 1122 × 40 mm / 1840 × 1122 × 80 mm

72 × 44 × 2 in / 72 × 44 × 3 in

2000 × 750 × 50 mm (2 pieces) / 2000 × 750 × 50 mm (2 pieces)

79 × 30 × 2 in (2 pieces) / 79 × 30 × 2 in (2 pieces)



PUSH SLED

SH-G8904

Dimensions:

1165 x 820 x 965 mm

45 x 32 x 38 in

Net Weight:

43 kg / 95 lbs

Gross Weight:

49 kg / 108 lbs





KETTLEBELL RACK

SH-G8905

Dimensions:

2510 x 644 x 726 mm

99 x 25 x 29 in

Net Weight:

88 kg / 194 lbs

Gross Weight:

95 kg / 210 lbs





FLAT DUMBBELL RACK

SH-G8906

Dimensions:

1300 x 860 x 820 mm

51 x 34 x 32 in

Net Weight:

82 kg / 181 lbs

Gross Weight:

89 kg / 196 lbs





LUNGE MACHINE

SH-G8909

Dimensions:

725 x 665 x 515 mm

29 x 26 x 20 in

Net Weight:

17 kg / 39 lbs

Gross Weight:

21 kg / 46 lbs





GROUND BASE JAMMER

SH-G8911

Dimensions:

1885 x 1445 x 2230 mm

74 x 57 x 88 in

Net Weight:

180 kg / 397 lbs

Gross Weight:

265 kg / 584 lbs





ISO-LATERAL CHEST PRESS

SH-G8912

Dimensions:

1435 x 1750 x 2090 mm

57 x 69 x 82 in

Net Weight:

235 kg / 518 lbs

Gross Weight:

295 kg / 650 lbs





ISO-LATERAL SHOULDER PRESS

SH-G8913

Dimensions:

2130 x 1210 x 2100 mm

84 x 48 x 83 in

Net Weight:

253 kg / 558 lbs

Gross Weight:

288 kg / 635 lbs





SQUAT LUNGE

SH-G8914

Dimensions:

1655 x 1620 x 770 mm

65 x 64 x 30 in

Net Weight:

116 kg / 256 lbs

Gross Weight:

154 kg / 339 lbs





ISO-LATERAL LINEAR LEG PRESS

SH-G8919

Dimensions:

2580 x 1420 x 1480 mm

102 x 56 x 58 in

Net Weight:

540 kg / 1190 lbs

Gross Weight:

620 kg / 1367 lbs





FLOOR GLUTE HAM DEVELOPER

SH-G8923

Dimensions:

1785 x 615 x 655 mm

70 x 24 x 26 in

Net Weight:

58 kg / 128 lbs

Gross Weight:

81 kg / 178 lbs





GLUTE HAM BENCH

SH-G8924

Dimensions:

1600 x 1030 x 1260 mm

63 x 41 x 50 in

Net Weight:

208 kg / 458 lbs

Gross Weight:

245 kg / 540 lbs





MULTIFUNCTIONAL PLANE DEVELOPER

SH-G8925

Dimensions:

1765 x 1400 x 800 mm

69 x 55 x 32 in

Net Weight:

91 kg / 200 lbs

Gross Weight:

125 kg / 275 lbs





SEAL ROW BENCH

SH-G8926

Dimensions:

1776 x 1287 x 1084 mm

70 x 51 x 43 in

Net Weight:

170 kg / 375 lbs

Gross Weight:

209 kg / 460 lbs





ISO-LATERAL LAT PULLDOWN

SH-G8927

Dimensions:

1750 x 1620 x 2140 mm

69 x 64 x 84 in

Net Weight:

208 kg / 458 lbs

Gross Weight:

258 kg / 569 lbs





GLUTE TRAINER

SH-G8928

Dimensions:

1791 x 1562 x 807 mm

71 x 62 x 32 in

Net Weight:

189 kg / 417 lbs

Gross Weight:

238 kg / 525 lbs







68 CORE SERIES

68 Core Series integrates user-friendliness, space-saving design, exceptional durability, and ergonomic excellence, which is perfect for beginners who just embarking on their strength training journey.



Space-saving Design

Every product of 68 Core Series is crafted with a compact, space-saving design. Even in the limited space of your fitness facility, you can still discover a multitude of unparalleled equipment layout options that go beyond your expectations.



Unmatched Durability

68 Core Series is meticulously crafted from high-quality alloys and steel, which could withstand the rigorous demands of daily use.



Craftsmanship Excellence

68 Core Series exemplifies our dedication to superior craftsmanship by seamlessly integrating advanced welding techniques, ensuring optimal safety, stability, and enhanced visual appeal in our products.

