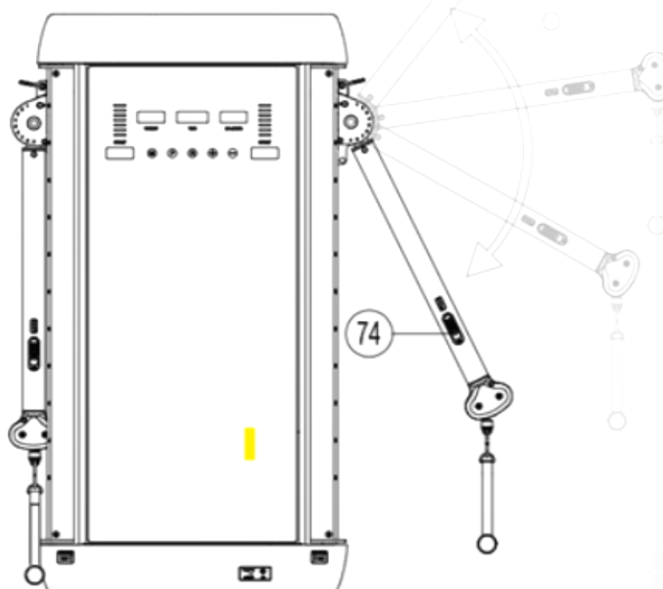
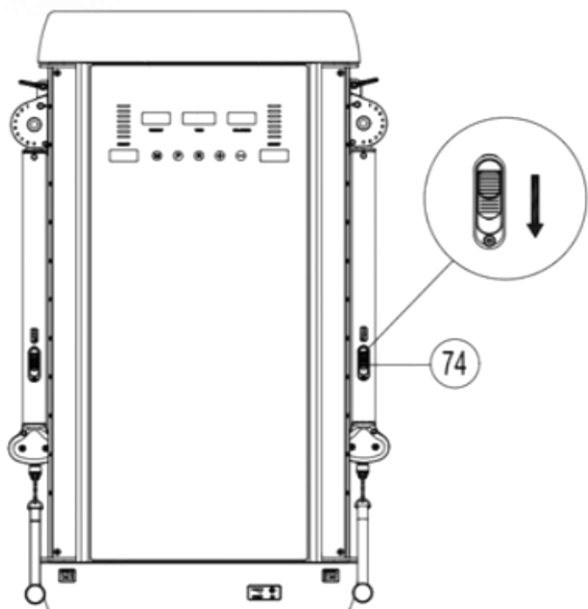
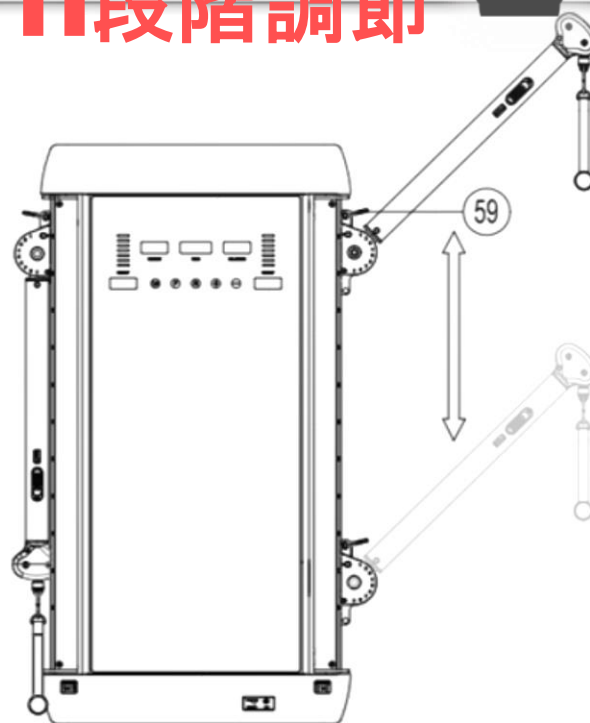
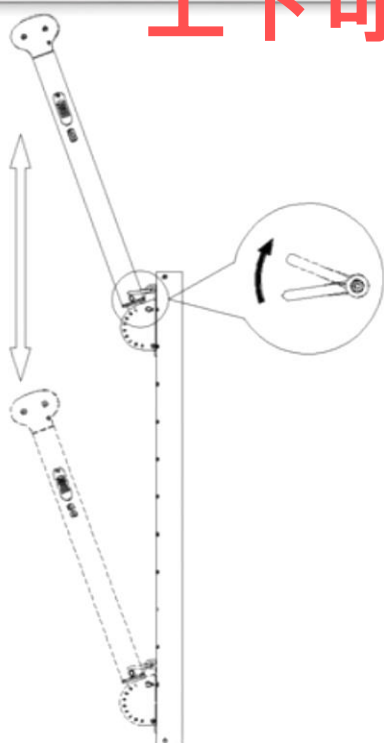




