

CYBEX

推肩練習器

OVERHEAD PRESS

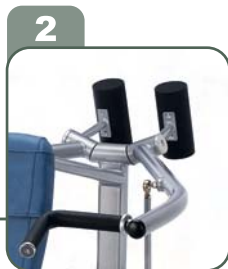


VR|3

CYBEX®



1
完美的聚合運動模式
The optimized converging pattern



2
機身設有平衡模組
Equipped with the counterbalance system



3
調節座椅的高度可設定用者個人的運動軌跡
User Range of Motion is Set Through Seat Height Adjustment

產品編號： Product Code：	12010
機身及標準鐵餅重量： Machine weight with standard weight stack：	530磅(lb) / 241公斤(kg)
機身及特重鐵餅重量： Machine weight with heavy weight stack：	570磅(lb) / 259公斤(kg)
尺寸(長x闊x高)： Dimensions(LxWxH)：	162x155x162厘米(cm)

開始 START



完成 FINISH



可鍛鍊部位：
前三角肌、中三角肌、
三頭肌、二頭肌

Muscles trained：
Anterior Deltoid, Middle Deltoid, Triceps



特點

Features

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- 完美的聚合運動模式提供更廣闊的運動軌跡並維持關節間一致的轉矩，適合不同體力的人士進行更有效的訓練。
- 獨立式及固定平面定位的推胸滑行動作使各級別的用者鍛鍊時倍感安心和舒適。
- 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。
- 標準及自然的手柄，用者可因應鍛鍊要求選擇不同的抓舉位置。
- 備有特大尺碼手柄，減低手部壓力，進行推胸動作時更舒適。
- 新穎的負重傳力系統使皮帶軸產生直接的傳力路線，減少強行拖拉的機會，用者更容易感受鍛鍊的重量。
- 調節座椅的高度可設定用者個人的運動軌跡。
- 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。
- 油壓式座椅及彈簧式背墊，方便快捷，並設有位置標記，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。

- The optimized converging pattern provides an exceptional range of motion and maintains a consistent torque at the joint for highly effective training in all user levels.
- The dependent, fixed-plane movement provides a uniquely secure and comfortable feel for all user levels.
- The counterbalance system provides consistent resistance at even the lowest weight selections.
- Standard and neutral grips provide multiple grip choices.
- "Extra-sized" grips reduce pressure on the hands for greater comfort when pressing.
- Innovative load transfer system creates a direct belt path, minimizing drag and optimizing user's sense of direct connection with the weight.
- User range of motion is set through seat height adjustment.
- 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.
- Gas spring assisted seat and spring assisted back pad for easy adjustment. The position indicators 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.