

器材名稱:大腿蹲舉訓練機(CSQ1200)

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/身高高度可5段調整

運動訓練的肌肉

Name of equipment: Squat (CSQ1200)

Demonstration

(1) Starting Position

(2) Ending Position

(3) Repeat action 1 and 2

Note: Hydraulic cylinder provides 6x levels of resistance/ 5 levels of height adjustment by machine pivot axis

Target Muscle Groups

