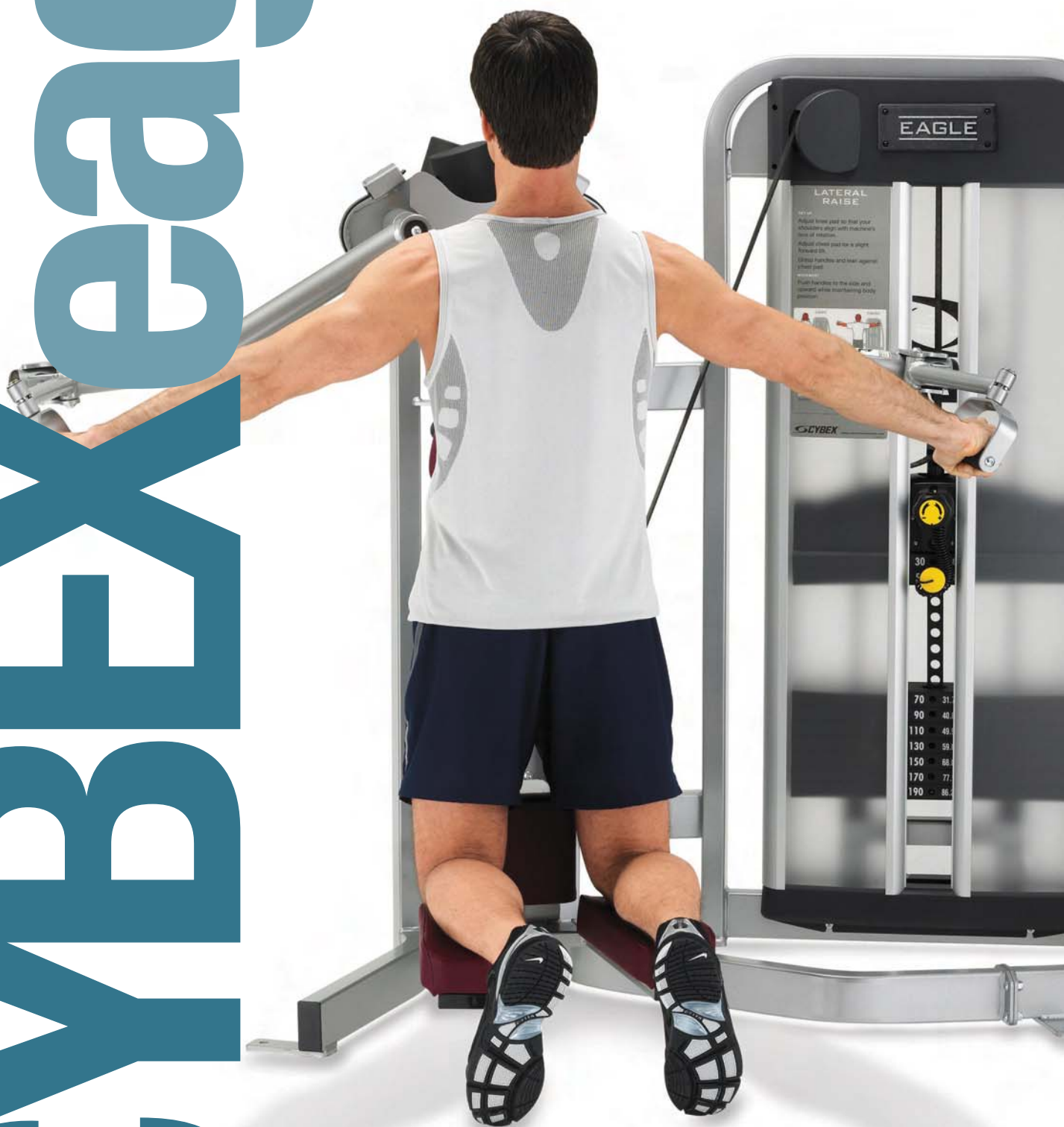


CYBEX

肩部側舉練習器

LATERAL RAISE



CYBEX®



1

可進行單獨的臂部運動
Independent Arm Motion



2

臂桿的肘部設計略為彎曲
The Elbow is not Significantly Flexed



3

可調節胸前墊及膝墊的位置
Adjustable Chest Pad and Knee Pad

產品編號： Product Code：	11160
機身及鐵餅重量： Machine weight with weight stack：	513磅(lb) / 233公斤(kg)
鐵餅配重重量： Weight stack：	205磅(lb) / 132公斤(kg)
尺寸(長x闊x高)： Dimensions(LxWxH)：	102x163x198厘米(cm)

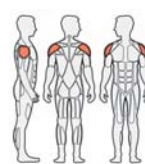
開始 START

完成 FINISH



可鍛鍊部位：
三角肌

Muscles trained：
Deltoids



特點 Features

肩部側舉練習器 LATERAL RAISE

- 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。
- 可進行單獨的臂部運動，使力量發展更平均。
- 可調節胸前墊及膝墊的位置，因應用者的高度及身型，確保雙手在身前，讓整個動作更完整。
- 機身設有平衡模組，抵銷起始臂本身的重量，即使在最輕重量的情況下仍可保持一致的阻力。
- 臂桿的肘部設計略為彎曲，因此用者外轉時的力度不會耗損機身旋轉部分的捶。
- 臂桿的肘部位置加長，減低手部的力度，保持肩膀在完全內收時的力量。
- 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。
- 胸墊和膝墊均設有位置指引，讓用者每次使用設施時依照指示調節至同一位置。
- 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.
- Independent arm motion encourages symmetrical strength development.
- Adjustable chest pad and knee pad accommodates a variety of user and allows hands to come in front of the legs for a more complete range of motion.
- The Counterbalance system provides consistent resistance at even the lowest weight selections.
- Because the elbow is not significantly flexed, the forces applied to external rotation are minimized, reducing stress on the rotor cuff.
- Extended elbow position allows for lower forces at the hand resulting in less shear at the shoulder at full abduction.
- 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 chest pad and knee pad have position indicators 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.