CHEST PRESS

SH-G6801

Dimensions:

1470 x 1380 x 1850 mm

57 x 54 x 73 in

Net Weight:

235 kg / 518 lbs

Gross Weight:

299 kg / 659 lbs

Weight Stack:

90 kg / 198 lbs



SEATED ROWING

SH-G6803

Dimensions:

1505 x 1160 x 1545 mm

59 x 46 x 61 in

Net Weight:

220 kg / 485 lbs

Gross Weight:

273 kg / 602 lbs

Weight Stack:

90 kg / 198 lbs



SHOULDER PRESS

SH-G6804

Dimensions:

1560 x 1350 x 1545 mm

61 x 53 x 61 in

Net Weight:

235 kg / 518 lbs

Gross Weight:

284 kg / 626 lbs

Weight Stack:

90 kg / 198 lbs



LATERAL RAISE

SH-G6805

Dimensions:

1286 x 1130 x 1545 mm

51 x 44 x 61 in

Net Weight:

210 kg / 463 lbs

Gross Weight:

268 kg / 591 lbs

Weight Stack:

80 kg / 176 lbs



LAT PULLDOWN

SH-G6806

Dimensions:

1323 × 1168 × 1920 mm

52 × 46 × 76 in

Net Weight:

205 kg / 452 lbs

Gross Weight:

263 kg / 580 lbs

Weight Stack:

90 kg / 198 lbs



BICEPS CURL

SH-G6807

Dimensions:

1315 × 1445 × 1535 mm

52 × 57 × 60 in

Net Weight:

188 kg / 414 lbs

Gross Weight:

248 kg / 547 lbs

Weight Stack:

60 kg / 132 lbs



TRICEPS PRESS

SH-G6808

Dimensions:

1195 x 1130 x 1545 mm

47 x 44 x 61 in

Net Weight:

208 kg / 458 lbs

Gross Weight:

244 kg / 538 lbs

Weight Stack:

90 kg / 198 lbs



SEATED LEG PRESS

SH-G6809

Dimensions:

1790 x 1145 x 1757 mm

70 x 45 x 69 in

Net Weight:

255 kg / 562 lbs

Gross Weight:

330 kg / 727 lbs

Weight Stack:

90 kg / 198 lbs



LEG EXTENSION

SH-G6810

Dimensions:

1206 x 1121 x 1545 mm

47 x 44 x 61 in

Net Weight:

250 kg / 551 lbs

Gross Weight:

250 kg / 551 lbs

Weight Stack:

100 kg / 220 lbs



PRONE LEG CURL

SH-G6812

Dimensions:

1654 × 1130 × 1545 mm

65 × 44 × 61 in

Net Weight:

216 kg / 476 lbs

Gross Weight:

256 kg / 564 lbs

Weight Stack:

100 kg / 220 lbs



ABDOMINAL

SH-G6816

Dimensions:

1440 x 1050 x 1688 mm

57 x 41 x 66 in

Net Weight:

275 kg / 606 lbs

Gross Weight:

328 kg / 723 lbs

Weight Stack:

100 kg / 220 lbs



BACK EXTENSION

SH-G6817

Dimensions:

1460 × 975 × 1545 mm

57 × 38 × 61 in

Net Weight:

220kg / 485 lbs

Gross Weight:

253 kg / 558 lbs

Weight Stack:

90 kg / 198 lbs



PECTORAL FLY/ REAR DELTOID

SH-G6813

Dimensions:

1210 x 940 x 2045 mm

48 x 37 x 81 in

Net Weight:

215 kg / 474 lbs

Gross Weight:

268 kg / 591 lbs

Weight Stack:

100 kg / 220 lbs



REAR KICK

SH-G6815

Dimensions:

1206 x 1096 x 1545 mm

47 x 43 x 61 in

Net Weight:

167 kg / 368 lbs

Gross Weight:

217 kg / 478 lbs

Weight Stack:

60 kg / 132 lbs



TORSO ROTATION

SH-G6818

Dimensions:

1530 x 1340 x 1545 mm

60 x 53 x 61 in

Net Weight:

200 kg / 441 lbs

Gross Weight:

243 kg / 536 lbs

Weight Stack:

80 kg / 176 lbs



ABDUCTOR/ADDUCTOR

SH-G6819

Dimensions:

1340 × 1330 × 1545 mm

53 × 52 × 61 in

Net Weight:

234 kg / 516 lbs

Gross Weight:

281 kg / 619 lbs

Weight Stack:

90 kg / 198 lbs



SEATED BICEPS CURL/TRICEPS PRESS

SH-G6822

Dimensions:

1385 × 1020 × 1535 mm

55 × 40 × 60 in

Net Weight:

190 kg / 419 lbs

Gross Weight:

237 kg / 522 lbs

Weight Stack:

60 kg / 132 lbs



SEATED LEG CURL/EXTENSION

SH-G6823

Dimensions:

1300 x 1090 x 1545 mm

51 x 43 x 61 in

Net Weight:

251 kg / 553 lbs

Gross Weight:

299 kg / 659 lbs

Weight Stack:

100 kg / 220 lbs



PULLEY ROW

SH-G6868

Dimensions:

1830 x 990 x 1770 mm

72 x 39 x 70 in

Net Weight:

225 kg / 496 lbs

Gross Weight:

273 kg / 602 lbs

Weight Stack:

120 kg / 264 lbs



SHOULDER PRESS/UPPER CHEST

SH-G6824

Dimensions:

1872 x 1263 x 1544 mm

74 x 50 x 61 in

Net Weight:

235 kg / 518 lbs

Gross Weight:

308 kg / 679 lbs

Weight Stack:

90 kg / 198 lbs



ASSIST DIP/CHIN

SH-G6851

Dimensions:

1425 x 935 x 2375 mm

56 x 37 x 94 in

Net Weight:

