

产品详述 INDIVIDUAL
PRODUCT DETAILS

BR7057 水平/下斜胸部推举训练器
SMITH FLAT /DECLINE CHEST PRESS



1.产品卡
Identity Card

型号 (Model)	BR7057
中文名 (Chinese Name)	水平/下斜胸部推举训练
英文名 (English Name)	SMITH FLAT /DECLINE CHEST PRESS
主要肌肉 (Primary Muscle)	胸大肌下部 (Lower Pecs), 胸大肌中部 (Mid Pecs)
次要肌肉 (Secondary Muscles)	肱三头肌 (Triceps), 前束三角肌 (Anterior Deltoids)

一句话点评 (One-line Pitch)

“多档位可调双模式胸推器械，精准集中刺激胸大肌中下束，稳定顺滑的运动轨迹兼顾训练效能与使用安全性，适配高端商业健身场景。”

"Multi-adjustable dual-mode chest press for focused stimulation of mid & lower pecs. Smooth stable motion ensures efficient and safe training, perfect for premium commercial fitness venues."

2. 产品综述

BR7057 是一款专为胸部力量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。设备支持平板卧推与下斜卧推两种经典训练模式，采用线性导轨系统，确保推举动作轨迹顺畅稳定，发力自然高效。内收式运动轨迹设计，更好地贴合胸大肌纤维走向，使目标肌群的刺激更加充分与集中。

分动式推举握把具备 6 档高度调节，可适配不同身高与臂展训练者的需求，并支持单侧孤立训练，帮助用户提升动作控制力和肌肉针对性。靠背具备 5 档角度调节，范围覆盖 0° 至 -18°，可全面激活胸大肌中下束，实现从胸部宽度的展开到厚度的强化。

自适应腿部横档在下斜训练中为身体提供稳定支撑，训练结束后可快速回位，方便用户下机。加长辅助起身握把，帮助训练者在下斜训练结束后轻松坐起，进一步提升器械使用体验。靠垫位置具备 15 档单手调节功能，搭配加长调节握把，操作轻松快捷，保证动作轨迹与目标肌群发力的高度契合，同时有效降低关节压力，让训练更加安全高效。

2. Product Overview

BR7057 is a premium plate-loaded strength machine engineered for chest strength training. Boasting a rugged appearance and robust construction, it is suitable for large commercial gyms and high-end personal training studios.

The machine supports two classic training modes: flat chest press and decline chest press. Equipped with a linear guide rail system, it delivers a smooth and stable pressing trajectory for natural and efficient force output. The convergent movement path aligns optimally with the muscle fibers of the pectoralis major, enabling sufficient and concentrated stimulation of target muscles.

The independent pressing handles feature 6-level height adjustment to accommodate users of varying heights and arm spans. Unilateral isolated training is available to enhance movement control and targeted muscle engagement. The backrest offers 5-position angle adjustment ranging from 0° to -18°, fully activating the mid and lower pectoralis major to expand chest width and build thickness.

The adaptive leg hold-down provides stable body support during decline training and can retract quickly after workouts for easy user exit. Extended assist grab handles help trainees sit up effortlessly upon finishing decline exercises, greatly improving user experience.

The back pad comes with 15-position one-hand adjustment paired with an extended adjustment handle for quick, effortless operation. It ensures perfect coordination between movement trajectory and target muscle activation while effectively reducing joint stress for safer and more effective training.

3.产品特点 | Key Features

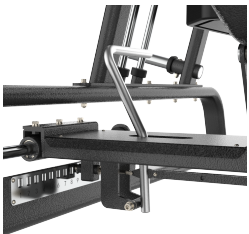


6 档分动式推举握把

灵活适配不同身高与训练模式，支持单侧孤立训练，提升动作控制与针对性。

6-position independent pressing handles

Flexibly accommodates users of different heights and various training modes. Unilateral isolated training is supported to improve movement control and muscle targeting.



15 档单手调节靠垫

单手操作轻松快捷，精准匹配不同训练模式，保障动作轨迹自然，减少关节压力。

15-position one-hand adjustable back pad

Quick and easy one-hand adjustment for precise alignment with different training modes, delivering natural motion paths and minimizing joint pressure.



5 档角度调节靠背

覆盖 0° 至 -18° 的推举角度，全面刺激胸大肌中下束，满足不同训练目标。

5-position adjustable backrest

Covers pressing angles of 0° to -18°, delivers comprehensive stimulation to mid & lower pecs for varied training objectives.



辅助起身握把

帮助训练者在下斜训练后轻松起身，提升训练安全与便捷性。

Assist grab handles

Enables easy rising post decline exercise, improving safety and usability.

4.主要参数

功能分类 Functional	双功能 Dual-Function
产品尺寸（长x宽x高） Dimensions (L × W × H)	2235mm×1854mm×1790mm 88"×73"×70"
产品净重 Net Weight	275Kg/606lbs（预估）
产品空载起始重量 Starting weight without load	One side 8.6Kg /19lbs（预估）
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
主框架管材 Main Frame Tubing	PT50×100×2.5mm