



68 Series

- 68 series is Shuhua' s latest strength equipment. Our team s spend much time in developing and designing 68 series.
- Premium quality material and skilled technology, pleasure experience, new design and comfortable feeling, all those advantages make exercise simply, easy and effective.
- The 68 series strength equipment has 40 types, professionally and compressively, including plated- loaded, plate- hanged and free weight. User builds muscles according to their needs.

68 SERIES Power Equipment

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Path of motion

Lots of exercise patterns are monitored. And we analyze it precisely and particularly, getting the best movement tracks of equipment. 68 series accord with natural movement of body muscle groups. Maximally, it protects joints when user is building muscle.



Load distribution

Optimal load distribution of equipment is acquired by testing users at different figures and researching follow-up analysis. So load is distributed according to movement tracks, which is convenient to users.



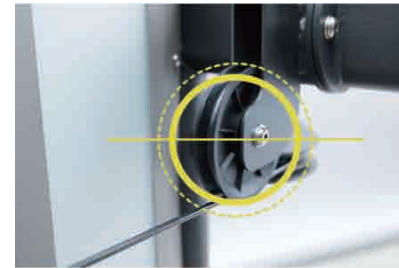
Adjustable installation

Few steps need to be set before exercise; all adjustments are reachable in training position. In addition, set adjustable installation in the same position possibly. Progressive adjuster makes exercise easy and control exercise intensity. Using rare metal material is durable, absorptive, anti-drop, safe and stable.



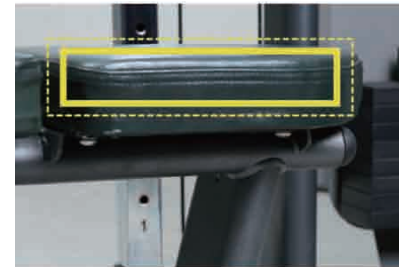
SH-relaxer

Shuhua R&D advances the concept, studying the single muscle and its status in compound exercise. We apply those researches to products, and simulate body's natural movement. During exercise, resistance force stays the same, making the smooth exercise experience.



Smooth traction

Weight plate is added, and parts of it reach 135KG. Under the circumstance, user still can use easily because of PA wire rope imported from Japan.



Biomechanics chair

Ergonomics chair and two-piece back design help user get the right posture during exercise. We adopt different density filler and offer soft or tough support where needed according to body shape. Wide and comfortable chair is for giant user, lower height of chair is for short stature user.

Seat mat of Dual-rail and fixed design is stable, comfortable and durable.



Perfect handlebar

New handlebar design distributes loads balance, making exercise more effective and comfortable. Chromium plating surface is easy to grip tightly, avoiding slipping.

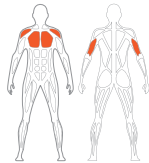


Chest press SH-6801A

- Main frame
- Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
- Wire rope
- Steel cable: PA material Specification: Φ5.6
- Dimension (mm) 1471*1395*1820 (L*W *H)

• Muscle trained: pectoralis major, anterior deltoid, triceps

- Color: Back Silver & Flash silver back ash
- Seat mat: Adjustable, PU foam; Color: dark green
- Weight plates: Max in 90Kg; Min in 5kg

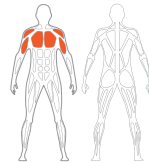


Butterfly SH-6802A

- Main frame
- Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
- Wire rope
- Steel cable: PA material Specification: Φ5.6
- Dimension (mm) 1352*1531*1544 (L*W *H)

• Muscle trained: pectoralis major, anterior deltoid, biceps

- Color: Back Silver & Flash silver back ash
- Seat mat: Adjustable, PU foam; Color: dark green
- Weight plates: Max in 90Kg; Min in 5kg

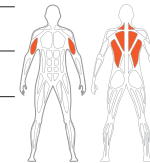


Seated Rowing SH-6803A

- Main frame
- Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
- Wire rope
- Steel cable: PA material Specification: Φ5.6
- Dimension (mm) 1586*1073*1544 (L*W *H)

