

产品详述

INDIVIDUAL PRODUCT DETAILS

AE8036 髋外展训练机 ABDUCTOR



1. 产品卡 Identity Card

型号 (Model) AE8036

中文名 (Chinese Name) 髋外展训练机

英文名 (English Name) ABDUCTOR

主要肌肉 (Primary Muscle) 臀中肌 (Gluteus Medius)

次要肌肉 (Secondary Muscles) 臀小肌 (Gluteus Minimus)

一句话点评 (One-line Pitch)

“多档位可调搭配双握把与宽腿托，稳定体态、精准练臀，训练安全高效。”

"Equipped with multi-position adjustment, dual-angle handles and wide thigh supports, this machine stabilizes body posture for precise glute training with safe and efficient workouts."

2. 产品综述

AE8036 是一款专为臀部肌群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。

设备支持坐姿和站姿两种训练模式，全面激活臀中肌与臀小肌，满足从塑形提升到运动表现强化的多样化训练目标。

双角度握把设计，可灵活适配不同身高和抓握习惯用户，站姿训练时提供充足支撑，帮助训练者保持稳定姿态，有效集中臀部发力。

宽大腿档结构为小腿与膝关节提供稳固支撑，限制代偿动作，进一步提高目标肌群的训练精准度。座垫与靠背角度10档调节，帮助训练者在不同屈髋角度下稳定身体，全面刺激臀部肌群，提升臀部发力感受与训练效率。座垫两侧设有辅助握把，增强训练过程中的身体稳定性，确保动作过程顺畅、安全。

2. Product Overview

AE8036 is a selectorized professional strength machine engineered exclusively for gluteal muscle training. Crafted with refined industrial aesthetics and a compact frame, its sculpted contour lines achieve optimal space utilization and training efficiency simultaneously.

The equipment features dual training modes for seated and standing workouts, fully engaging the gluteus medius and gluteus minimus to accommodate a wide range of training goals, from glute shaping enhancement to athletic performance improvement.

Equipped with dual-angle ergonomic handles, it flexibly accommodates users of varying heights and gripping preferences. The handles deliver ample support during standing workouts, enabling trainees to maintain a stable posture and fully isolate gluteal muscle engagement.

The wide thigh gap structure delivers firm support for calves and knee joints, limiting compensatory movements and drastically improving targeting precision for the gluteal muscle group.

The seat and backrest offer 10-position angle adjustment, allowing users to stabilize their bodies under various hip flexion angles for complete glute stimulation, maximizing muscle contraction sensation and training efficiency. Auxiliary side handles mounted on both sides of the seat further boost bodily stability throughout the entire range of motion for smooth, secure training.

3.产品特点 | Key Features

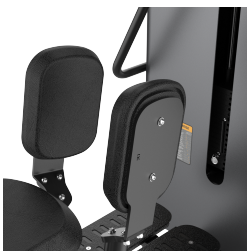


一机双训模式

支持坐姿和站姿两种臀部训练路径，全面激活臀中肌与臀小肌，满足不同训练目标。

Dual Training Modes In One Machine

Supports glute training in both seated and standing positions to fully activate gluteus medius and gluteus minimus, catering to diverse training objectives.



宽大腿档支撑结构

保障小腿与膝关节稳定，减少代偿，确保臀部肌群精准发力。

Wide Thigh Support Frame

It stabilizes calves and knees, reduces compensatory movements, and ensures targeted contraction of gluteal muscles.



双角度握把

提供充足支撑，稳定站姿姿态，灵活适配不同身高和抓握习惯，提升臀部肌群刺激效果。

Dual-Angle Ergonomic Handles

It delivers ample support to stabilize standing posture, accommodates users of various heights and gripping preferences, and enhances stimulation to gluteal muscle groups.



10档调节靠背

通过不同屈髋角度全面刺激臀部肌群。

10-Position Adjustable Backrest

Deliver full stimulation to gluteal muscle groups via varying hip flexion angles.

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)	1700×832×1530mm 67"×32"×60"
产品净重 Net Weight	222kg/489lbs（预估）
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、J50×150×2.5mm
动臂管材 Arm Tubing	J50×100×2.5mm