

产品详述

INDIVIDUAL PRODUCT DETAILS

BR7049 仰卧水平夹胸训练器 CHEST FLY



1. 产品卡 Identity Card

型号 (Model)	BR7049
中文名 (Chinese Name)	仰卧水平夹胸训练器
英文名 (English Name)	CHEST FLY
主要肌肉 (Primary Muscle)	胸大肌(Pectoralis Major)
次要肌肉 (Secondary Muscles)	三角肌前束(Anterior Deltoid)

一句话点评 (One-line Pitch)

“动臂运动轨迹科学贴合胸部肌纤维走向与肩关节自然运动轨迹，实现稳定流畅的夹胸动作，有效激活目标肌群。”

"The motion path of the moving arm scientifically follows the direction of pectoral muscle fibers and the natural movement trajectory of the shoulder joints, enabling stable and smooth chest adduction and effectively activating target muscle groups."

2. 产品综述

BR7049 是一款专为胸大肌训练打造的高端挂片式力量训练设备，外观硬朗，结构坚固，适用于大型商业健身房及高端私教工作室。

其动臂运动轨迹科学贴合胸部肌纤维走向与肩关节自然运动轨迹，实现稳定流畅的夹胸动作，有效激活目标肌群。

360°旋转握把，随动作进程自适应旋转，帮助手腕维持中立状态，防止训练损伤，保障训练安全；搭配自适应动臂，显著提升动作的顺滑度与稳定性，确保每一次夹胸动作都能精准、高效地激活目标肌群。

靠背采用符合人体工学的倾斜角度，为肩胛骨提供稳定支撑；结合气动无极调节的座垫系统，帮助不同体型训练者精准调整至理想发力姿态，使动作轨迹与身体结构高度匹配，训练更高效、精准、安全。

配备脚启动踏杆，减少训练动作启动时肩关节压力，在保障动作行程的同时提升了器械使用的便捷性和安全性。

2. Product Overview

BR7049 is a premium plate-loaded strength machine engineered exclusively for pectoralis major training. Boasting a sturdy build and rugged appearance, it is well-suited for large commercial gyms and high-end personal training studios.

The motion path of the moving arm scientifically aligns with the direction of chest muscle fibers and the natural trajectory of shoulder joints, delivering stable and smooth chest adduction while effectively activating the target muscle groups.

The 360° rotating handles adapt dynamically throughout movements to keep wrists in a neutral position, preventing injuries and ensuring workout safety. Paired with the self-adaptive moving arm, the machine delivers exceptionally fluid and stable motion, enabling precise and efficient activation of target muscles with every chest adduction.

The ergonomically angled backrest provides firm support for the scapulae. Equipped with a pneumatic stepless adjustable seat system, it allows users of all body types to adjust to the optimal exercising posture. The movement path perfectly matches the body structure for more efficient, accurate and safe training.

A foot-activated lever relieves pressure on the shoulder joints at the start of each movement. It maintains a full range of motion, while enhancing the overall usability and safety of the equipment.

3.产品特点 | Key Features



360°自适应旋转握把

自动贴合动作路径，帮助维持手腕中立，减轻关节压力，提升训练安全性与舒适度。

360° Self-Adaptive Rotating Handles

Automatically align with the movement path to keep wrists in neutral position, reduce joint stress and enhance training safety and comfort.



自适应动臂系统

动作顺畅稳定，避免突兀卡顿，提升动作控制感与肌肉激活效率。

Self-Adaptive Movement Arm System

Delivers smooth and stable motion without jitter or stalling, improving movement control and muscle activation efficiency.



人体工学靠背设计

倾斜角度贴合肩胛结构，提供稳定支撑，帮助训练者保持正确姿态，提升训练精度。

Ergonomic Backrest Design

Its inclined angle conforms to the scapular structure for solid support, helping users maintain correct posture and boost training accuracy.



脚启动踏杆

减少动作启动时肩关节压力，提升器械使用便捷性和安全性。

Foot-Activated Lever

Eases shoulder joint pressure at the start of movement, improving equipment usability and safety.

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)	2285x1950x1295mm 090"×77"×51"
产品净重 Net Weight	185kg/408lbs
产品空载起始重量 Starting weight without load	One side 10Kg /22lbs
产品最大承重 Max Load Capacity	One side 50Kg/110lbs
训练把手材质 Training handle material	304不锈钢、滚花 stainless steel、knurling
轴承类型 Bearing type	动臂转动处为连座轴承 boom rotates: spherical bearing
连杆装置 Linkage mechanism	是 YES
主框架管材 Main Frame Tubing	PT50×100×2.5mm
动臂管材 Arm Tubing	RJ50×70×*3.0mm