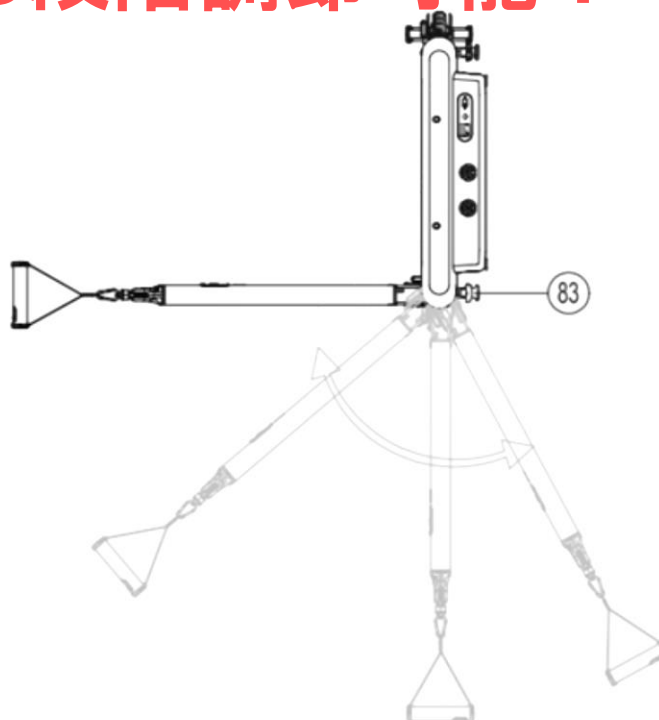
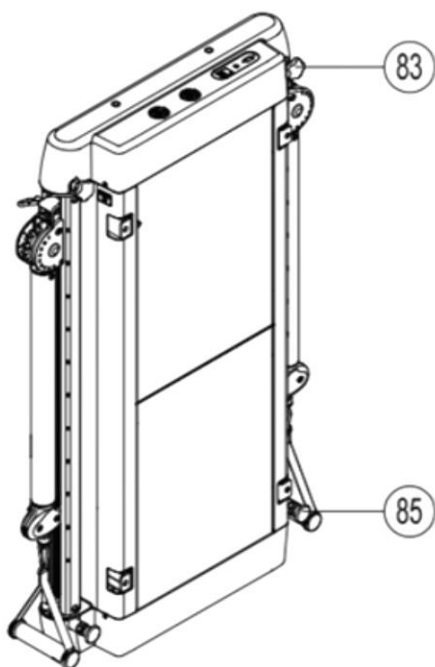
**可動域角度：0—160°（9段階）**