• Muscle trained: back muscle groups, trapezius, biceps

- Color: Back Silver & Flash silver back ash
- Seat mat: Adjustable, PU foam; Color: dark green
- Weight plates: Max in 90Kg; Min in 5kg

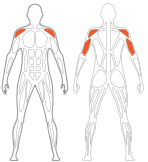


Shoulder press SH-6804A

- Main frame
- Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
- Wire rope
- Steel cable: PA material Specification: Φ5.6
- Dimension (mm) 1631*1485*1534 (L*W *H)

• Muscle trained: deltoid, triceps

- Color: Back Silver & Flash silver back ash
- Seat mat: Adjustable, PU foam; Color: dark green
- Weight plates: Max in 90Kg; Min in 5kg

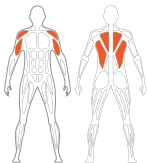


Pulldown SH-6806A

- Main frame
- Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
- Wire rope
- Steel cable: PA material Specification: Φ5.6
- Dimension (mm) 1408*1322*1881 (L*W *H)

• Muscle trained: Latissimus dorsi, trapezius, biceps

- Color: Back Silver & Flash silver back ash
- Seat mat: Adjustable, PU foam; Color: dark green
- Weight plates: Max in 90Kg; Min in 5kg

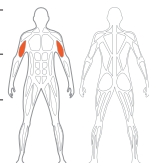


Biceps curl SH-6807

- Main frame
- Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
- Wire rope
- Steel cable: PA material Specification: Φ5.6
- Dimension (mm) 1457*1221*1543 (L*W *H)

• Muscle trained: biceps

- Color: Back Silver & Flash silver back ash
- Seat mat: Adjustable, PU foam; Color: dark green
- Weight plates: Max in 60Kg; Min in 5kg

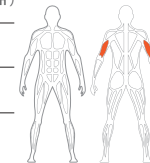


Triceps Press SH-6808

- Main frame
- Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
- Wire rope
- Steel cable: PA material Specification: Φ5.6
- Dimension (mm) 1180*1130*1540 (L*W *H)

• Muscle trained: triceps

- Color: Back Silver & Flash silver back ash
- Seat mat: Adjustable, PU foam; Color: dark green
- Weight plates: Max in 90Kg; Min in 5kg

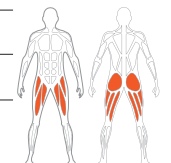


Seated leg press SH-6809

- Main frame
- Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
- Wire rope
- Steel cable: PA material Specification: Φ5.6
- Dimension (mm) 1768*1158*1545 (L*W *H)

• Muscle trained: quadriceps, gluteus, gastrocnemius muscle

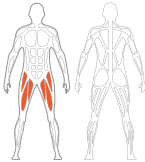
- Color: Back Silver & Flash silver back ash
- Seat mat: Adjustable, PU foam; Color: dark green
- Weight plates: Max in 90Kg; Min in 5kg





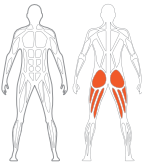
Leg extension SH-6810

- Main frame
 - Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
 - Wire rope
 - Steel cable: PA material Specification: Φ5.6;
 - Dimension (mm) 1205*1120*1545 (L*W*H)
- Muscle trained: quadriceps femoris
-
- Color: Back Silver & Flash silver back ash
 - Seat mat: Adjustable, PU foam; Color: dark green
 - Weight plates: Maximum 100Kg; Minimum 5kg



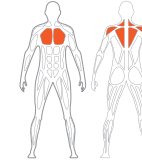
Prone Leg Curl SH-6812

- Main frame
 - Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
 - Wire rope
 - Steel cable: PA material Specification: Φ5.6;
 - Dimension (mm) 1540*1100*1550 (L*W*H)
- Muscle trained: biceps femoris, gluteus
-
- Color: Back Silver & Flash silver back ash
 - Seat mat: Adjustable, PU foam; Color: dark green
 - Weight plates: Maximum 100Kg; Minimum 5kg



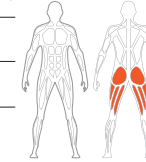
DUAL FUNCTION
Pec Fly/Rear Deltoid SH-6813