310 kg / 683 lbs

Gross Weight:

370 kg / 816 lbs

Weight Stack:

135 kg / 298 lbs



LAT PULLDOWN/PULLEY ROW

SH-G6892

Dimensions:

1945 × 1429 × 2189 mm

77 × 56 × 86 in

Net Weight:

169 kg / 373 lbs

Gross Weight:

219 kg / 483 lbs

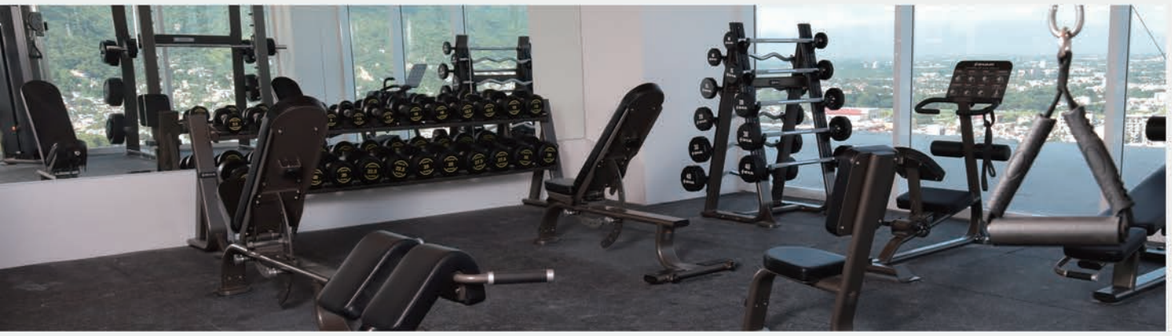
Weight Stack:

110 kg / 242 lbs



BENCH & RACK FOUNDATION SERIES

Whether for free weight exercises or guided lifts, the Bench & Rack Foundation Series delivers unmatched stability, safety, and support. Designed with both structural integrity and ergonomic precision, it accommodates users of all sizes and training styles—from beginners to strength professionals. With adjustable angles and reinforced welding, every rep is anchored in confidence and efficiency.



Professional Load Capacity

Built for heavy-duty lifting, these benches and racks offer exceptional load-bearing capacity and long-term durability for serious strength athletes.

Enhanced Stability Construction

Wide bases, high-strength steel welds, and anti-slip foot pads deliver superior equipment stability and robust support during intense workouts.

Compatible & Versatile System

Engineered for compatibility with Olympic bars, dumbbells, and accessories, this series adapts easily to commercial gyms, personal studios, and home setups.

Multi-Position Adjustability

Backrests and seats feature multi-angle adjustments for seamless transitions between flat, incline, and decline positions—ideal for varied strength routines.

HIP THRUST BENCH

SH-G6321

Dimensions:

1898 x 1206 x 445 mm

75 x 48 x 18 in

Net Weight:

120 kg / 265 lbs

Gross Weight:

170 kg / 375 lbs



SQUAT RACK

SH-G6354

Dimensions:

1840 x 1670 x 1840 mm

72 x 66 x 72 in

Net Weight:

100 kg / 220 lbs

Gross Weight:

125 kg / 276 lbs



ADJUSTABLE DUMBBELL BENCH

SH-G6355

Dimensions:

1660 x 600 x 440 mm

65 x 24 x 17 in

Net Weight:

47 kg / 104 lbs

Gross Weight:

54 kg / 119 lbs



OLYMPIC WEIGHT TREE

SH-G6356

Dimensions:

810 x 791 x 983 mm

32 x 31 x 39 in

Net Weight:

23 kg / 50 lbs

Gross Weight:

29 kg / 64 lbs



ADJUSTABLE BENCH

SH-G6357

Dimensions:

1362 x 620 x 440 mm

54 x 24 x 17 in

Net Weight:

30 kg / 66 lbs

Gross Weight:

39 kg / 86 lbs



BACK EXTENSION

SH-G6358

Dimensions:

1175 x 805 x 800 mm

46 x 32 x 32 in

Net Weight:

44 kg / 97 lbs

Gross Weight:

55 kg / 121 lbs



SEATED ARM CURL

SH-G6359

Dimensions:

1095 x 800 x 970 mm

43 x 32 x 38 in

Net Weight:

50 kg / 110 lbs

Gross Weight:

53 kg / 117 lbs



OLYMPIC FLAT BENCH

SH-G6371

Dimensions:

1731 × 1616 × 1287 mm

68 × 64 × 51 in

Net Weight:

62 kg / 137 lbs

Gross Weight:

67 kg / 148 lbs



OLYMPIC DECLINE BENCH

SH-G6372

Dimensions:

1800 x 1700 x 1185 mm

71 x 67 x 47 in

Net Weight:

71 kg / 157 lbs

Gross Weight:

116 kg / 256 lbs



OLYMPIC INCLINE BENCH

SH-G6373

Dimensions:

1731 × 1657 × 1513 mm

68 × 65 × 60 in

Net Weight:

70 kg / 154 lbs

Gross Weight:

81 kg / 179 lbs



UTILITY BENCH

SH-G6376

Dimensions:

875 x 507 x 882 mm

34 x 20 x 35 in

Net Weight:

