

产品详述 INDIVIDUAL PRODUCT DETAILS

BR7026 坐姿前位下拉训练器 SEATED FRONT PULLDOWN



1. 产品卡 Identity Card

型号 (Model)	BR7026
中文名 (Chinese Name)	坐姿前位下拉训练器
英文名 (English Name)	SEATED FRONT PULLDOWN
主要肌肉 (Primary Muscle)	背阔肌 (Latissimus Dorsi)
次要肌肉 (Secondary Muscles)	大圆肌 (Teres Major)

一句话点评 (One-line Pitch)

“拥有贴合人体发力的动臂轨迹与自适应摆荡握把，搭配多位置可调座垫腿挡，阻力曲线科学，可精准全方位刺激背部肌群。”

"Equipped with a motion arm path aligned with human biomechanics and self-adaptive swinging handles, paired with multi-position adjustable seat and leg hold-downs, it features a scientific resistance curve to deliver precise and full-range stimulation of the back muscles."

2. 产品综述

BR7026 是一款专为背部肌群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与高端私教工作室。设备动臂运动轨迹贴合背部肌纤维走向，符合肩关节自然运动模式，动作顺畅，肌肉刺激精准，训练感受舒适。

自适应摆荡握把设计支持从宽握到窄握的不同抓握需求，同时可适应不同体型训练者不同轨迹要求，可精准激活背阔肌、大圆肌、斜方肌等核心背部肌群，兼顾背部宽度与厚度的全方位训练需求，满足个性化训练目标。

无级调节座垫搭配3档可调腿部横档适配不同身高腿围用户，支撑稳固且舒适，在保障动作路径与器械运行轨迹契合的同时，也提升了训练的稳定性与效率。

阻力曲线契合背部相关肌肉力量输出曲线，贴合肌肉发力需求，确保刺激精准、有效。

2. Product Overview

The BR7026 is a premium plate-loaded strength machine engineered for back muscle training. Featuring a rugged appearance and robust construction, it is ideal for large commercial gyms and high-end personal training studios.

The motion arm follows the muscle fiber line of the back and matches the natural movement pattern of the shoulder joint, delivering smooth movement, precise muscle activation and a comfortable training experience.

Designed with self-adaptive swinging handles, it accommodates grips from wide to narrow, and adapts to varied movement paths for users of different body types. It precisely targets core back muscles including latissimus dorsi, teres major and trapezius, enabling comprehensive training for both back width and thickness to meet individualized training goals.

The infinitely adjustable seat paired with a 3-position adjustable leg hold-down offers stable and comfortable support for users with different heights and leg circumferences. It maintains consistent movement alignment with the machine's travel path while improving training stability and efficiency.

Its resistance curve aligns with the force output curve of back muscles to match muscle contraction requirements, ensuring accurate and effective muscle stimulation.

3. 产品特点 | Key Features



连杆结构

降低杠铃片挂棒高度，使用更轻松。

Linkage Structure

Reduces the height of the weight plate holder for easier operation.



阻力曲线贴合肌肉输出曲线

提高肌肉刺激效果。

Resistance Curve Matches Muscle Force Output Curve

Enhances muscle stimulation effectiveness.



自适应摆荡握把

适应不同体型训练者轨迹要求，肌肉刺激更精准。

Self-adaptive Swinging Handles

Accommodate movement paths for users of different body types to achieve more precise muscle stimulation.



适应性更广的座垫调节系统

无级调节座垫，搭配3档可调腿档，适应不同身高、体型用户。

Wider-range Adjustable Seat System

Infinitely adjustable seat combined with a 3-position leg hold-down to suit users of varying heights and body builds.

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)	2143mm×1567mm×2113mm 84"×61"×83"
产品净重 Net Weight	216Kg/476lbs（预估）
产品空载起始重量 Starting weight without load	20Kg /44lbs（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
连杆装置 Linkage mechanism	是 Yes
主框架管材 Main Frame Tubing	PT 50×100×2.5mm
动臂管材 Arm Tubing	RJ 50×70×2.5mm(R12)