

产品详述 INDIVIDUAL
PRODUCT DETAILS

AE8040 多功能俯卧挺身训练机
MULTI BACK EXTENSION



1.产品卡
Identity Card

型号 (Model)	AE8040
中文名 (Chinese Name)	多功能俯卧挺身训练机
英文名 (English Name)	MULTI BACK EXTENSION
主要肌肉 (Primary Muscle)	臀大肌(Gluteus Maximus), 腘绳肌(Hamstrings)
次要肌肉 (Secondary Muscles)	竖脊肌(Erector Spinae)

一句话点评 (One-line Pitch)

“多档位调节搭配多姿态训练结构，全面激活后侧链肌群，兼顾训练多样性、使用安全性与发力精准体验。”
"Featuring multi-position adjustments and multi-stance training structure, it fully engages posterior-chain muscle groups while balancing training versatility, operational safety and precise muscle-activation experience."

2. 产品综述

AE8040 是一款专为后侧链肌群训练打造的插片式多功能力量训练器，覆盖竖脊肌、臀大肌、腘绳肌等核心肌群。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。整机结构扎实，模块设计丰富，能支持从脊柱稳定性训练到臀腿肌肉塑形等多样化训练目标，适用于不同水平和体型的训练者。

配备9档调节腿部靠垫，调节便捷、定位精准，可全面适配多种训练姿态。双侧扶手设计，增强动作准备时的身体支撑，上下机更轻松安全。后方高位屈腿脚踏具备6档高度调节功能，贴合不同腿长，优化屈膝角度，帮助臀部发力更集中。前侧小腿靠垫支持5档俯身角度调节，激活后链肌群的深层参与，拓宽训练深度与广度。

双角度宽大防滑踏板以人体工程学为基础，分为水平和倾斜两种模式，既便于上下机，也能根据足背屈伸能力，提供稳定的站位支撑。配重握把位于前方，抓握稳定，能安全有效地提升训练负荷，实现更强的肌肉刺激和训练密度。

2. Product Overview

AE8040 is a selectorized multi-function strength trainer engineered for posterior-chain muscle training, targeting core muscle groups including the erector spinae, gluteus maximus and hamstrings. Boasting fine-craft aesthetics and a compact frame with sculpted lines, it delivers dual efficiency in space utilization and workout performance. Built with a robust structure and rich modular configurations, it supports diverse training objectives ranging from spinal-stability conditioning to glute-leg muscle sculpting, accommodating trainees of all fitness levels and body types.

It features a 9-position adjustable thigh pad for quick, precise positioning to fit a wide variety of training postures. Dual side handles improve body support during setup for easier and safer entry and exit. The rear high-level leg-curl footrest offers 6-position height adjustment to match different leg lengths, optimize knee-bend angles and enable more focused gluteal activation. The front ankle pad provides 5-position incline adjustment to engage deep posterior-chain muscles and expand training depth and range.

The ergonomically designed wide anti-slip dual-angle footplate comes in horizontal and inclined modes. It facilitates machine entry-and-exit and delivers stable stance support according to users' dorsiflexion capability. The front-mounted weight-stack handle ensures a secure grip to safely and effectively increase training load for enhanced muscle stimulation and higher training intensity.

3.产品特点 | Key Features

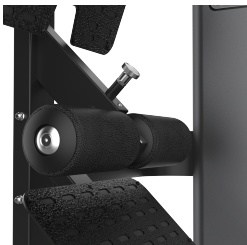


9 档调节腿部靠垫

快速调节，精准匹配不同训练姿态与发力路径，适应多种训练目标。

9-Position Adjustable Thigh Pad

Enables quick adjustments to precisely match various training postures and force-output paths, accommodating multiple training objectives.



5 档小腿靠垫俯身调节

支持多角度前倾训练，有效激活竖脊肌、腘绳肌与臀肌群，增强训练多样性。

5-Position Incline-Adjustable Ankle Pad

Supports multi-angle forward-lean training to effectively engage the erector spinae, hamstrings and gluteal muscles for greater training versatility.



6 档可调高位屈腿脚踏

调节灵活，贴合腿部长度，改善屈膝角度，精准刺激臀部与后侧链肌群。

6-Position Adjustable High-Level Leg-Curl Footrest

Features flexible adjustment to fit varying leg lengths, optimize knee-bend angles and deliver targeted stimulation for glutes and posterior-chain muscle groups.



双角度宽大防滑踏板

水平与倾斜结构结合，便于上下机，提供稳定、舒适的踩踏体验。

Wide Anti-Slip Dual-Angle Footplate

Combines horizontal and inclined configurations for easy machine entry-and-exit and delivers a stable, comfortable stepping experience.

4.主要参数

功能分类 Functional	多功能 Multi-functional
产品尺寸（长x宽x高） Dimensions (L × W × H)	1490×1120×1529mm 59"×44"×60"
产品净重 Net Weight	158kg/348lbs
产品标准配重 Weight Stack Options	80kg/176lbs
产品最大配重 Maximum Weight Stack	105kg/231lbs
可承载最大人体重量 Maximum body weight	150kg/331lbs
主框架管材 Main Frame Tubing	J50×150×3.0mm