16 kg / 35 lbs

Gross Weight:

20 kg / 44 lbs



FLAT BENCH

SH-G6378

Dimensions:

1605 x 607 x 400 mm

63 x 24 x 16 in

Net Weight:

21 kg / 47 lbs

Gross Weight:

28 kg / 63 lbs



ADJUSTABLE ABDOMINAL BENCH

SH-G6379

Dimensions:

(1620–1789) x 705 x (930–1190) mm

(64–70) x 28 x (37–47) in

Net Weight:

50 kg / 109 lbs

Gross Weight:

63 kg / 139 lbs



BARBELL RACK

SH-G6383

Dimensions:

860 x 765 x 1450 mm

34 x 30 x 57 in

Net Weight:

56 kg / 123 lbs

Gross Weight:

70 kg / 154 lbs



TWO-TIER DUMBBELL RACK

SH-G6385

Dimensions:

2756 x 685 x 890 mm

109 x 27 x 35 in

Net Weight:

88 kg / 194 lbs

Gross Weight:

106 kg / 234 lbs



LEG RAISE

SH-G6386

Dimensions:

1200 x 860 x 1550 mm

47 x 34 x 61 in

Net Weight:

66 kg / 144 lbs

Gross Weight:

87 kg / 192 lbs



CHIN DIP LEG RAISE STATION

SH-G6388

Dimensions:

1310 x 1170 x 2165 mm

52 x 46 x 85 in

Net Weight:

137 kg / 302 lbs

Gross Weight:

169 kg / 373 lbs



STRETCHER

SH-G6390

Dimensions:

1400 x 690 x 1200 mm

55 x 27 x 47 in

Net Weight:

35 kg / 77 lbs

Gross Weight:

49 kg / 108 lbs





CABLE & MOTION SERIES

Designed to support multi-angle training, the CABLE & MOTION series perfectly blends dynamic resistance with ergonomic structure. With freely adjustable paths and adaptable components, this series targets diverse training postures and muscle groups—ideal for rehabilitation, functional training, and strength conditioning. Premium pulley systems ensure smooth motion and optimal user experience for both fitness enthusiasts and professionals.



Seamless Transition Between Movements

Open-frame design and adjustable accessories allow smooth transitions between pull-downs, presses, rotations, and more—streamlining the workout flow.

Ideal for Multi-User Environments

Easily adjustable to fit users of various sizes and training levels, making it ideal for gyms, rehab centers, and functional training zones.

All-in-One Versatility

Combining multiple exercise types in one compact unit, this all-in-one solution enables unilateral cable work, core activation, and more—maximizing space and training versatility.

Multi-Angle Free Motion

Thanks to the adjustable pulley system and multi-position handles, users can customize motion paths for more natural muscle engagement, enhancing functionality and exercise variety.

Commercial-Grade Durability

Built with heavy-duty steel frames and silent pulley systems, this series offers long-lasting durability, ideal for high-traffic environments and continuous commercial use.

FUNCTIONAL TRAINER

SH-G7220

Net Weight

Dimensions:

1860 × 1025 × 2240 mm

73 × 40 × 88 in

Net Weight:

405 kg / 893 lbs

Gross Weight:

451 kg / 995 lbs

Weight Stack:

2 x 100 kg / 2 x 220 lbs



FUNCTIONAL TRAINER

SH-G7221

Dimensions:

1659 × 1102 × 2377 mm

65 × 43 × 94 in

Net Weight:

415 kg / 915 lbs

Gross Weight:

494 kg / 1089 lbs

Weight Stack:

2 x 100 kg / 2 x 220 lbs



MULTI-FUNCTIONAL TRAINER

SH-G7225

Dimensions:

2074 × 1931 × 2327 mm

81 × 76 × 92 in

Net Weight:

425 kg / 937 lbs

Gross Weight:

505 kg / 1113 lbs

Weight Stack:

2 x 100 kg / 2 x 220 lbs



4-STACK MULTI-STATION

SH-G7231A

Dimensions:

3678×2292×2433 mm

145 × 90 × 96 in

Net Weight:

881 kg / 1942 lbs

Gross Weight:

989 kg / 2180 lbs

Weight Stack:

2 x 100 kg / 2 x 220 lbs

2 x 130 kg / 2 x 287 lbs



4-STACK MULTI-STATION

SH-G7231C

Dimensions:

3678×2292×2433 mm

145 × 90 × 96 in

Net Weight:

1046 kg / 2306 lbs

Gross Weight:

1173 kg / 2586 lbs

Weight Stack:

2 x 100 kg / 2 x 220 lbs

2 x 130 kg / 2 x 287 lbs



5-STACK MULTI-STATION

SH-G7232A

Dimensions:

5740 × 3678 × 2433 mm

226 × 145 × 96 in

Net Weight:

