产品详述 INDIVIDUAL PRODUCT DETAILS

BR7024 T杆划船训练器
T-BAR ROW

1.产品卡
Identity Card

型号 (Model)	BR7024
中文名 (Chinese Name)	T杆划船训练器
英文名 (English Name)	T-BAR ROW
主要肌肉 (Primary Muscle)	背阔肌 (Latissimus Dorsi)
次要肌肉 (Secondary Muscles)	大圆肌 (Teres Major) 斜方肌 (Trapezius)

一句话点评 (One-line Pitch)

“兼顾坚固耐用的商用品质与精准全面的背部肌群塑形效果，是商业健身房打造高效背部训练的优选高端器械。”

"Boasting durable commercial-grade construction and delivering targeted, all-round sculpting of back muscles, this premium equipment is an ideal choice for commercial gyms to build efficient back training zones."

2.产品综述

BR7024 是一款专为背部核心肌群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。

设备配备4档可调万向握把，支持从宽握到窄握的多种握距与握法，精准激活背阔肌、斜方肌、菱形肌等肌群，兼顾宽度展开与厚度雕刻，满足不同训练需求。

握把放置架高度经精准计算，适配不同臂展用户，拿取便捷，训练衔接更流畅。人体工学胸靠设计有效优化重心分布，显著降低下背部压力，采用高弹材质缓解胸部压迫感，保障高强度训练中的舒适与安全。7档可调防滑脚踏适配不同身高，协助训练者找到适宜发力角度，进一步提升训练质量与感受。

2. Product Overview

The BR7024 is a premium plate-loaded strength trainer engineered exclusively for back and core muscle groups. Featuring a rugged look and heavy-duty solid frame, it is ideal for large commercial gyms and high-end private training studios.

Equipped with a 4-position adjustable multi-angle handle, it accommodates a full range of wide to narrow grips to precisely target latissimus dorsi, trapezius, rhomboids and other back muscles. It builds both back width and thickness to cover all training requirements.

The height-optimized handle rack fits users with varying arm spans for quick, seamless grip switching between sets. Its ergonomic high-resilience chest pad redistributes body weight to drastically reduce lumbar strain while easing chest compression, delivering lasting comfort and safety during high-intensity workouts. The 7-position non-slip footplate caters to users of all heights, helping trainees lock into optimal force angles and maximize stimulation on the upper and lower back for superior training performance.

3.产品特点 | Key Features

4档调节万向握把

提供多角度、多握距训练方式，全面激活背部核心肌群，满足多样化训练需求。

4-position adjustable multi-grip handle

Enables multi-angle & variable grip training to fully engage back and core muscles, catering to diverse workout demands.

人体工学高弹胸靠

优化训练重心，减轻下背部与胸腔负担，提升训练舒适性与安全性。

Ergonomic high-resilience chest pad

Optimizes weight distribution during workouts, relieves strain on the lower back and chest, and enhances training comfort and safety.

7档防滑脚踏

满足不同身高与站姿要求，助力精准发力，增强上背与下背刺激效果。

7-position non-slip foot plate

Accommodates users of all heights and stances, facilitates proper force exertion, and intensifies stimulation on both upper and lower back muscles.

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)	2269mm×1425mm×1285mm 89"×56"×50"
产品净重 Net Weight	140kg/309lbs
产品空载起始重量 Starting weight without load	25kg/55lbs（预估）
产品最大承重 Max Load Capacity	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	否 NO
主框架管材 Main Frame Tubing	PT 50×100×2.5mm PT 40×80×2.5mm RJ 50×70×3.0mm J 30×70×2.0mm