

CYBEX Excellence

座式蹬腿練習器

LEG PRESS



VR | 3

CYBEX®



獨特的四連杆結構
Unique Four-bar Linkage
Orientation



靠背可調節5個不同角度
Seat Back Angle is
Adjustable with Five
Positions



寬闊的腳踏板
Large Footplate Surface

產品編號： Product Code：	12040
機身及標準鐵餅重量： Machine weight with standard weight stack：	845磅(lb) / 384公斤(kg)
機身及特重鐵餅重量： Machine weight with heavy weight stack：	945磅(lb) / 430公斤(kg)
尺寸(長x闊x高)： Dimensions(LxWxH)：	252x104x198厘米(cm)



特點

Features

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- 獨特的四連杆結構使髖部有更大幅度的運動軌跡，同時增加髖部伸展的鍛鍊機會。
- 機身內設平衡模組，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。
- 固定的座椅讓用者感安心，而滑動的腳踏板大量減低慣性，有助加快大腿伸展速度，加強鍛鍊效果。
- 靠背可調節5個不同角度。
- 起始位置可大幅度調節，適合任何體型之人士。
- 寬闊的腳踏板，用者可選擇不同的腳踏位置。
- 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。
- 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。

- **Unique four-bar linkage orientation** provides greater hip range of motion and increases hip extensor involvement by providing a descending path of motion.
- **The fully enclosed counterbalance system** provides consistent resistance at even the lowest weight selections.
- **Stationary seat provides user security** while the moving platform provides significantly reduced inertia allowing greater speed in training.
- **Seat back angle is adjustable with five positions.**
- **An extensive range of start positions** to accommodate users of all sizes.
- **Large footplate surface** allows for a variety of foot placement positions.
- **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.