

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

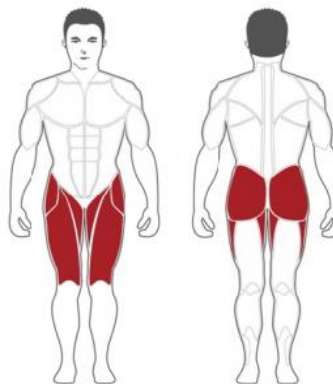
(2)結束動作



(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

