

CYBEX

腹肌練習器

ABDOMINAL



VR | 3

CYBEX®



全面的下肢穩定系統
Pelvic Stabilization System



進行正確和全幅度的脊骨
屈曲運動
A More Complete Range of
Correct Spinal Flexion
Movement



可調節位置的腳踏桿
Adjustable Foot Brace

產品編號： Product Code：	12090
機身及標準鐵餅重量： Machine weight with standard weight stack：	480磅(lb) / 218公斤(kg)
機身及特重鐵餅重量： Machine weight with heavy weight stack：	540磅(lb) / 245公斤(kg)
尺寸(長x闊x高)： Dimensions(LxWxH)：	150x102x162厘米(cm)



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。
- **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。
- **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.
- **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.
- **High contrast three-color placards** use straightforward language and pictures for easy-to-read instructions.