

CYBEX

座式後腿屈接 練習器

SEATED LEG CURL



VR | 3

CYBEX®



設有限幅調節器
Range Limiting Device



靠背與座椅保持100°
Back Pad is Angled 100°
from Seat Bottom



設有大腿安定墊
Thigh Stabilization Pad

產品編號： Product Code：	12060 (12061 Start RLD, 12062 Total RLD)
機身及標準鐵餅重量： Machine weight with standard weight stack：	535磅(lb) / 243公斤(kg)
機身及特重鐵餅重量： Machine weight with heavy weight stack：	575磅(lb) / 261公斤(kg)
尺寸(長x闊x高)： Dimensions(LxWxH)：	142x99x162厘米(cm)



特點

Features

座式後腿屈接練習器 SEATED LEG CURL

- 設有限幅調節器，可調節合適的起始位置，並確保無論從那一個位置起始，阻力變化凸輪系統均能協調每個幅度，按照個人不同的極限及能力保持整個動作中力量的劃一。3項配置可供選擇，包括：起始位置調節、全幅度調節和無調節。
- 可調節位置的腿墊，不會影響膝部的起始角度，迎合不同身型的用者。
- 靠背與座椅保持100°，有效地減輕腿後肌所承受之張力。
- 大腿的安定墊有助減低膝蓋受切變阻力時的影響，減低後腿十字型韌帶的壓力，使鍛鍊更加安全有效。
- 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。
- 彈簧式靠背調節，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。

- **Range Limiting Device** maintains integrity of force curve while providing adjustment for appropriate starting position. Available in three configurations: Start RLD, Total RLD and non-RLD.
- **Leg pad adjusts with minimal effect** on the starting angle of the knee, its positioning is instinctive for user and virtually effortless.
- **Back pad is angled 100°** from seat bottom to relieve hamstring tension.
- **Thigh stabilization pad** provides significantly reduced shear at the knee as compared to other methods, resulting in less stress on the posterior cruciate ligament for a safer, more effective movement.
- **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.
- **Spring assisted back pad** for easy adjustment. The position indicator enables 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.