

# 器材名稱:腹部兩側訓練機(CE0200)

Name of equipment: Side Bending (CE0200)

## 動作示範

Demonstration:

(1)開始動作



(1) Starting Position

(2)結束動作



(2) Ending Position

(3) Repeat Action 1 and 2

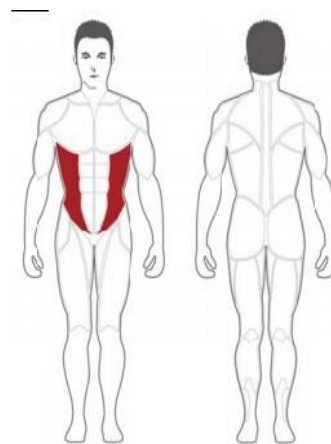
Note: Hydraulic cylinders provide 6x levels of resistance

Target Muscle Groups

(3)重復開始及結束動作

注意事項:阻力大小共 6 段調整

運動訓練的肌肉



# 器材名稱:胸部前推訓練機(CBP300)

Name of equipment: Chest Press (CBP300)

## 動作示範

Demonstration

(1)開始動作



(2)結束動作



(1) Starting Position

(2) Ending Position

(3) Repeat action 1 and 2

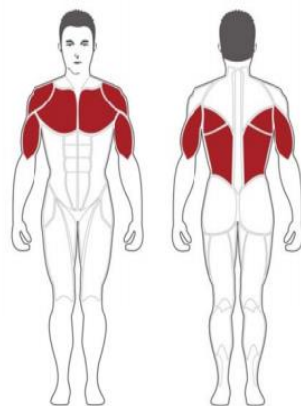
Note: Hydraulic cylinder provides 6x levels of resistance

Target Muscle Groups

(3)重復開始及結束動作

注意事項:阻力大小共6段調整

運動訓練的肌肉





# 器材名稱: 肱二頭訓練機(CBC400)

Name of equipment: Biceps Curl (CBC400)

## 動作示範

### Demonstration

(1) 開始動作

(2) 結束動作

(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

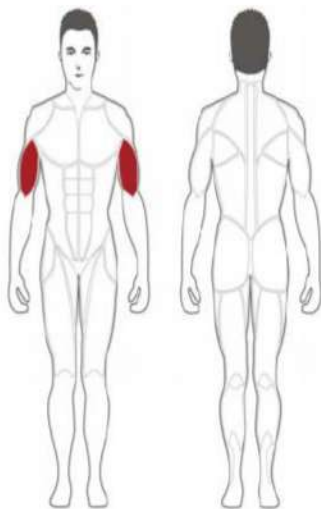
Target Muscle Groups



(3) 重複開始及結束動作

注意事項: 可依身高調整坐墊高低/阻力大小共6段調整

運動訓練的肌肉



# 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)重復開始及結束動作

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

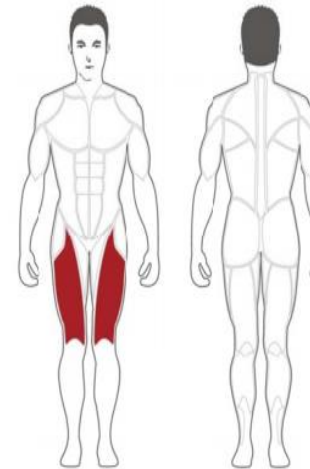
(1) Starting Position

(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





# 器材名稱:腿部推蹬訓練機(CLP600)

## 動作示範

(1)開始動作



(2)結束動作



(3)重復開始及結束動作

注意事項:可依腿長調整背墊位置/阻力大小共6段調整

## 運動訓練的肌肉

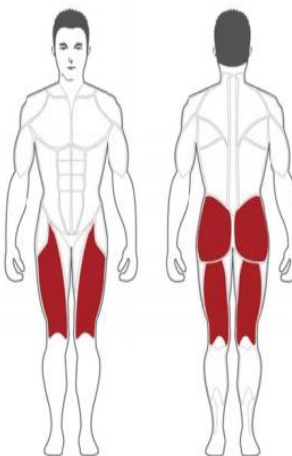
Name of equipment: Leg Extension (CLE500)

