

产品详述

INDIVIDUAL PRODUCT DETAILS

AE8028 外展高位下拉训练机 LAT PULLDOWN CIRCULAR



1. 产品卡 Identity Card

型号 (Model)	AE8028
中文名 (Chinese Name)	外展高位下拉训练机
英文名 (English Name)	LAT PULLDOWN CIRCULAR
主要肌肉 (Primary Muscle)	背阔肌(Latissimus Dorsi), 大圆肌(Teres Major)
次要肌肉 (Secondary Muscles)	菱形肌(Rhomboids), 斜方肌中下部(Middle & Lower Trapezius)

一句话点评 (One-line Pitch)

“依托贴合人体发力轨迹的结构设计与多部位可调支撑，可均衡刺激背部肌群、减少代偿，适配多元体型，高效塑造背部轮廓。”

"With a structural design that follows the human movement trajectory and multi-point adjustable supports, it delivers balanced stimulation to back muscles while minimizing compensation, suitable for a wide range of body types to efficiently sculpt the back contour."

2. 产品综述

AE8028 是一款专为背部核心肌群打造的高端插片式力量训练设备，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。设备配备多角度加长握把，支持从正握、对握到宽握、窄握的多种握法，全面激活背阔肌、大圆肌与斜方肌，兼顾背部宽度与厚度的训练目标，满足个性化训练需求。

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分动式动臂设计避免代偿，促进左右肌力均衡发展；倾斜活动路径，更贴合上背部肌肉发力时肩部复合体运行轨迹，肌肉刺激更充分；前侧3档可调胸靠为身体提供额外支撑，保证训练过程中动作稳定，确保肌肉刺激精准。气动无级调节座垫与4档可调腿档可灵活适配不同体型，确保训练过程中动作稳定、发力自然，全面提升训练体验与效果。

2. Product Overview

The AE8028 is a premium selectorized strength machine engineered for the core back muscles. Boasting refined craftsmanship aesthetics and a compact structure, its sculpted lines achieve both space efficiency and powerful performance. Equipped with multi-angle extended handles, the machine supports multiple grips including overhand, neutral, wide and narrow grips to fully activate the latissimus dorsi, teres major and trapezius, helping build both back width and thickness to meet personalized training goals.

Its independent moving arm design reduces compensatory movement and balances strength development on both sides. The inclined motion path aligns with the biomechanical trajectory of the shoulder complex during upper-back contraction for fuller muscle engagement. A 3-position adjustable chest support pad at the front delivers extra stabilization, securing proper form and precise muscle targeting during workouts. The pneumatic infinitely adjustable seat and 4-position thigh roller flexibly accommodate users of all body types, ensuring stable movements and natural muscle activation to fully elevate training experience and results.

3. 产品特点 | Key Features



多角握把 全面激活

加长握把支持多种握法与握距，激活背部核心肌群，满足不同训练目标。

Multi-Angle Handles Full Muscle Activation

Extended handles support multiple grip types and widths to engage core back muscles and meet varied training goals.



独立动臂 平衡发力

分动式设计避免代偿，帮助左右背部肌力与肌肉体积均衡发展。

Independent Moving Arms Balanced Force Output

Split-arm design reduces compensatory movement and promotes balanced strength & muscle volume on left and right back.



可调胸靠 稳定支撑

3档可调胸部靠垫，为动作提供额外支撑，增强动作控制力与训练专注度。

Adjustable Chest Support Stable Bracing

3-position adjustable chest pad offers extra support, improving form control and training focus.



灵活调节 适配多样

气动座垫与4档腿档调节结构，轻松适配不同身形，确保动作稳定舒适。

Flexible Adjustment Universal Fit

Pneumatic seat and 4-position thigh roller system easily accommodates different body shapes for stable, comfortable movements.

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)	1570×1200×1980mm 62"×47"×78"
产品净重 Net Weight	230kg/507lbs（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	Φ50×2.5mm