

产品详述 INDIVIDUAL PRODUCT DETAILS

BR7056 上斜胸部/坐姿肩部推举训练器 SMITH INCLINE CHEST/SHOULDER PRESS



1. 产品卡 Identity Card

型号 (Model)	BR7056
中文名 (Chinese Name)	上斜胸部/坐姿肩部推举训练器
英文名 (English Name)	SMITH INCLINE CHEST/SHOULDER PRESS
主要肌肉 (Primary Muscle)	胸大肌上部 (Upper Pecs), 三角肌前束 (Anterior Del)
次要肌肉 (Secondary Muscles)	肱三头肌 (Triceps)

一句话点评 (One-line Pitch)

“双模式切换、全维度多档可调搭配分动顺滑运动轨迹，精准刺激上胸与肩前束。”

"Dual-function convertible, fully adjustable independent smooth convergent path for targeted upper chest & anterior delt training."

2. 产品综述

BR7056 是一款专为上肢推力量训练打造的高端挂片式力量设备，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。

设备支持上斜卧推与坐姿推举两种经典训练模式，结合线性导轨与内收式运动轨迹设计，使动作更加顺畅、稳定，轨迹更贴合胸大肌纤维与肩关节自然活动路径，确保目标肌群得到充分而集中的刺激。

分动式推举握把具备 6 档高度调节，既能满足不同身高和臂展训练者的需求，也可支持单侧孤立训练，帮助用户增强动作控制与肌肉针对性。靠背角度 11 档可调，覆盖 30° 至 80° 角度范围，精准激活胸大肌上束与三角肌前束，满足不同的训练目标与发力需求。座垫具备 7 档高度调节功能，帮助训练者找到符合人体工学的发力姿态，提升训练效率与舒适度。

靠垫位置可实现 30 档单手调节，配合加长调节握把，操作轻松便捷，使动作轨迹与肌肉发力高度匹配，减少关节压力，提升训练安全性。配备创新型可收纳防滑脚踏杆，适配不同踩踏习惯，进一步增强身体稳定性，确保在高强度训练中保持安全可靠的经验。

2. Product Overview

BR7056 is a premium plate-loaded strength machine engineered for upper-body pushing training. Boasting a robust aesthetic and heavy-duty frame, it is ideal for large commercial gyms and high-end personal training studios.

This unit offers two classic training modes: incline chest press and seated shoulder press. Equipped with linear guide rails and a convergent movement path, it delivers smooth, stable motion that aligns naturally with pectoral muscle fibers and shoulder joint biomechanics, enabling focused, complete activation of target muscle groups.

Its independent press handles feature 6-position height adjustment, accommodating users of varying heights and arm spans while allowing unilateral isolation training to boost movement control and targeted muscle engagement. The backrest adjusts through 11 positions ranging from 30° to 80°, precisely activating the upper pectoralis major and anterior deltoids to satisfy diverse training objectives and force output preferences. The 7-level adjustable seat pad enables trainees to adopt ergonomically optimal postures for improved training efficiency and comfort.

The back cushion supports 30-position one-handed adjustment with an extended adjustment grip for effortless operation. This design optimizes alignment between movement trajectory and muscle contraction, minimizing joint stress and enhancing training safety. It also comes with an innovative retractable anti-slip foot bar to suit varied foot placement habits, further stabilizing the body and delivering secure, reliable performance during high-intensity workouts.

3. 产品特点 | Key Features



6 档可调分动式握把

满足不同身高与训练模式需求，支持单侧孤立训练，提升动作控制与肌肉针对性。

6-position Adjustable Independent Press Handles

Accommodates users of all heights and diverse training modes, enables unilateral isolation training, and enhances movement control as well as targeted muscle activation.



7 档座垫高度调节

适配不同身高训练者，帮助用户找到符合人体工学的最佳发力姿态。

7-Position Adjustable Seat Pad Height

Accommodates trainees of different heights and enables users to find the optimal ergonomic force-exertion posture.



11 档角度调节靠背

提供 30° 至 80° 角度范围，有效激活胸大肌上束和三角肌前束，满足多样化训练目标。

11-Position Adjustable Angle Backrest

It covers an angle range from 30° to 80°, effectively activating the upper pectoralis major and anterior deltoids to fulfill a wide variety of training goals.



30 档靠垫位置单手调节

配合加长调节握把，操作轻松快捷，提升动作与肌群的契合度，减少关节压力，确保安全。

30-Position One-Hand Adjustable Back Cushion

Equipped with an extended adjustment grip for effortless, quick operation. It optimizes the alignment between movement trajectory and muscle contraction, lessens joint stress, and guarantees safe training.

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)	1884mm×1854mm×2210mm 74"×73"×87"
产品净重 Net Weight	278Kg/613lbs
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 100Kg/221lbs
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