## Demonstration

- (1) Starting Position
- (2) Ending Position
- (3) Repeat action 1 and 2

Note: adjustable back for leg length, hydraulic cylinders provide 6x levels of resistance

## Target Muscle Groups



# 器材名稱: 肱三頭訓練機(CAC700)

Name of equipment: Dip (CAC700)

## 動作示範

Demonstration

(1) 開始動作



(1) Starting Position

(2) 結束動作



(2) Ending Position

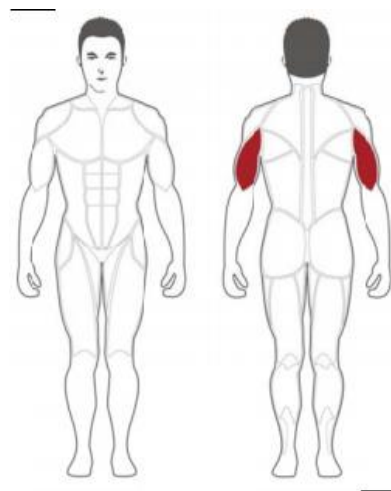
(3) Repeat Action 1 and 2

Note: Hydraulic cylinder provides 6x levels of resistance

Target Muscle Groups

(3) 重復開始及結束動作

注意事項: 阻力大小共 6 段調整



運動訓練的肌肉

# 器材名稱:胸部訓練機(CPD800)

Name of equipment: Fly (CPD800)

## 動作示範

Demonstration

(1)開始動作

(2)結束動作

(1) Starting Position

(2) Ending Position

(3) Repeat action 1 and 2

Note: Hydraulic cylinder provides 6x levels of resistance

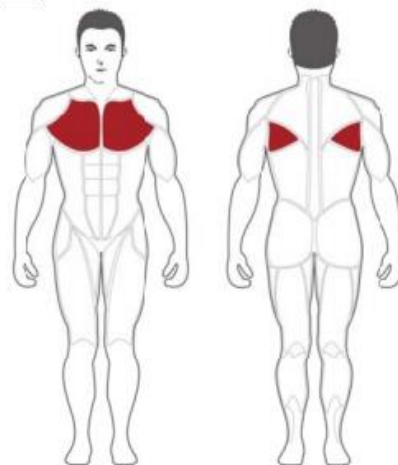
Target Muscle Groups



(3)重復開始及結束動作

注意事項:阻力大小共6段調整

運動訓練的肌肉





# 器材名稱: 肩部上推訓練機(CSP900)

Name of equipment: Shoulder Press (CSP900)

## 動作示範

Demonstration

(1) Starting Position

(2) Ending Position

(3) Repeat action 1 and 2

(1) 開始動作

(2) 結束動作

Note: Hydraulic cylinder provides 6x levels of resistance

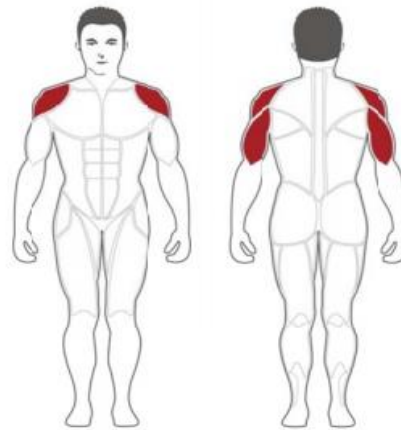
Target Muscle Groups



(3) 重復開始及結束動作

注意事項: 阻力大小共 6 段調整

運動訓練的肌肉





# 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)重復開始及結束動作

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

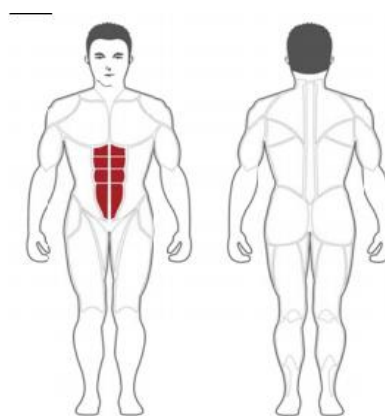
(1) Starting Position

(2) Ending Position

(3) Repeat action 1 and 2

Note: Hydraulic cylinder provides 6x levels of resistance

Target Muscle Groups



# 器材名稱:腿部內外側訓練機(CTH1100)

## 動作示範

(1)開始動作



(2)結束動作



(3)重復開始及結束動作

注意事項:阻力大小共6段調整

運動訓練的肌肉

Name of equipment: Hip Abduction (CTH1100)

