器材名稱:肱三頭訓練機(CAC700)

動作示範

(1)開始動作



(2)結束動作



(3)重復開始及結束動作

注意事項:阻力大小共 6 段調整

運動訓練的肌肉

Name of equipment: Dip (CAC700)

Demonstration
(1) Starting Position
(2) Ending Position
(3) Repeat Action 1 and 2

Note: Hydraulic cylinder provides 6x levels of resistance

Target Muscle Groups