- Main frame
 - Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
 - Wire rope
 - Steel cable: PA material Specification: Φ5.6;
 - Dimension (mm) 1136*825*2043 (L*W*H)
- Muscle trained: Pectoralis, anterior deltoid
-
- Color: Back Silver & Flash silver back ash
 - Seat mat: Adjustable, PU foam; Color: dark green
 - Weight plates: Maximum 100Kg; Minimum 5kg



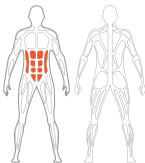
Glute machine SH-6815

- Main frame
 - Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
 - Wire rope
 - Steel cable: PA material Specification: Φ5.6;
 - Dimension (mm) 970*900*1540 (L*W*H)
- Muscle trained: Gluteus
-
- Color: Back Silver & Flash silver back ash
 - Chest mat: PU foam; Color: dark green
 - Weight plates: Maximum 60Kg; Minimum 5kg



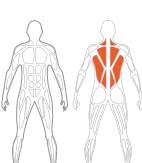
Abdominal SH-6816

- Main frame
 - Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 100*50*t2.0
 - Wire rope
 - Steel cable: PA material Specification: Φ5.6;
 - Dimension (mm) 1579*1023*1688 (L*W*H)
- Muscle trained: abdominal muscles
-
- Color: Back Silver & Flash silver back ash
 - Seat mat: EVA + plywood; Color: dark green
 - Weight plates: Maximum 100Kg; Minimum 5kg



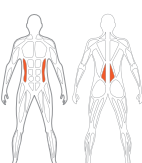
Back Extension SH-6817

- Main frame
 - Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
 - Wire rope
 - Steel cable: PA material Specification: Φ5.6;
 - Dimension (mm) 1332*1023*1534 (L*W*H)
- Muscle trained: Back muscle groups
-
- Color: Back Silver & Flash silver back ash
 - Seat mat: PU foam; Color: dark green
 - Weight plates: Maximum 90Kg; Minimum 5kg



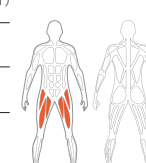
Torso rotation SH-6818

- Main frame
 - Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
 - Wire rope
 - Steel cable: PA material Specification: Φ5.6;
 - Dimension (mm) 1530*1340*1540 (L*W*H)
- Muscle trained: waist and abdominal muscle groups
-
- Color: Back Silver & Flash silver back ash
 - Seat mat: PU foam; Color: dark green
 - Weight plates: Maximum 80Kg; Minimum 5kg



DUAL FUNCTION
Abductor/Adductor SH-6819

- Main frame
 - Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
 - Wire rope
 - Steel cable: PA material Specification: Φ5.6;
 - Dimension (mm) 1200*1340*1540 (L*W*H)
- Muscle trained: lateral thigh muscle
-
- Color: Back Silver & Flash silver back ash
 - Seat mat: PU foam; Color: dark green
 - Weight plates: Maximum 90Kg; Minimum 5kg





DUAL FUNCTION

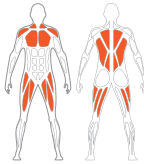
Functional trainer

SH-6820

- Main frame Material: Q 235A, specification: Sub-frame 120*50*t2.0
- Wire rope Steel cable: PA material Specification: Φ5.6;
- Dimension (mm) 1660*1026*2240 (L*W *H)

• Muscle trained: muscle groups (shoulder, chest, back, leg)

- Color Back Silver & Flash silver back ash
- Weight plates: Maximum 100Kg; Minimum 5kg



DUAL FUNCTION

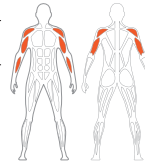
Seated Biceps Curl/Triceps Press

SH-6822A

- Main frame Material: Q 235A, specification: Sub-frame 150*50*t2.0
- Wire rope Steel cable: PA material Specification: Φ5.6;
- Dimension (mm) 1920*1550*600 (L*W *H)

• Muscle trained: Biceps, Triceps muscle

- Color Back Silver & Flash silver back ash
- Weight plates: Maximum 60Kg; Minimum 5kg