1176 kg / 2593 lbs

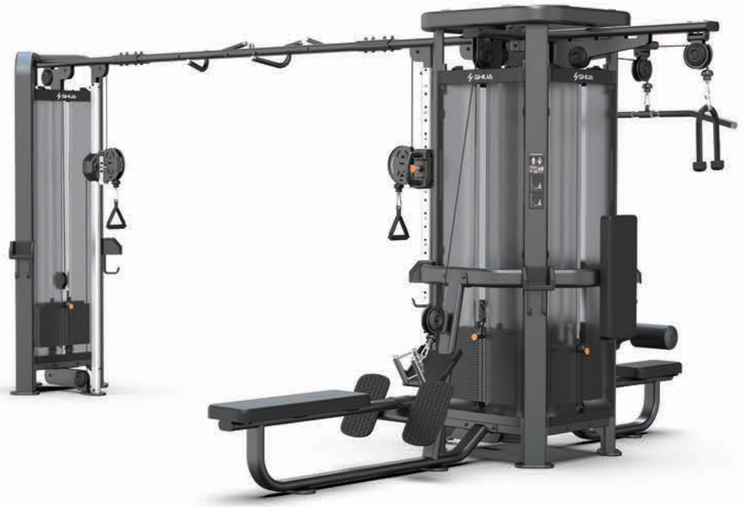
Gross Weight:

1318 kg / 2906 lbs

Weight Stack:

3 x 100 kg / 3 x 220 lbs

2 x 130 kg / 2 x 287 lbs



5-STACK MULTI-STATION

SH-G7232C

Dimensions:

5740 × 3678 × 2433 mm

226 × 145 × 96 in

Net Weight:

1341 kg / 2956 lbs

Gross Weight:

1502 kg / 3311 lbs

Weight Stack:

3 x 100 kg / 3 x 220 lbs

2 x 130 kg / 2 x 287 lbs



8-STACK MULTI-STATION

SH-G7233C

Dimensions:

6707 × 4546 × 2433 mm

264 × 179 × 96 in

Net Weight:

1809 kg / 3988 lbs

Gross Weight:

2031 kg / 4478 lbs

Weight Stack:

4 x 100 kg / 4 x 220 lbs

4 x 130 kg / 4 x 287 lbs



8-STACK MULTI-STATION

SH-G7233D

Dimensions:

7235 × 3678 × 2485 mm

285 × 145 × 98 in

Net Weight:

1884 kg / 4154 lbs

Gross Weight:

2128 kg / 4691 lbs

Weight Stack:

4 x 100 kg / 4 x 220 lbs

4 x 130 kg / 4 x 287 lbs



ADJUSTABLE CABLE CROSSOVER

SH-G7253

Dimensions:

3775 × 925 × 2391 mm

149 × 36 × 94 in

Net Weight:

355 kg / 783 lbs

Gross Weight:

405 kg / 893 lbs

Weight Stack:

2 x 90 kg / 2 x 198 lbs



ACCESSORIES



ACCESSORIES

From functional training to strength and mobility, SHUA Accessories are designed to complement every training environment. Built with practical functionality, reliable durability, and thoughtful details, each accessory helps expand training possibilities and create a more complete fitness experience.

URETHANE BUMPER PLATE



Models

SH-Q80-5kg / SH-Q80-10kg / SH-Q80-15kg
SH-Q80-20kg / SH-Q80-25kg

Specification

Weight	Dimensions	Thickness	Colour
5 kg / 11 lbs	450 mm / 18 in	21 mm / 0.8 in	Black
10 kg / 22 lbs	450 mm / 18 in	38 mm / 1.5 in	Green
15 kg / 33 lbs	450 mm / 18 in	44 mm / 1.7 in	Yellow
20 kg / 44 lbs	450 mm / 18 in	51 mm / 2 in	Blue
25 kg / 55 lbs	450 mm / 18 in	55 mm / 2.2 in	Red

Material

Cast-iron core, cast-PU outer cover, hard-chrome-plated inner ring

URETHANE OLYMPIC PLATE



Models

SH-G1.25 kg / SH-G2.5 kg / SH-G5 kg / SH-G10 kg
SH-G15 kg / SH-G20 kg / SH-G25 kg

Set

SH-CPU-G1.25KG-25 kg

Specification

Weight	Dimensions	Thickness
1.25 kg / 2.75 lbs	175 mm / 7 in	20 mm / 0.8 in
2.5 kg / 6 lbs	224 mm / 9 in	30 mm / 1.2 in
5 kg / 11 lbs	284 mm / 11 in	32 mm / 1.3 in
10 kg / 22 lbs	324 mm / 13 in	36 mm / 1.4 in
15 kg / 33 lbs	384 mm / 15 in	36 mm / 1.4 in
20 kg / 44 lbs	424 mm / 17 in	38 mm / 1.5 in
25 kg / 55 lbs	454 mm / 18 in	40 mm / 1.6 in

Material

Inner-cast iron, cast-PU (cast polyurethane elastomer) outer coating, stainless-steel inner bore

URETHANE DUMBBELL



Models

SH-R390-2.5kg / SH-R390-5kg / SH-R390-7.5kg / SH-R390-10kg
SH-R390-12.5kg / SH-R390-15kg / SH-R390-17.5kg / SH-R390-20kg
SH-R390-22.5kg / SH-R390-25kg / SH-R390-27.5kg / SH-R390-30kg
SH-R390-32.5kg / SH-R390-35kg / SH-R390-37.5kg / SH-R390-40kg
SH-R390-42.5kg / SH-R390-45kg / SH-R390-47.5kg / SH-R390-50kg

