

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

