

CYBEX

excellence

划船練習器

ROW

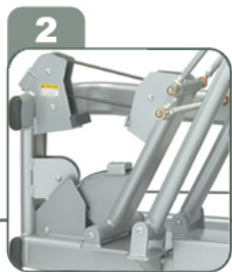


VR | 3

CYBEX®



獨立式及固定平面定位的分岔式的動作
The Optimized Dependent, Fixed-plane Diverging Pattern



地平線的中心軸與長度不一的四連桿結構
Floor Level Pivot and Unequal Length Four-bar Linkage

產品編號： Product Code：	12030
機身及標準鐵餅重量： Machine weight with standard weight stack：	610磅 (lbs)/ 277公斤 (kgs)
機身及特重鐵餅重量： Machine weight with heavy weight stack：	670磅 (lbs)/ 305公斤 (kgs)
尺寸(長x闊x高)： Dimensions(LxWxH)：	182x 97x162厘米(cm)

開始 START

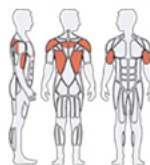


完成 FINISH



可鍛鍊部位：
背闊肌、大圓肌、二頭肌、
中斜方肌、後三角肌、
菱形肌

Muscles trained：
Latissimus Dorsi, Teres Major,
Biceps, Middle Trapezius,
Rear Deltoid, Rhomboid



特點

Features

划船練習器 ROW

- 變動式的阻力在整個運動軌跡中不斷追隨和貼近用者的能力，使鍛鍊更有效。
- 獨立式及固定平面定位的分岔式的動作保持關節間轉矩一致，使各級別的用者鍛鍊時倍感安心和舒適。
- 地平線的中心軸與長度不一的四連桿結構給予接近直線的運動軌跡，令肩膀的負重更一致，同時把手保持最自然的手握角度，有效減輕對腕部的壓力。
- 特設的腳踏桿保持用者坐姿正確、穩固。
- 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。
- 可調節的胸墊更加穩定身軀，並設有位置指引，讓用者每次使用設施時依照指示調節至同一位置。
- 機身附有使用說明及操作指示圖。
- **Variable resistance** assures that resistance provided closely matches the body's capability throughout the range of motion.
- **The optimized dependent, fixed-plane diverging pattern** provides a uniquely secure and comfortable feel as it maintains a consistent torque at the joint for highly effective training in all user levels.
- **Floor level pivot and unequal length four-bar linkage** provide a near linear path of motion for consistent loading at the shoulder.
- **Foot brace** promotes torso stabilization consistent with proper technique.
- **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.
- **Adjustable chest pad** provides additional stability if desired. 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.