**上下可動域：11段階調節**



**水平可動域：5段階調節可能！**



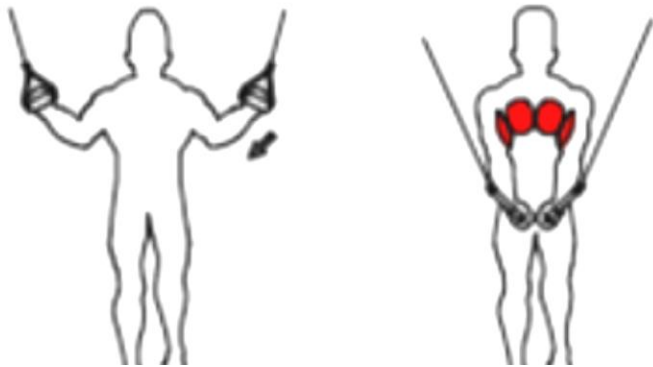
# 8種類の代表的トレーニング



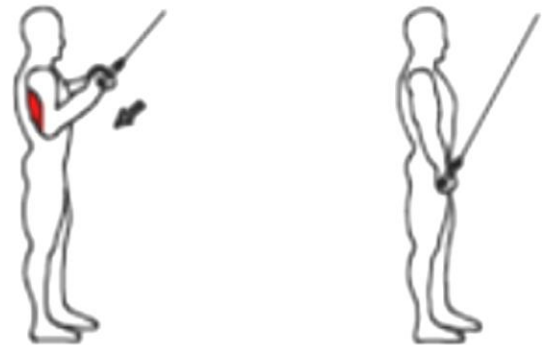
**Lat pull down**



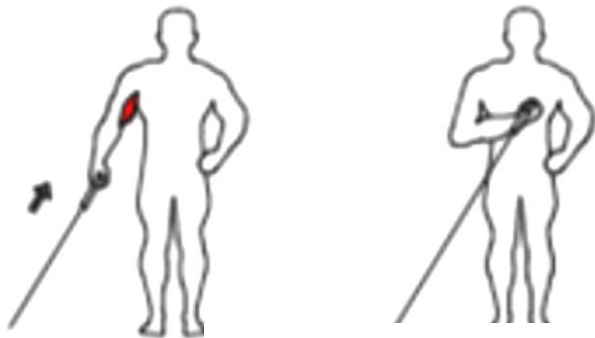
**Rowing**



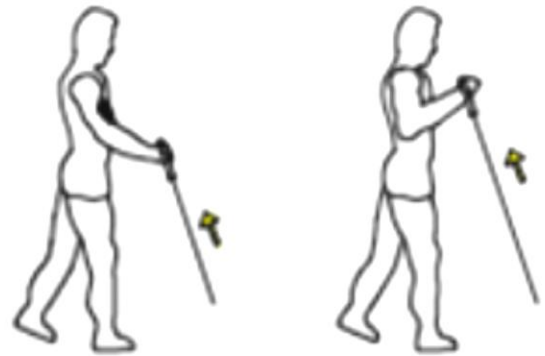
**Cable cross over**



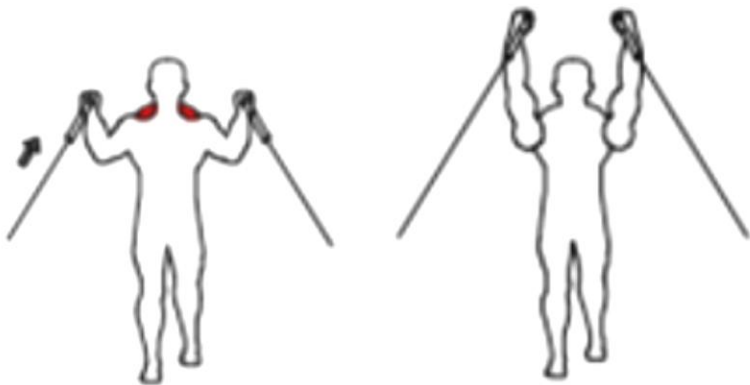
**Cable push down**



**Bicep curl**



**Arm curl**



**Shoulder press**



**Abdominal**