DUAL FUNCTION

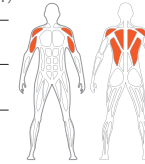
Assist dip chin

SH-6851A

- Main frame Material: Q 235A, specification: Sub-frame 150*50*t2.0,
- Wire rope Steel cable: PA material Specification: Φ5.6;
- Dimension (mm) 975*1425*2230 (L*W *H)

• Muscle trained: Back muscle groups

- Color Back Silver & Flash silver back ash
- Seat mat EVA + plywood; Color: dark green
- Weight plates: Maximum 135Kg; Minimum 5kg



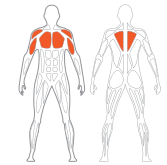
Adjustable cable cross over

SH-6852

- Main frame Material: Q 235A, specification: main frame 120*50*t2.0
- Wire rope Steel cable: PA material Specification: Φ5.6;
- Dimension (mm) 3775*925*2290 (L*W *H)

• Muscle trained: pectoralis major, deltoid, biceps, triceps, latissimus dorsi

- Color Back Silver
- Weight plates: Maximum 90Kg; Minimum 5kg



DUAL FUNCTION

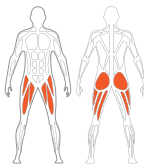
Seated Leg Curl/Extension

SH-6823A

- Main frame Material: Q 235A, specification: Sub-frame 120*50*t2.0
- Wire rope Steel cable: PA material Specification: Φ5.6;
- Dimension (mm) 1588*1402*577 (L*W *H)

• Muscle trained: Lateral thigh muscle

- Color Back Silver & Flash silver back ash
- Weight plates: Maximum 100Kg; Minimum 5kg



DUAL FUNCTION

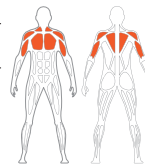
Shoulder Press / Upper Chest

SH-6824A

- Main frame Material: Q 235A, specification: Sub-frame 120*50*t2.0
- Wire rope Steel cable: PA material Specification: Φ5.6;
- Dimension (mm) 2165*1215*615 (L*W *H)

• Muscle trained: Shoulder, Upper Chest muscle

- Color Back Silver & Flash silver back ash
- Weight plates: Maximum 90Kg; Minimum 5kg



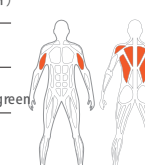
Low tension trainer

SH-6868

- Main frame Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
- Wire rope Steel cable: PA material Specification: Φ5.6;
- Dimension (mm) 1820*990*1770 (L*W *H)

• Muscle trained: deltoid, back muscle groups

- Color Back Silver & Flash silver back ash
- Seat mat PU foam + synthetic leather; Color: dark green
- Weight plates: Maximum 120Kg; Minimum 5kg



DUAL FUNCTION

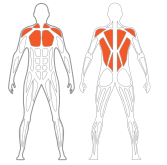
High pull & low rowing trainer

SH-6891A

- Main frame Material: Q 235A, specification: gantry frame 150*50*t2.0, Sub-frame 120*50*t2.0
- Wire rope Steel cable: PA material Specification: Φ5.6;
- Dimension (mm) 1521*823*2247 (L*W *H)

• Muscle trained: latissimus dorsi, cucullaris, biceps brachii

- Color Back Silver & Flash silver back ash
- Seat mat Adjustable, PU foam; Color: dark green
- Weight plates: Maximum 110Kg; Minimum 5kg

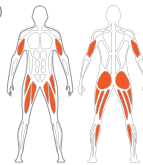




Smith machine SH-6853

- Main frame Material: Q 235A, specification: 120*50* t2.0, Pillar tube 114 *t2.5
- Wire rope Steel cable: PA material, Specification: Ø5.6; Dimension (mm) 2185*1485*2485 (L*W *H)
- Muscle trained: quadriceps femoris, biceps femoris, triceps

