

CYBEX

腹肌練習器

ABDOMINAL



CYBEX®



1

全面的下肢穩定系統
Patent Pending Pelvic
Stabilization System



2

座墊切合人體的腰背曲線
Hip Pad includes a Curved
Lumbar Section



3

採用最佳的軸傳動驅動系統
A "Best Use" drive system –
Drive shafts

產品編號： Product Code：	11090
機身及鐵餅重量： Machine weight with weight stack：	534磅(lb) / 243公斤(kg)
鐵餅配重重量： Weight stack：	305磅(lb) / 138公斤(kg)
尺寸(長x闊x高)： Dimensions(LxWxH)：	150x112x147厘米(cm)

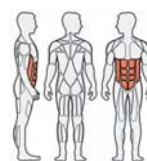
開始 START

完成 FINISH



可鍛鍊部位：

腹直肌、腹內斜肌及腹外
斜肌



Muscles trained：

Rectus Abdominis, Internal
and External Oblique

特點 Features

腹肌練習器 ABDOMINAL

- 全面的下肢穩定系統，包括可調節位置的腳踏桿，讓用者坐著鍛鍊時加倍穩定。
- 有效針對腹肌的鍛鍊，無需調節，用者即可進行正確和全幅度的脊骨屈曲運動。
- 設有阻力變化凸輪系統，能協調每個幅度，按照每個人不同的極限及能力保持整個動作中力量的劃一，使動作更順暢、鍛鍊更安全有效。
- 採用最佳的軸傳動驅動系統，簡化傳動的過程，使傳達的力更準確、穩定，用者更能感受傳達的力量外亦節省維修成本。
- 座墊切合人體的腰背曲線，有助用者完成全幅度動作。
- 隱蔽式鐵餅架結構，並設有鐵餅緩衝器，保護用者或旁觀者以免受到鐵餅之碰撞或弄傷。設計已通過「美國材料試驗協會」及歐洲的標準，安全可靠。
- 第二代旋鈕式重量調節系統，只需輕扭調節器，便可每次遞增或減5磅(2.5公斤)，無需推置或摘除，比傳統的推置式調節更安全簡捷。
- 腳踏桿設有位置標記，讓用者每次使用設施時可依照標記調節至同一位置。
- 機身附有使用說明及操作指示圖。

- **Patent pending Pelvic Stabilization System** with adjustable foot brace allows user to "lock into" the hip pad, for optimal pelvic stabilization.
- **Isolates abdominal muscles** and trains a more complete range of correct spinal flexion movement without adjustment.
- **The CAM** is synchronized with each individual user. It matches their performance level, maintaining the integrity of force throughout the range of motion while taking into account their limits and abilities.
- **A "Best Use" drive design – Drive Shafts**, transfers accurate force to provide users a direct feel and optimal performance.
- **Hip pad includes a curved lumbar section** to promote full range of motion.
- **Enclosed weight stacks** which comply with ASTM and EN standards help shield bystanders and users from inadvertent contact with the moving weight stack, creating a safer workout environment.
- **The Second Generation Twist Select Increment Weight System** allows user to adjust the weight 5 pounds (2.5kg) at a time with a simple turn of the knob - nothing to slide, drop or lose.
- **The foot brace has position indicator** to enable the user to perfectly duplicate their position on the machine each time they use it.
- **High contrast three-color placards** use straightforward language and pictures for easy-to-read instructions.