

产品详述 INDIVIDUAL
PRODUCT DETAILS

AE8025 坐姿腿屈伸 / 弯举训练机
LEG CURL/EXTENSION



1.产品卡
Identity Card

型号 (Model)	AE8025
中文名 (Chinese Name)	坐姿腿屈伸 / 弯举训练机
英文名 (English Name)	LEG CURL/EXTENSION
主要肌肉 (Primary Muscle)	股四头肌(Quadriceps), 腓绳肌(Hamstrings)
次要肌肉 (Secondary Muscles)	胫骨前肌(Tibialis Anterior), 腓肠肌(Gastrocnemius)

一句话点评 (One-line Pitch)

“多档位精细化调节搭配精准的膝关节对位设计，可高效完成股四头肌与腓绳肌训练，兼顾训练安全性、舒适度与发力体验。”

"With fine-tuned multi-position adjustments and precise knee-axis alignment design, it enables efficient training for quadriceps and hamstrings, while taking into account training safety, comfort and force-output experience."

2. 产品综述

AE8025 是一款专为股四头肌和腘绳肌训练打造的一体双功能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。可通过坐姿屈伸与弯举两种训练模式全面提升腿部肌群力量与围度。整机结构稳固，调节灵活，适配性强，适用于不同体型与柔韧性水平的训练者。

训练座椅区域采用宽大座垫与单独腿档设计，为双腿提供充分支撑与稳定性。5+1 档压腿垫设计，满足不同训练需求：训练腘绳肌时提供腿部固定支撑，进行股四头肌训练时可收纳不干扰发力路径，搭配握把进一步帮助训练者稳定上半身姿态，提升动作控制与发力感受。

5+4 档动臂调节设计，覆盖不同膝关节活动范围，确保起始位置的合理性与动作行程的完整性。7 档小腿横档调节减少脚踝压力，提升动作舒适性与安全性。7 档靠背调节机制搭配红色醒目转点提示，确保膝关节转动轴与器械动臂完全对齐，实现肌肉受力轨迹与器械运行轨迹的精准匹配。

整机配有双侧握把，训练中帮助上半身保持稳定，防止在高强度训练中出现晃动，有效提升训练专注度与动作表现。

2. Product Overview

AE8025 is an integrated dual-function selectorized professional strength machine purpose-built for quadriceps and hamstring training. It features fine-craft aesthetics, a compact frame and sculpted lines to achieve dual efficiency in space utilization and workout performance. Equipped with two training modes “seated leg extension and leg curl” it can comprehensively boost the strength and muscle mass of leg muscle groups. Boasting a solid frame construction, flexible adjustments and great versatility, it accommodates trainees of all body types and flexibility levels.

The training seat assembly adopts an extra-wide seat pad and an independent thigh pad to deliver ample support and stability for both legs. The 5+1-position adjustable thigh pad accommodates to diverse training requirements: it provides secure leg support during hamstring workouts and can be folded away during quadriceps training without interfering with the force-output path. Combined with handles, it further helps trainees stabilize their upper-body posture and improves movement control as well as muscle-engagement feel.

The moving arm features a 5+4 adjustment system tailored to each training mode, accommodating diverse knee joint ranges of motion. This ensures a proper starting position and a full, natural range of motion for every user. The 7-position leg roller adjustment reduces ankle stress for enhanced workout comfort and safety. The backrest provides 7 adjustment position, highlighted by a prominent red pivot indicator, to ensure that the knee joint aligns perfectly with the machine's rotation axis. This alignment guarantees that muscle force and machine movement follow the same trajectory, maximizing efficiency and performance.

Equipped with dual side handles that help stabilize the upper body during training, prevent unwanted swaying during high intensity sets, and effectively enhance training focus and movement performance.

3.产品特点 | Key Features



兼顾双模式的压腿垫设计

可在腿弯举训练中提供稳固支撑，并在腿屈伸训练中折叠收纳，避免干扰肌肉发力。搭配辅助握把，有效帮助训练者稳定上半身姿态。

Dual-Mode Thigh Pad Design

It delivers firm support during leg curl training and can be folded and stowed for leg extension training to avoid interference with muscle force output. Equipped with auxiliary handles, it effectively assists trainees in stabilizing their upper-body posture.



可调式小腿支撑结构

横档设有 7 档调节，精准贴合不同小腿长度，降低踝关节负担，提升训练过程中的舒适性与安全性。

Adjustable Leg Roller Structure

The leg roller comes with 7-position adjustments to precisely fit different shin lengths, reduce ankle joint stress, and enhance comfort and safety throughout training.



灵活精准的动臂调节系统

动臂具备 5 档 + 4 档与训练模式相匹配的调节角度，适应不同柔韧性与膝关节活动范围的训练者，便于快速找到合理起始位置，保障训练行程完整性。

Flexible and Precision Moving-Arm Adjustment System

The moving arm features 5+4-position adjustment angles matched to respective training modes. It accommodates users with varying flexibility levels and knee joint ranges of motion, enabling quick setup of proper starting positions and guaranteeing full movement travel.



膝关节精准对齐设计

靠背设有 7 档调节，确保膝关节与器械转动轴处于同一运动轨迹，提高肌肉发力效率与动作表现。

Precision Knee-Alignment Design

The backrest offers 7-position adjustments to keep the knee joint in the identical motion trajectory as the machine's pivot axis, boosting muscle force-output efficiency and movement performance.

4.主要参数

功能分类 Functional	双功能 Dual-functional
产品尺寸（长x宽x高） Dimensions (L × W × H)	1385×1250×1525mm 59"×44"×60"
产品净重 Net Weight	215kg/474lbs（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	1:1
主框架管材 Main Frame Tubing	J50×150×3.0mm、J50×100×3.0mm