

产品详述

INDIVIDUAL PRODUCT DETAILS

BR7007 俯身后蹬训练器 REAR KICK



1. 产品卡 Identity Card

型号 (Model) BR7007

中文名 (Chinese Name) 俯身后蹬训练器

英文名 (English Name) REAR KICK

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

次要肌肉 (Secondary Muscles) 腘绳肌 (Hamstrings)

一句话点评 (One-line Pitch)

“跪姿后蹬姿态，有助于训练者保持骨盆位置稳定，臀部发力更精准，减少错误代偿。”

"The quadruped hip kick exercise helps practitioners maintain pelvic stability, engage the glutes more precisely and minimize compensatory movements."

2. 产品综述

BR7007 是一款专为臀部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。

跪姿后蹬姿态，有助于训练者保持骨盆位置稳定，臀部发力更精准，减少错误代偿。

人体工学设计胸靠搭配前方握把，提供稳定支撑，防止晃动，帮助用户保持正确身体姿态。高弹膝部衬垫，为腿部提供稳定支撑，确保用户在训练中保持核心和骨盆稳定，避免关节错误代偿，提升训练针对性。

动臂轨迹精准匹配臀部肌肉活动路径，搭配5档动臂角度调节和7档脚踏杆位置调节，确保不同身高腿长用户都能精准匹配训练姿态，保障用户动作行程和训练准确性，提升训练效果。

2. Product Overview

BR7007 is a premium plate-loaded strength machine specially designed for glute training. Featuring a rugged appearance and robust construction, it is ideal for large commercial gyms and high-end personal training studios.

The quadruped hip kick movement enables users to maintain pelvic stability, activate the gluteal muscles with greater precision and reduce incorrect compensatory movements.

The ergonomic chest support combined with front handles delivers firm stability to prevent body sway and help users maintain proper posture. The high-elastic knee pads offer reliable leg support, keeping the core and pelvis stable throughout workouts, avoiding joint compensation and enhancing training targeting.

The movement arm follows an optimal path that perfectly aligns with the motion of glute muscles. Equipped with 5 adjustable angles for the movement arm and 7 position settings for the footrest, this machine accommodates users of different heights and leg lengths to achieve correct training postures. It ensures full range of motion and precise movement, thus maximizing training effectiveness.

3. 产品特点 | Key Features



更自然合理的身体姿态

跪姿后蹬姿态，有助于用户减少训练过程中无用代偿。

Natural and ergonomic body posture

The quadruped hip kick minimizes unnecessary compensatory movements during workouts.



提供全面稳定的支撑系统

符合人体工程学的靠垫位置设计，匹配辅助握把，保证用户训练过程中的稳定性。

Full and stable support system

Ergonomically positioned pads combined with auxiliary handles ensure stable performance throughout training.



符合肌肉功能的发力路径

动臂摆动轨迹完美契合臀部肌肉功能，训练更精准高效。

Muscle-aligned movement trajectory

The swing path of the movement arm perfectly conforms to glute muscle mechanics for precise and efficient training.



适应更多用户训练习惯的调节系统

5 档动臂角度调节搭配 7 档脚踏杆位置调节，适应不同用户身材和训练习惯。

Adjustable system to suit diverse user habits

5-level angle adjustment for the movement arm and 7-level position adjustment for the footrest accommodate users of different builds and training preferences.

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)	1722mm×1547mm×1381mm 68"×61"×54"
产品净重 Net Weight	158kg/348lbs（预估）
产品空载起始重量 Starting weight without load	18Kg /39lbs（预估）
产品最大承重 Max Load Capacity	100Kg/221lbs
训练把手材质 Training handle material	304不锈钢、滚花 stainless steel、knurling
连杆装置 Linkage mechanism	是 YES
主框架管材 Main Frame Tubing	PT 50×100×2.5mm PT 50×100×3.0mm
动臂管材 Arm Tubing	RJ 50×80×2.5mm