Set

SH-R390-2.5kg-30kg / SH-R390-32.5kg-50kg

Specification

Weight	Overall Length	Head Diameter
2.5 kg / 6 lbs	216 mm / 9 in	128 mm / 5 in
5 kg / 11 lbs	250 mm / 10 in	128 mm / 5 in
7.5 kg / 17 lbs	262 mm / 10 in	128 mm / 5 in
10 kg / 22 lbs	262 mm / 10 in	158 mm / 6 in
12.5 kg / 28 lbs	272 mm / 11 in	158 mm / 6 in
15 kg / 33 lbs	276 mm / 11 in	178 mm / 7 in
17.5 kg / 39 lbs	290 mm / 11 in	178 mm / 7 in
20 kg / 44 lbs	300 mm / 12 in	178 mm / 7 in
22.5 kg / 50 lbs	300 mm / 12 in	198 mm / 8 in
25 kg / 55 lbs	306 mm / 12 in	198 mm / 8 in
27.5 kg / 61 lbs	316 mm / 12 in	198 mm / 8 in
30 kg / 66 lbs	324 mm / 13 in	198 mm / 8 in
32.5 kg / 72 lbs	333 mm / 13 in	198 mm / 8 in
35 kg / 77 lbs	346 mm / 14 in	198 mm / 8 in
37.5 kg / 83 lbs	357 mm / 14 in	198 mm / 8 in
40 kg / 88 lbs	369 mm / 15 in	198 mm / 8 in
42.5 kg / 94 lbs	381 mm / 15 in	198 mm / 8 in
45 kg / 99 lbs	393 mm / 15 in	198 mm / 8 in
47.5 kg / 105 lbs	405 mm / 16 in	198 mm / 8 in
50 kg / 110 lbs	417 mm / 16 in	198 mm / 8 in

Material

Stainless-steel handle, premium rubber outer cover (70% NR, 30% SBR)

FIXED STRAIGHT BARBELL



Models

SH-Q601-10kg / SH-Q601-15kg / SH-Q601-20kg
SH-Q601-25kg / SH-Q601-30kg

Specification

Model	Net Weight
SH-Q601-10kg	10kg / 22lbs
SH-Q601-15kg	15kg / 33lbs
SH-Q601-20kg	20kg / 44lbs
SH-Q601-25kg	25kg / 55lbs
SH-Q601-30kg	30kg / 66lbs

Material

Polyurethane-covered head, alloy-steel handle

FIXED EZ CURL BARBELL



Models

SH-Q611-10kg / SH-Q611-15kg / SH-Q611-20kg
SH-Q611-25kg / SH-Q611-30kg

Specification

Model	Net Weight
SH-Q611-10kg	10kg / 22lbs
SH-Q611-15kg	15kg / 33lbs
SH-Q611-20kg	20kg / 44lbs
SH-Q611-25kg	25kg / 55lbs
SH-Q611-30kg	30kg / 66lbs

Material

Polyurethane-covered head, alloy-steel handle

OLYMPIC BAR - 1000LB

Models

SH-Q86



Specification

Net Weight	Max Weight Capacity	Dimensions
20kg / 44 lbs	454kg / 1000 lbs	Grip: Φ 28mm / 1 in, Overall Length:2200mm / 87 in

Material

Chrome plating

OLYMPIC BAR - 2000LB

Models

SH-Q88



Specification

Net Weight	Max Weight Capacity	Dimensions
20kg / 44 lbs	907kg / 2000 lbs	Grip: Φ 28mm / 1 in, Overall Length:2200mm / 87 in

Material

Chrome plating

TRAINING BAR



Models
SH-Q85

Specification

Net Weight	Max Weight Capacity	Dimensions
10kg / 22 lbs	227kg / 500 lbs	Grip: Φ28mm / 1 in, Overall Length: 1200mm / 47 in

Material
Ceramic paint, decorative chrome

BENCH & ROW BAR



Models
SH-Q87

Specification

Net Weight	Max Weight Capacity	Dimensions
20kg / 44 lbs	380kg / 838 lbs	Grip: Φ 28mm / 1 in, Overall Length:2200mm / 87 in

Material
Hard chrome plating, spray painting

POWERLIFTING BAR



Models
SH-Q90

Specification

Net Weight	Max Weight Capacity	Dimensions
20kg / 44 lbs	680kg / 1500 lbs	Grip: Φ 28mm / 1 in, Overall Length:2200mm / 87 in

Material
Black chrome plating

WALL BALL



Models
SH-S521A / SH-S521C / SH-S521E / SH-S521G /SH-S521H

Specification

Weight	Diameter
2 kg / 4 lbs	350 mm / 14 in
4 kg / 9 lbs	350 mm / 14 in
6 kg / 13 lbs	350 mm / 14 in
8 kg / 18 lbs	350 mm / 14 in
10 kg / 22 lbs	350 mm / 14 in

Material
PVC fabric; high-density resilient foam filling

CAST IRON KETTLEBELL



Models

SH-Q501A-4kg / SH-Q501B-6kg / SH-Q501C-8kg / SH-Q501D-10kg
SH-Q501E-12kg / SH-Q501F-16kg / SH-Q501G-20kg / SH-Q501H-24kg

