

# 产品详述

## INDIVIDUAL PRODUCT DETAILS

### AE8007坐姿臂屈伸训练机 TRICEPS PRESS



## 1. 产品卡 Identity Card

型号 (Model)	AE8007
中文名 (Chinese Name)	坐姿臂屈伸训练机
英文名 (English Name)	TRICEPS PRESS
主要肌肉 (Primary Muscle)	肱三头肌 (Triceps Brachii)
次要肌肉 (Secondary Muscles)	胸大肌 (Pectoralis Major)

### 一句话点评 (One-line Pitch)

“配备 180° 可反转加长握把、人体工学背靠垫及气动无极调节座垫，人体贴合度高、调节流畅省心，兼顾舒适体验、灵活适配与专业训练需求。”

"Equipped with 180° reversible extended handles, ergonomic back cushion and pneumatic stepless adjustable seat cushion, it features excellent body fit and smooth adjustment, delivering optimal comfort, flexible adaptability and professional training performance."

## 2. 产品综述

**AE8007** 是一款为肱三头肌和胸大肌下沿训练打造的插片式专业力量训练设备，外观呈现精工美学，结构紧凑，以雕塑感线条成就空间与力量的双重效率。180°反转加长握把可调整握把间距，匹配不同肩宽训练者，同时宽距下压也可有效激活胸大肌下沿肌肉纤维。

人体工学靠垫前倾角度经过精密测算，为身体提供稳定支撑，在大重量训练时也可帮助训练者稳定身体位置，防止身体产生向上位移产生代偿，提升身体稳定性和训练效果。气动无极调节座垫，精准适配不同身高训练者，帮助训练者调整适合发力的身体位置，帮助训练者更集中刺激目标肌群。

## 2. Product Overview

**AE8007 is selectorized professional strength training machine specially designed for training the triceps and lower pectoralis major. Boasting exquisite craftsmanship aesthetics and a compact structure, its sculpted lines achieve dual efficiency in space utilization and strength training. The 180° reversible extended handle allows adjustable grip spacing to suit users with different shoulder widths; wide-grip pressing can also effectively activate muscle fibers of the lower pectoralis major.**

**The forward-tilt angle of the ergonomic back cushion is precisely calculated to provide firm body support. It keeps the user stable even during heavy-load training, preventing compensatory upward displacement of the body and enhancing overall stability and training effectiveness. The pneumatic stepless adjustable seat cushion precisely fits users of different heights, enabling them to adjust to the optimal force-bearing posture and achieve targeted stimulation of the major muscle groups.**

## 3. 产品特点 | Key Features



### 180°可反转加长握把

适配不同肩宽人群，宽距下压训练可同步精准激活胸大肌下沿肌群。

### 180°Reversible Extended Handle

Fits users with different shoulder widths; wide-grip pressing enables precise activation of the lower pectoralis major muscles simultaneously.



### 气动无极调节座垫

微八字造型设计，更符合人体工学原理，优化握持支撑角度，受力更合理，有效提升运动体验与支撑舒适度。

### Pneumatic Stepless Adjustment Seat Cushion

Suitable for users of different heights, allowing precise adjustment to the optimal force posture.



### 人体工学背部靠垫

为躯干稳固承托支撑，助力使用者在大重量负荷训练中保持身体姿态稳定。

### Ergonomic Back Cushion

Provides stable torso support and helps users maintain proper body posture during heavy-load training.

## 4. 主要参数

功能分类 Functional	单功能 Single Function
产品尺寸 (长x宽x高) Dimensions (L × W × H)	1329.5×1262×1530mm 52"×50"×60"
产品净重 Net Weight	168kg/370lbs
产品标准配重 Weight Stack Options	105kg/231lbs
产品最大配重 Maximum Weight Stack	117.5kg/259lbs
可承载最大人体重量 Maximum body weight	150kg/331lbs
整机滑轮比 Machine pulley ratio	2:1
主框架管材 Main Frame Tubing	J50×150×3.0mm
动臂管材 Arm Tubing	Φ60*3.0mm