

产品详述

INDIVIDUAL PRODUCT DETAILS

BR7002 坐姿上斜胸部推举训练器 SEATED INCLINE CHEST PRESS



1. 产品卡 Identity Card

型号 (Model)	BR7002
中文名 (Chinese Name)	坐姿上斜胸部推举训练器
英文名 (English Name)	SEATED INCLINE CHEST PRESS
主要肌肉 (Primary Muscle)	胸大肌(Pectoralis Major)
次要肌肉 (Secondary Muscles)	三角肌前束(Anterior Deltoid) 肱三头肌(Triceps brachii)

一句话点评 (One-line Pitch)

“轨迹贴合上胸发力，多档位靠背动臂搭配气动坐垫与防滑握把，适配各类身形，训练安全高效。”

"Its movement path aligns perfectly with upper chest muscle contraction. Multi-adjustable arm and backrest, paired with pneumatic stepless seat and knurled grips, fit users of all body types for safe and effective workouts."

2. 产品综述

BR7002 是一款专为胸大肌上束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。

其动臂轨迹精确贴合上胸肌纤维走向，符合肩关节自然运动路径，在保证动作顺畅稳定的同时，有效激活目标肌群。

设备配备大直径金属滚花握把，符合推举类动作的自然抓握姿态，减轻手腕压力，增强动作控制与舒适性。

通过连杆结构，实现了动臂起始位置9档可调，既保障了动作行程，又能适配不同体型用户启动位置要求，确保训练效果，减少启动时肩关节压力。

5档可调靠垫为肩胛骨与躯干提供稳定支撑，结合气动无极调节座垫系统，帮助不同身高与体型的训练者精准找到理想发力姿态，使动作路径与身体结构高度匹配，训练更安全、高效。

2. Product Overview

BR7002 is a premium plate-loaded strength machine specially designed for training the upper pectoralis major. Featuring a rugged appearance and robust construction, it is ideal for large commercial gyms and high-end personal training studios.

The arm movement trajectory precisely follows the muscle fibers of the upper chest and conforms to the natural movement path of the shoulder joint, enabling smooth, stable motions while effectively activating target muscle groups.

Equipped with large-diameter metal knurled grips that fit the natural grasping posture for pressing movements, the machine relieves wrist strain and improves motion control and comfort.

A linkage structure delivers 9-position adjustment for the starting point of the moving arm, which guarantees full range of motion, accommodates users of all body sizes, optimizes training performance and reduces shoulder joint pressure at the start of each rep.

The 5-position adjustable back pad delivers stable support for the scapulae and torso. Combined with a pneumatic stepless seat adjustment system, it allows trainers of all heights and body types to easily achieve an optimal force-generating posture with perfectly aligned movement paths, delivering safer and more efficient workouts.

3.产品特点 | Key Features



大直径金属滚花握把

提供舒适握感，减轻手腕负担，增强推举动作的控制性与安全性。

Large-Diameter Metal Knurled Grips

Delivers comfortable holding feel, reduces wrist fatigue, and enhances control and safety during pressing movements.



气动无极调节座垫

实现快速精准的高度调节，确保训练姿态与发力路径自然贴合，适配不同体型用户需求。

Pneumatic Stepless Adjustable Seat

Enables fast and precise height adjustment to align training posture and force trajectory naturally, suitable for users of all body shapes.



刺激全面的调节系统

9档动臂调节配合5档靠背角度调节，既满足了不同体型训练者的训练要求，又可通过不同角度的推举动作对上胸进行全方位、多角度的充分刺激。

Comprehensive Multi-Adjustment System

9-position movable arm adjustment paired with 5-position backrest angle adjustment accommodates trainers of all body types, while varied pressing angles deliver complete, multi-angle stimulation to the upper chest.



防滑脚踏

避免发力时器械移位，保障训练安全和训练效果。

Anti-Slip Footplate

Prevents machine shifting under load to secure safe training and optimal workout performance.

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)	1970mm×1845mm×1425mm 77"×72"×56"
产品净重 Net Weight	238Kg/525lbs
产品空载起始重量 Starting weight without load	8Kg /17lbs
产品最大承重 Max Load Capacity	One Side 150Kg/331lbs
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	PT50×100×2.5mm
动臂管材 Arm Tubing	RJ50×70×*3.0mm