Material

Cast iron , plastic dipping

STUDIO DUMBBELL



Models

SH-Q102-1kg / SH-Q102-2kg / SH-Q102-3kg
SH-Q102-4kg / SH-Q102-5kg

Material

Iron core with PVC encapsulation



BALANCE TRAINER

Models

SH-S501



Specification

Max Weight Capacity	Dimensions
200kg / 441 lbs	610×220 mm / 24×9 in

Material

PVC, Resistance band: Latex

POWER BAND

Models

SH-S101A / SH-S101B / SH-S101C / SH-S101D / SH-S101E



Specification

Model	Specs	Dimensions	Colour
SH-S101A	7-16 kg / 15-35 lbs	2080×13×4.5 mm / 82×0.5×0.2 in	Purple
SH-S101B	11-29 kg / 25-65 lbs	2080×22×4.5 mm / 82×0.9×0.2 in	Green
SH-S101C	16-39 kg / 35-85 lbs	2080×32×4.5 mm / 82×1.3×0.2 in	Blue
SH-S101D	23-57 kg / 50-125 lbs	2080×45×4.5 mm / 82×1.8×0.2 in	Red
SH-S101E	29-77 kg / 65-170 lbs	2080×64×4.5 mm / 82×2.5×0.2 in	Black

Material

Natural Latex

RESISTANCE BAND SET



Models

SH-S102

Specification

Specs	Dimensions	Colour
4.5 kg / 10 lbs	500×50×0.4 mm / 19.7×2.0×0.02 in	Green
9 kg / 20 lbs	500×50×0.7 mm / 19.7×2.0×0.03 in	Blue
13.5 kg / 30 lbs	500×50×0.9 mm / 19.7×2.0×0.04 in	Red
18 kg / 40 lbs	500×50×1.2 mm / 19.7×2.0×0.05 in	Black

Material

Natural Latex

RESISTANCE BAND



Models

SH-S103A / SH-S103B / SH-S103C / SH-S103D / SH-S103E

Specification

Specs	Dimensions	Colour
2.3 kg / 5 lbs	2000×150×0.3 mm / 78.7×5.9×0.01 in	Green
4.5 kg / 10 lbs	2000×150×0.4 mm / 78.7×5.9×0.02 in	Yellow
6.8 kg / 15 lbs	2000×150×0.5 mm / 78.7×5.9×0.02 in	Red
9.1 kg / 20 lbs	2000×150×0.6 mm / 78.7×5.9×0.02 in	Blue
11.3 kg / 25 lbs	2000×150×0.7 mm / 78.7×5.9×0.03 in	Black

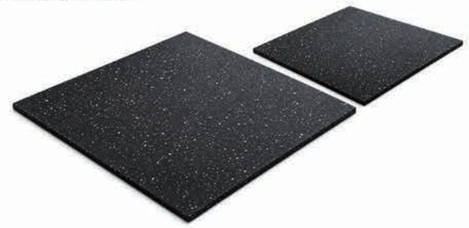
Material

Natural Latex

EPDM RUBBER GYM FLOORING TILES

Models

SH-P401B / SH-P401D



Specification

Model	Dimensions	Max Load
SH-P401B	500 × 500 × 25 mm / 20 × 20 × 1 in	2520 kg / 5556 lbs
SH-P401D	1000 × 1000 × 25 mm / 39 × 39 × 1 in	2520 kg / 5556 lbs