Demonstration

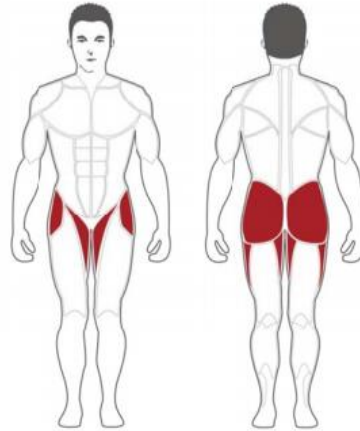
(1) Starting Position

(2) Ending Position

(3) Repeat action 1 and 2

Note: Hydraulic cylinder provides 6x levels of resistance

Target Muscle Groups





# 器材名稱: 大腿蹲舉訓練機 (CSQ1200)

## 動作示範

(1) 開始動作



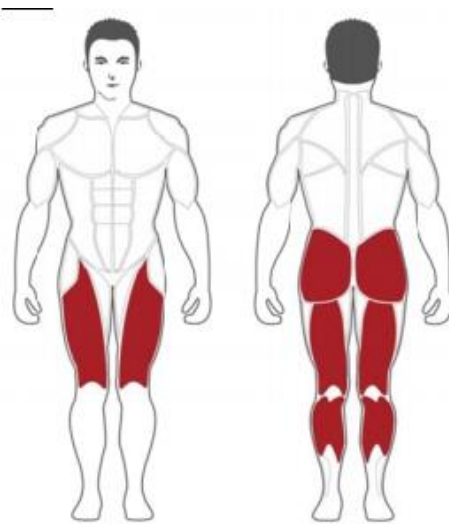
(2) 結束動作



(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



# 器材名稱:小腿訓練機(CCP1300)

## 動作示範

(1)開始動作



(2)結束動作



(3)重復開始及結束動作

注意事項:阻力大小共6段調整

運動訓練的肌肉

Name of equipment: Calf Press (CCP1300)

Demonstration

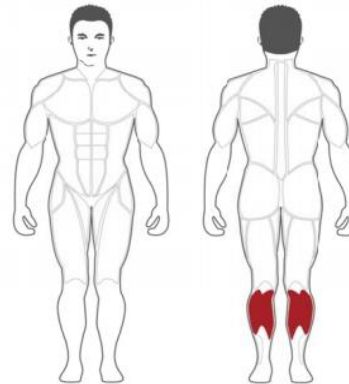
(1) Starting Position

(2) Ending Position

(3) Repeat action 1 and 2

Note: Hydraulic cylinder provides 6x levels of resistance

Target Muscle Groups





# 器材名稱: 髖部綜合訓練機(CMH1400)

## 動作示範

(1) 開始動作

(2) 結束動作

(1) 開始動作

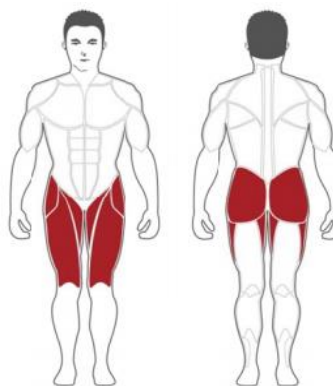
(2) 結束動作



(3) 重復開始及結束動作

注意事項: 阻力大小共 6 段調整

運動訓練的肌肉



Name of equipment: Multi Hip (CMH1400)

Demonstration

(1) Starting Position

(2) Ending Position

(3) Repeat action 1 and 2

Note: Hydraulic cylinders provide 6x levels of resistance

Target Muscle Groups



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

