

CYBEX

髖部練習器

GLUTE



CYBEX®



1 可調節角度的踏桿
Adjustable Footbar



2 呈弧線的運動軌跡
Curvilinear Path of Motion



3 可調節的脛部保護墊
Unique Adjustable Shin Support



產品編號： Product Code：	11170
機身及鐵餅重量： Machine weight with weight stack：	515磅(lb) / 234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)：	178x104x147厘米(cm)

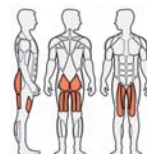
開始 START

完成 FINISH



可鍛鍊部位：
臀大肌、腿後肌、
股四頭肌、內收肌

Muscles trained：
Gluteus Maximus,
Hamstrings, Quadriceps,
Adductors



特點 Features

臀部練習器 GLUTE

- 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。
- 可調節角度的踏桿，適合不同身型的用者。
- 呈弧線的運動軌跡，有助鍛鍊臀肌的同時減低因倚傍著腹墊而卸力的情況。
- 可調節的脛部保護墊和腹墊，有助保持下肢及脊骨的姿勢正確。
- 隱蔽式鐵餅架結構，並設有鐵餅緩衝器，保護用者及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。
- 腹墊設有位置標記，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。
- **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.
- **Adjustable footbar** accommodates a broad array of user sizes.
- **Curvilinear path of motion** encourages gluteal involvement without relying on precisely aligned hip placement.
- **Unique adjustable shin support and abdominal support** allows for optimal pad location. Positioning the knee under the hip allows proper alignment of the spine during use.
- **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 abdominal support 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.