Material

Eco-friendly EPDM granules and adhesive

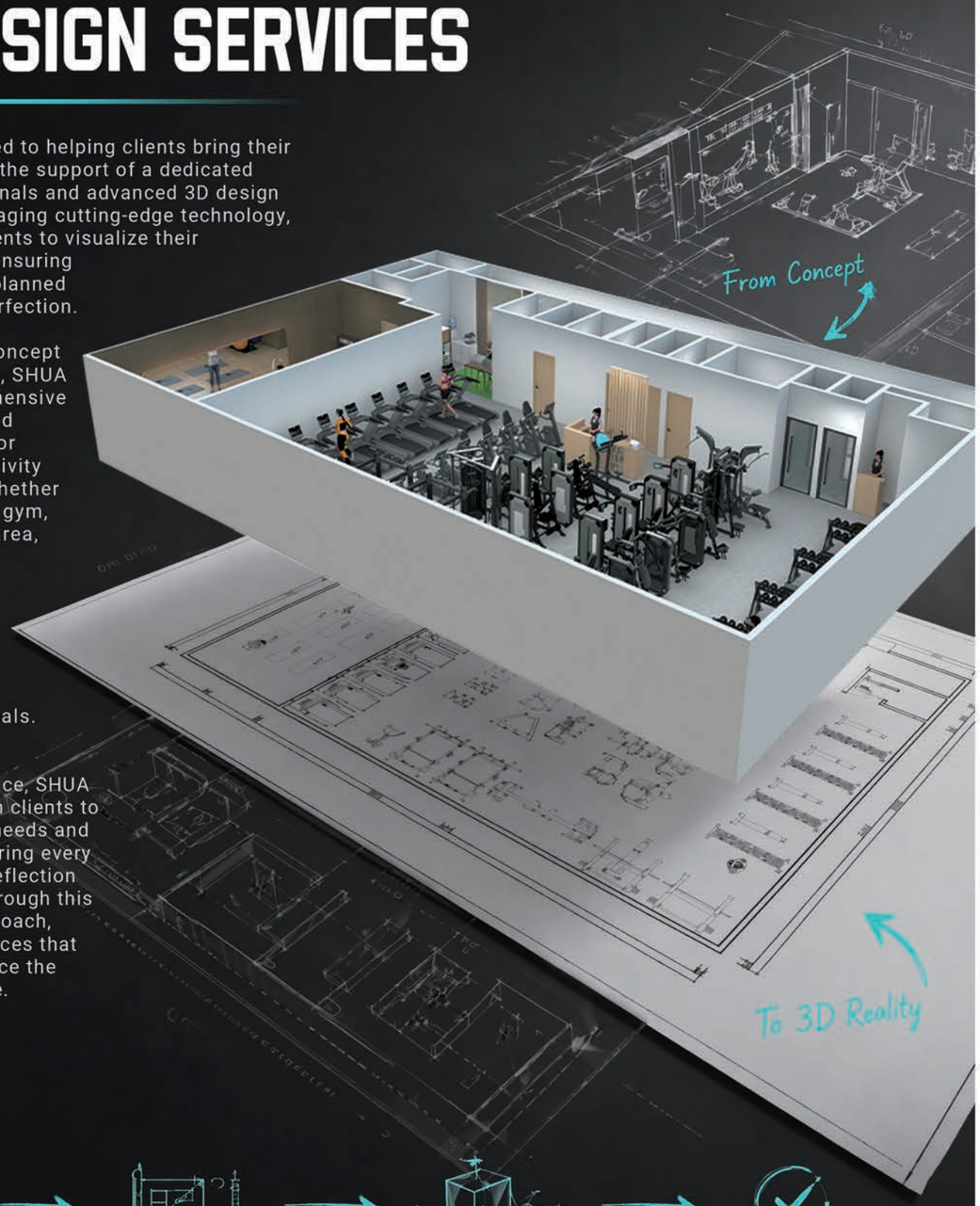


SHUA
3D DESIGN SERVICES

SHUA is committed to helping clients bring their vision to life with the support of a dedicated team of professionals and advanced 3D design services. By leveraging cutting-edge technology, SHUA enables clients to visualize their spaces in detail, ensuring every element is planned and tailored to perfection.

From the initial concept to the final layout, SHUA provides comprehensive solutions designed to optimize interior spaces with creativity and efficiency. Whether it's a commercial gym, a home workout area, or a specialized fitness facility, SHUA delivers layouts that are functional, innovative, and aligned with each client's unique goals.

With a focus on personalized service, SHUA works closely with clients to understand their needs and preferences, ensuring every project is a true reflection of their vision. Through this collaborative approach, SHUA creates spaces that inspire and enhance the fitness experience.



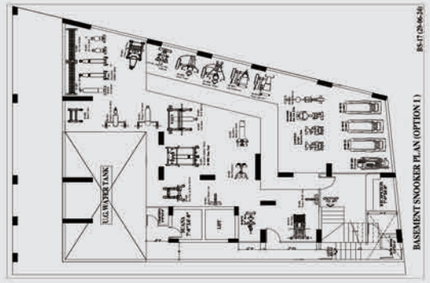
CONCEPT
Understanding your vision and goals.

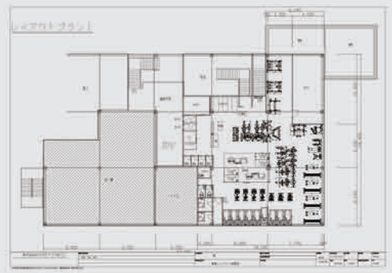
2D DESIGN
Creating detailed layouts and floor plans.

3D VISUALIZATION
Realistic renderings that bring your vision to life.

REALIZED SPACE
Turning designs into functional and inspiring spaces.

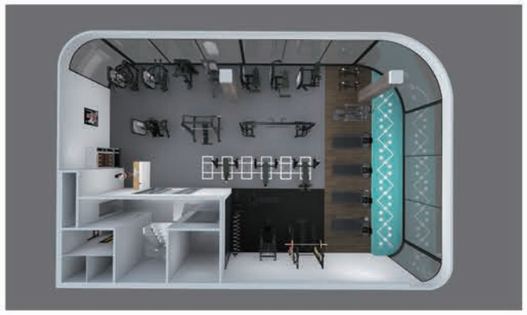
2D LAYOUT



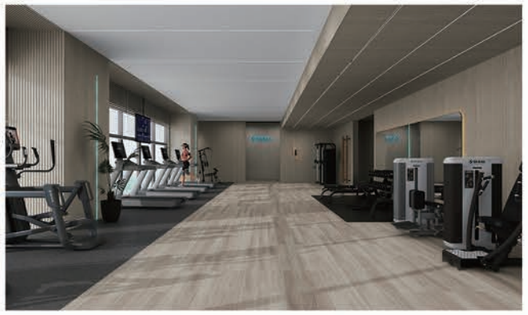


3D LAYOUT

















SHUA Industrial Park in Quanzhou Taiwan Investment Zone (Unit 1)



SHUA Industrial Park in Quanzhou Taiwan Investment Zone (Unit 2)



SHUA Industrial Park in Chidian



Industrial Park in Henan Shangqiu