

CYBEX

座式蹬腿練習器

LEG PRESS



CYBEX®



1 採用獨特的坐姿設計
Patent Pending Articulating
Carriage Design



2 寬闊及可調節的腳踏板
Large and Adjustable
Footplate



3 5個靠背角度可供選擇
Five Positions of Seat Back
Angle

產品編號： Product Code：	11040
機身及鐵餅重量： Machine weight with weight stack：	1031磅(lb) / 469公斤(kg)
鐵餅配重重量： Weight stack：	505磅(lb) / 229公斤(kg)
尺寸(長x闊x高)： Dimensions(LxWxH)：	180x104x190厘米(cm)

開始 START

完成 FINISH



可鍛鍊部位：

肌四頭肌、臀大肌、
腿後肌

Muscles trained：
Quadriceps, Gluteus
Maximus, Hamstrings



特點 Features

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- 採用獨特的坐姿設計，靠背的傾斜及座椅的移動協助用者模仿蹲下的動作，使臀部有較大幅度的運動和加強臀部伸肌群的鍛鍊。
- 可調節5個角度的靠背，滿足不同需求的用戶。
- 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。
- 寬闊的腳踏板，用者可選擇不同的腳踏位置外更可調節腳踏板與座椅的距離。
- 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。
- 椅背和腳踏板設有位置標記，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 articulating carriage design enables the seat back to recline through the movement allowing for greater hip range of motion and hip extensor involvement.
- Seat back angle is adjustable with five positions.
- A "Best Use" drive design – Drive Shafts, transfers accurate force to provide users a direct feel and optimal performance.
- Large footplate surface allows for a variety of foot placement positions and is adjustable for appropriate distance from the seat base.
- 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 and footplate 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.