

# 器材名稱:肱二頭訓練機(CBC400)

## 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:可依身高調整坐墊高低/阻力大小共 6 段調整

運動訓練的肌肉

Name of equipment: Biceps Curl (CBC400)

## 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

