

髖部外側 /
內側練習器

**HIP ABDUCTION /
ADDUCTION**



CYBEX®



1

可進行大腿內側或外側鍛鍊
Selection for Hip Abduction or Adduction



2

緊密的驅動機制
Zero Slack Drive Mechanism



3

調節靠背的角度可進行全幅度的髖部伸展
Back Pad Adjustment allows Full Hip Extension

產品編號 : Product Code :	11181
機身及鐵餅重量 : Machine weight with weight stack :	705磅(lb) / 320公斤(kg)
鐵餅配重重量 : Weight stack :	205磅(lb) / 93公斤(kg)
尺寸(長x闊x高) : Dimensions(LxWxH) :	175x86x147厘米(cm)

開始 START

完成 FINISH



大腿外側鍛鍊 HIP ABDUCTION

開始 START

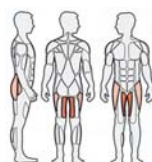
完成 FINISH



大腿內側鍛鍊 HIP ADDUCTION

可鍛鍊部位 :

- 外側鍛鍊 - 臀中肌、臀大肌、梨狀肌及闊筋膜張肌。
- 內側鍛鍊 - 內收大肌、內收長肌、內收短肌、恥骨肌。



Muscles trained :

- Abduction - Gluteus Medius, Gluteus Maximus, Piriformis Tensor Fasciae Latae
- Adduction - Adductor magnus, Adductor Longus, Adductor Brevis, Pectineus

特點 Features

髖部外側 / 內側練習器 HIP ABDUCTION / ADDUCTION

- **雙重阻力變化凸輪系統**，使動作更順暢和自然，也可按需要個別調節一方阻力來進行針對式的鍛鍊。
- **緊密的驅動機制**，保持用者在鍛鍊時的主動性。
- **透過調節靠背的角度**，用者可進行全幅度的髖部伸展，在進行髖部內側練習時加強鍛鍊臀大肌或臀中肌的效果。
- **膝墊減低膝部的壓力**。
- **雙重腳踏桿**適合不同身型的用者。
- **隱蔽式鐵餅架結構**，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。
- **椅背設有位置標記**，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**。
- **Dual CAMs** are optimized for the movement and allow for single resistance selection for both movements.
- **Zero slack drive mechanism** allows for near zero free-play for direct engagement.
- **Innovative design feature allows back to be positioned in full hip extension** to optimally train gluteus maximus and medius during hip abduction.
- **Knee pads as inputs minimize knee stress.**
- **Dual foot bars** accommodate a broad range of user heights
- **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 seat back 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.