

产品详述 INDIVIDUAL
PRODUCT DETAILS

BR7069 维京推举训练器
VIKING PRESS



1.产品卡
Identity Card

型号 (Model)	BR7069
中文名 (Chinese Name)	维京推举训练器
英文名 (English Name)	VIKING PRESS
主要肌肉 (Primary Muscle)	三角肌前束 (Anterior Deltoid)
次要肌肉 (Secondary Muscles)	肱三头肌 (Triceps Brachii)

一句话点评 (One-line Pitch)

“科学运动轨迹贴合肩前束肌纤维与肩关节活动，平缓下降阻力可减轻动作末端核心负荷，保障训练姿态、安全与效果。”

"Scientific movement path matches anterior deltoid fibers and shoulder motion; smooth descending resistance eases core strain at end range, securing correct form, safety and training results."

2. 产品综述

BR7069 是一款专为三角肌前束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。其动臂运动轨迹科学贴合三角肌前束肌纤维走向与肩关节自然运动轨迹，实现稳定流畅的推举动作，有效激活目标肌群。

动臂高度5档调节，适配不同身高人群调整适合自己的起始位置，握把角度5档调节，适配不同抓握习惯和肩关节活动度人群，方便保持核心稳定。缓和的下降阻力曲线，在动作末端时减少核心压力，帮助用户保持正确训练姿态，提升训练安全和效果。

2. Product Overview

BR7069 is a premium plate-loaded strength machine engineered for anterior deltoid training. Boasting a rugged appearance and robust construction, it is ideal for large commercial gyms and high-end personal training studios. Its arm follows a scientific movement path that conforms to the fiber direction of the anterior deltoid and the natural kinematics of the shoulder joint, delivering stable and smooth pressing motion to effectively activate the target muscle group.

The arm height features 5-position adjustment to set the optimal starting position for users of different heights, while the grip angle also offers 5-position adjustment to suit various gripping styles and shoulder mobility, facilitating core stability. With a gradual descending resistance curve, it reduces core strain at the end of the movement, helping users maintain proper form and enhancing training safety and effectiveness.

3.产品特点 | Key Features



结构稳固，运行稳定

高强度结构设计与精良工艺，保障设备在高频使用下依然稳定、安全。

Solid Construction & Stable Operation

High-strength structural design and exquisite craftsmanship ensure stable and safe equipment performance under heavy frequent usage.



满足不同用户需求的调节

5 档动臂起始高度调节搭配 5 档握把角度调节，满足不同身体条件用户训练需求。

Adjustability for Diverse Users

5-position adjustment for the starting height of the moving arm together with 5-position grip angle adjustment accommodates users with varying physical characteristics.



更贴合动作模式的力量曲线

缓和的下降阻力曲线，在保障训练效果的同时减少核心压力。

Force Curve Optimized for Movement Patterns

The gradual descending resistance curve delivers effective training while reducing strain on the core.

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)	1650mm×1208mm×1945mm 65"×47"×76"
产品净重 Net Weight	178Kg/392lbs（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 50×70×3.0mm