

器材名稱:腿部前抬訓練機(CLE500)

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:可依身高調整背墊位置/阻力大小共 6 段調整

運動訓練的肌肉

Name of equipment: Leg Extension (CLE500)

Demonstration

(1) Starting Position

(2) Ending Position

(3) Repeat action 1 and 2

Note: Adjustable seat for user's height, Hydraulic cylinder provides 6x levels of resistance

Target Muscle Groups

