

产品详述

INDIVIDUAL PRODUCT DETAILS

AE8042站姿挺髋训练机 STANDING HIP THRUST



1. 产品卡 Identity Card

型号 (Model) AE8042

中文名 (Chinese Name) 站姿挺髋训练机

英文名 (English Name) STANDING HIP THRUST

主要肌肉 (Primary Muscle) 臀大肌 (Gluteus Maximus)

次要肌肉 (Secondary Muscles) 股四头肌 (Quadriceps Femoris)

一句话点评 (One-line Pitch)

“站姿髋伸负重架构，可调腿垫搭配防滑脚踏，支撑稳、调节灵、发力轨迹标准，全身形适配，专业商用甄选机型。”

"Adopting a standing loaded hip extension structure, fitted with adjustable leg pads and non-slip footrests. It features stable support, flexible adjustment and standard movement trajectory, suitable for users of all body types, an ideal equipment for professional commercial gyms."

2. 产品综述

AE8042 是一款专为臀部与下肢训练打造的插片式专业力量训练设备，重点强化臀部伸展能力与髋关节控制力。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。设备采用站姿负重髋伸设计，使训练过程更符合人体运动链规律，有效激活臀大肌、臀中肌与股二头肌长头等核心肌群，帮助训练者提升臀部力量、下肢稳定性及整体运动表现。

多档可调腿部压垫与防滑脚踏结构，确保不同身高与腿长的用户均能获得理想的发力角度与支撑稳定性，保持骨盆位置稳定，减少腰椎代偿。加长多角度握把提供平衡支撑，适配不同抓握习惯，帮助训练者在负重状态下更自然地完成动作路径。

2. Product Overview

AE8042 is a selectorized professional strength training machine specially designed for glute and lower limb workouts, focusing on enhancing hip extension capability and hip joint control.

It features exquisite craftsmanship aesthetics and a compact structure. Its sculpted lines deliver dual efficiency in space saving and strength training.

Adopting a standing loaded hip extension design, the machine perfectly conforms to the laws of human kinetic chain. It effectively activates core muscle groups including the gluteus maximus, gluteus medius and long head of biceps femoris, helping users improve glute strength, lower limb stability and overall athletic performance.

The multi-position adjustable Leg Roller and non-slip footrest structure enable users with different heights and leg lengths to achieve an optimal force angle and stable support. It maintains pelvic stability and reduces lumbar compensatory movement.

The extended multi-angle grips provide balanced support, accommodate various gripping habits, and allow users to complete the movement trajectory naturally under loaded conditions.

3. 产品特点 | Key Features

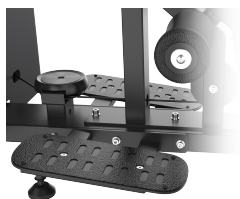


站姿负重髋伸结构

模拟自然发力链，强化臀大肌主导发力，提高髋关节伸展控制能力。

Standing Loaded Hip Extension Structure

Simulates the natural kinetic chain, enhances gluteus maximus dominant force generation, and improves hip extension control capability.



人体工学防滑脚踏

符合脚踝活动范围的倾角设计，防滑稳固，减少下肢代偿，训练更集中。

Ergonomic Non-slip Footrest

Tilt design conforming to the ankle range of motion delivers anti-slip stability, reduces lower limb compensation, and enables more focused training.



多档腿部压垫调节系统

支撑角度与长度可调，适配不同身高与腿长用户，确保力线稳定，发力自然高效。

Multi-position Leg Roller Adjustment System

Adjustable support angle and length accommodate users of different heights and leg lengths, ensuring stable force line and natural, efficient movement.



柔感握把与安全支撑

提供多种引体向上握法，满足不同训练目标与动作路径，提升训练多样性与精准度。

Soft-touch Grips with Safety Support

Skin-friendly textured grips deliver a comfortable balanced hold, enabling users to complete the full range of motion safely under loaded conditions.

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)	1421×826×1530mm 56"×32"×60"
产品净重 Net Weight	144kg/317lbs
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	1:1
主框架管材 Main Frame Tubing	J50×150×3.0mm
动臂管材 Arm Tubing	F60*2.5mm,F50*3.0mm