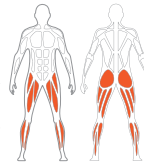
• Color: Black Silver



Squat rack SH-6854A

- Main frame Material: Q 235A, specification: 120*40*t2.0 Dimension (mm) 1740*1677*1894 (L*W *H)
- Muscle trained: leg muscle

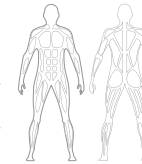
• Color: Black Silver



Adjustable dumbbell bench SH-6855

- Main frame Material: Q 235A, specification: 120*40*t2.0 Dimension (mm) 1726*604*518 (L*W *H)
- Muscle trained:

• Color: Black Silver

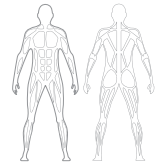


Olympic weight tree SH-6856

- Main frame Material: Q 235A, specification: 120*40*t2.0, Strengthened tube 120*40*t2.0, Dimension (mm) 806*707*937 (L*W *H)
- Muscle trained:

• Color: Black Silver

• Maximum weight 150KG

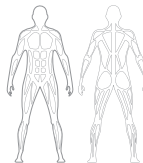


Adjustable bench SH-6857

- Main frame Material: Q 235A, specification: 80*40* t2.0
- Dimension (mm) 1362*620*440 (L*W *H)
- Muscle trained:

• Color: Black Silver

• Seat material: Plywood + EVA + Synthetic leather
Color: dark green

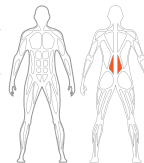


Back extension SH-6858

- Material: Q 235A, specification: main frame 100*40* t2.0 Sliding tube 70*30* t2.0
- Dimension (mm) 1115*803*798 (L*W *H)
- Muscle trained: erector spinae

• Color: Black Silver

• Seat material: Plywood + EVA + Synthetic leather
Color: dark green

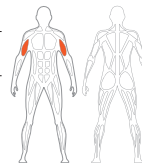


Arm curl bench SH-6859A

- Main frame Material: Q 235A, specification: main frame 120*40* t2.0 Sliding tube 80*40* t2.0, Dimension (mm) 1005*788*1189 (L*W *H)
- Muscle trained: Biceps

• Color: Black Silver

• Seat material: Plywood + EVA + Synthetic leather
Color: dark green

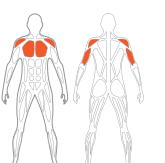


Olympic Flat Bench SH-6871

- Main frame Material: Q 235A, specification: lying main frame 120*40* t2.0 Sliding tubes 120*40* t2.0, Dimension (mm) 1590*1580*1180 (L*W *H)
- Muscle trained: pectoralis major, deltoid, triceps

• Color: Black Silver

• Seat material: Plywood + EVA + Synthetic leather
Color: dark green



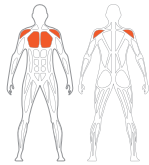


Olympic decline bench

SH-6872

- Main frame
- Material: Q 235A, specification: 120*40* \pm 2.0
- Lying mat and head mat
- Material: Plywood + cyclé cotton+ synthetic leather; Color: dark green
- Dimension (mm) 1838*1590*1185 (L*W *H)

• Muscle trained:
Pectoralis major



- Color
- Back Silver
- Seat mat
- Plywood + EVA + Synthetic leather;
- Color: dark green

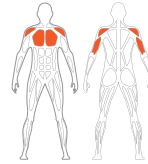


Olympic incline bench

SH-6873

- Main frame
- Material: Q 235A, specification: front frame 120*40* \pm 2.0 back frame 120*40* \pm 2.0
- Dimension (mm) 1470*1580*1375 (L*W *H)

• Muscle trained:
pectoralis major, deltoid, triceps



- Color
- Back Silver
- Seat mat
- Plywood + EVA + Synthetic leather;
- Color: dark green

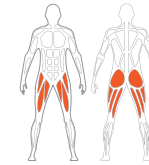


Linear Leg Press

SH-6874

- Main frame
- Material: Q 235A, specification: 50*150* \pm 2.0,
- Dimension (mm) 2050*1000*1469 (L*W *H)

