

器材名稱:腰部側旋訓練機(CRT1500) Name of equipment: Rotary Torso (CRT1500)

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

Demonstration

(1) Starting Position

(2) Ending Position

(3) Repeat action 1 and 2

Note: Hydraulic cylinders provide 6x levels of resistance

Target Muscle Groups

