

产品详述 INDIVIDUAL PRODUCT DETAILS

AE8014 坐姿腿屈伸训练机 SEATED LEG EXTENSION



1. 产品卡 Identity Card

型号 (Model)

AE8014

中文名 (Chinese Name)

坐姿腿屈伸训练机

英文名 (English Name)

SEATED LEG EXTENSION

主要肌肉 (Primary Muscle)

股四头肌 (Quadriceps femoris)

一句话点评 (One-line Pitch)

“凭借多孔位调节盘与关节转点设计适配各类身材，实现股四头肌高效孤立训练，是腿部屈伸训练的革新之作。”

"Featuring a multi-position adjustment disc and pivot joint design to accommodate users of all body types, it delivers efficient isolated training for the quadriceps, representing an innovative breakthrough in leg extension workouts."

2. 产品综述

AE8014 坐姿腿屈伸训练机是一款定位专业商用、适配高端健身场景的插片式力量训练设备，主打精准股四头肌孤立训练，凭借革新化结构设计与人性能调节功能，打破传统腿部训练设备的局限，重塑腿部屈伸训练体验，是健身房、高端私教工作室及专业体能训练空间的核心下肢训练器械。设备聚焦股四头肌专项发力逻辑，精准复刻腿部屈伸运动轨迹，规避代偿发力问题，让每一次腿部屈伸训练都高效聚焦肌群、力量饱满扎实，为专业练腿提供标准化、高质量的训练解决方案。

在核心结构设计上，本品搭载革命性多孔位调节盘与精准关节转点系统，是区别于传统同类器械的核心优势。设备依托科学人体运动工学打造轴心对位结构，可精准贴合人体膝关节运动轨迹，有效规避训练过程中关节受压、发力偏移等问题。多档位多孔位的调节设计兼容性极强，不局限于单一身材维度，可针对不同身高、腿长、体态的训练者，精准微调训练角度与发力幅度，适配各类人群的训练需求，让每位使用者都能获得量身定制般的贴合体验，最大化激活股四头肌肌群，强化肌肉收缩质感，彻底解决传统器械适配性差、发力空泛、肌群刺激不到位的痛点。

2. Product Overview

The AE8014 Leg Extension Machine is a commercial-grade strength equipment built for premium fitness environments. Engineered for precise isolated quadriceps training, it breaks the limitations of conventional leg machines with innovative structural design and user-friendly adjustment functions to redefine the leg extension training experience. It serves as a core lower-body trainer for gyms, high-end personal training studios and professional performance facilities. Centered on the biomechanics of quadriceps activation, the machine accurately replicates the kinematic path of leg extension and minimises compensatory movement. Every repetition delivers focused muscle engagement and solid power output, offering a standardised, high-quality training solution for professional leg workouts.

In terms of core structural design, the revolutionary multi-position adjustment disc and precision pivot joint system constitute its key advantage over traditional counterparts. Built on scientific human movement biomechanics with aligned pivot geometry, the machine closely follows the natural motion path of the human knee joint, effectively reducing joint stress and force misalignment during training. Its multi-setting, multi-position adjustment system boasts outstanding versatility. Suitable for users with different heights, leg lengths and body types, it allows fine tuning of training angle and range of motion to meet varied training needs. Every user enjoys a custom-fit feel that maximises quadriceps activation and enhances muscle contraction, resolving common drawbacks of traditional machines such as poor body compatibility, weak force transmission and insufficient muscle stimulation.

3.产品特点 | Key Features



精妙调节 生物力学精工之作

打造脚踝 7 档锁定、膝部 和背垫7 档多维调节系统。无论训练者身材条件、柔韧度差异，都可快速匹配专属训练姿态，获得贴合身体的定制化训练感受。

Precision Adjustment, Masterwork of Biomechanics

It features a multi-adjustment system with 7-position ankle locking, 7-position knee adjustment and 7-position back pad adjustment. Regardless of users' body types or flexibility levels, it can quickly match personalized training postures and deliver a custom-fit training experience.



准膝关节转点，收缩更到位

经过大量的生物力学实验，确定了最佳的转点位置，与人体膝关节运动轴心完美契合，让您的股四头肌训练，事半功倍。

Precise Knee Pivot for Optimal Muscle Contraction

Extensive biomechanical tests have determined the optimal pivot point, which perfectly aligns with the natural rotational axis of the human knee joint, making quadriceps training far more efficient.



宽大坐垫，支撑更到位

宽大坐垫为膝关节后侧上方提供足够的支撑，充分确保稳定性和安全性。

Wide Seat Pad for Superior Support

The wide seat pad provides ample support above the back of the knee, fully ensuring stability and safety during training.

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)	1380×1240×1525mm 54"×49"×60"
产品净重 Net Weight	185kg/408lbs（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
动臂管材 Moving Arm Tubing	J50×100×3.0mm