• Muscle trained:
leg muscles



- Color
- Back Silver

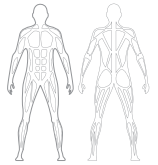


Utility bench

SH-6876

- Main frame
- Material: Q 235A, specification: back frame 120*40* \pm 2.0
- Seat support frame 120*40* \pm 2.0
- Dimension (mm) 870*500*787 (L*W *H)

• Muscle trained:



- Color
- Back Silver
- Seat mat
- Plywood + EVA + Synthetic leather;
- Color: dark green

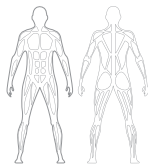


Flat bench

SH-6878

- Main frame
- Material: Q 235A, specification: 120*40* \pm 2.0
- Back ground tube 120*40* \pm 2.0
- Dimension (mm) 1620*600*445 (L*W *H)

• Muscle trained:
nothing



- Color
- Back Silver
- Seat mat
- Plywood + EVA + Synthetic leather;
- Color: dark green

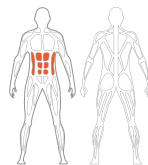


Adjustable abdominal bench

SH-6879

- Main frame
- Material: Q 235A, specification: main frame 120*40* \pm 2.0 Ground tube 120*40* \pm 2.0
- Dimension (mm) 1820*700*990 (L*W *H)

• Muscle trained:
rectus abdominis, external oblique abdominals



- Color
- Back Silver
- Seat mat
- Plywood + EVA + Synthetic leather;
- Color: dark green

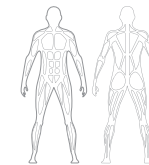


Barbell rack

SH-6883A

- Main frame
- Material: Q 235A, specification: 120*40* \pm 2.0, Connection rod 40*80* \pm 2.0,
- Dimension (mm) 905*863*1388 (L*W *H)

• Muscle trained:



- Color
- Back Silver

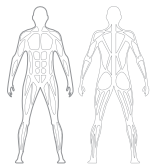


Two tier DB rack

SH-6884

- Main frame
- Material: Q 235A, specification: 120*40* \pm 2.0, Strengthened tube 120*40* \pm 2.0,
- Dimension (mm) 2365*680*885 (L*W *H)

• Muscle trained:



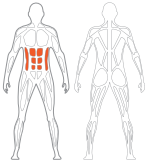
- Color
- Back Silver
- Seat mat
- Plywood + EVA + Synthetic leather;
- Color: dark green



Leg raise SH-6886

- Main frame Material: Q 235A, specification: main frame 120*40* t2.0
- Dimension (mm) 1230*880*1650 (L*W *H)
- Muscle trained: rectus abdominis, external oblique abdominals

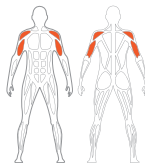
- Color: Black Silver
- BOSU ball: PVC+ ABS specification: Φ580*280



Olympic military bench SH-6889

- Main frame Material: Q 235A, specification: main frame 120*40* t2.0
- Dimension (mm) 1610*1250*1700 (L*W *H)
- Muscle trained: biceps, deltoid, triceps

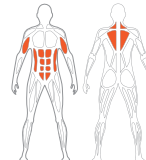
- Color: Black Silver
- Seat mat: Plywood + EVA + Synthetic leather; Color: dark green



Chin dip leg raise station SH-6888

- Main frame Material: Q 235A, specification: 120*40* t2.0
- Dimension (mm) 1310*1170*2165 (L*W *H)
- Muscle trained: latissimus dorsi, teres major, biceps, trapezius, rhomboids, abdominals

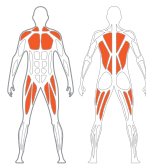
- Color: Black Silver
- Back mat: elbow mat PU foam; Color: dark green



Stretcher SH-6890

- Main frame Material: Q 235A, specification: main frame 120*40* t2.0
- Dimension (mm) 1392*684*1174 (L*W *H)
- Muscle trained: muscle groups (shoulder, chest, back, leg)

- Color: Black Silver
- Seat mat: Plywood + EVA + Synthetic leather; Color: dark green



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