

产品详述 INDIVIDUAL  
PRODUCT DETAILS

BR7045 仰卧水平推举训练器  
HORIZONTAL BENCH PRESS



1.产品卡  
Identity Card

|                          |                                                  |
|--------------------------|--------------------------------------------------|
| 型号 (Model)               | BR7045                                           |
| 中文名 (Chinese Name)       | 仰卧水平推举训练器                                        |
| 英文名 (English Name)       | HORIZONTAL BENCH 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)<br>肱三头肌(Triceps brachii) |

一句话点评 (One-line Pitch)

“贴合人体发力轨迹的动臂以及多档可调起始位，可精准刺激胸大肌，有效减轻肩腕代偿负担。”  
"The moving arm follows natural human movement trajectory with multi-position adjustable starting points, enabling precise activation of the pectoralis major and effectively reducing compensatory stress on shoulders and wrists."

## 2. 产品综述

**BR7045** 是一款专为胸大肌训练打造的高端挂片式力量设备，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。

其动臂运行轨迹科学贴合胸部肌纤维排列方向与肩关节自然活动路径，确保推举动作稳定顺畅，有效激活目标肌群，提升训练效率。

设备配备大直径金属滚花握把，贴合推举时的自然抓握姿势，增强防滑性能，减轻手腕压力，增强动作控制感与训练安全性。

通过连杆结构，实现了动臂起始位置5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。人体工学靠背为躯干与肩胛骨提供稳定支撑，帮助训练者在动作过程中保持正确姿势，确保发力路径精准，避免代偿，全面提升训练体验。

## 2. Product Overview

The BR7045 is a high-end plate-loaded strength machine specially engineered for pectoralis major training. Featuring a rugged appearance and robust construction, it is ideal for large commercial gyms and premium personal training studios.

Its moving arm adopts an ergonomic movement path that perfectly aligns with the orientation of chest muscle fibers and the natural motion range of shoulder joints, delivering smooth and stable pressing movements to fully engage target muscle groups and maximize training efficiency.

The machine is fitted with large-diameter knurled metal handles that conform to natural gripping postures during pressing. They offer superior anti-slip performance, relieve wrist strain, improve movement control and boost overall training safety.

Equipped with a connecting linkage system, the moving arm comes with 5 adjustable starting positions. This design guarantees full range of motion, accommodates users of all body types, optimizes training performance and alleviates shoulder joint stress at the starting phase.

The ergonomic backrest provides solid support for the torso and scapulae, guiding users to maintain proper posture throughout the movement. It ensures precise force transmission, avoids compensatory movements and greatly elevates the overall training experience.

### 3.产品特点 | Key Features



#### 科学轨迹，精准发力

动臂轨迹贴合胸大肌纤维走向与肩关节活动路径，实现高效肌肉激活。

#### Ergonomic Trajectory, Precise Muscle Activation

The moving arm's trajectory aligns with the fiber orientation of the pectoralis major and the natural movement path of shoulder joints to achieve efficient muscle activation.



#### 大直径金属滚花握把

安全防滑，减少手腕压力，提升推举动作的稳定性和安全性。

#### Large-diameter knurled metal handles

Offers secure anti-slip grip, reduces wrist pressure, and enhances stability and safety during pressing movements.



#### 5档可调动臂

适应不同体型用户启动位置要求，保证训练效果，减少关节压力。

#### 5-position adjustable moving arm

Suitable for users of various body types to customize starting positions, optimize training results and minimize joint stress.



#### 人体工学靠背支撑

为肩胛骨与躯干提供稳定支撑，保障动作路径规范，提升训练效果。

#### Ergonomic backrest support

It delivers stable support for scapulae and torso to standardize movement paths and boost training effectiveness.

## 4.主要参数

|                                          |                                       |
|------------------------------------------|---------------------------------------|
| 功能分类<br>Functional                       | 单功能<br>Single Function                |
| 产品尺寸（长x宽x高）<br>Dimensions (L × W × H)    | 1647mm×2165mm×1040mm<br>65"×85"×41"   |
| 产品净重<br>Net Weight                       | 131kg/289lbs                          |
| 产品空载起始重量<br>Starting weight without load | 11kg/24lbs(预估)                        |
| 产品最大承重<br>Max Load Capacity              | 300kg/661lbs                          |
| 训练把手材质<br>Training handle material       | 304不锈钢、滚花<br>stainless steel、knurling |
| 连杆装置<br>Linkage mechanism                | 是<br>YES                              |
| 主框架管材<br>Main Frame Tubing               | PT50×100×2.5mm                        |