

器材名稱:腹部前屈訓練機(CAB1000)

動作示範

(1)開始動作



(2)結束動作



(3)重複開始及結束動作

注意事項:阻力大小共6段調整

運動訓練的肌肉

Name of equipment: Abdominal Crunch (CAB1000)

Demonstration

(1) Starting Position

(2) Ending Position

(3) Repeat action 1 and 2

Note: Hydraulic cylinder provides 6x levels of resistance

Target Muscle Groups

