

عنوان مقاله:

Designing a Dual-Purpose Device for Strengthening Pectoralis Major and Triceps Muscles

محل انتشار:

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خلاصه مقاله:

The purpose of designing and manufacturing a dual-purpose push-up and mechanical triceps device is to increase the strength of the arm and chest muscles without pressing on the lumbar vertebrae and creating lordosis. It works when an sportsman sits over themachine and fastens the belt. So that the person can adjust the amount of pressure applied to the muscles by increasing or decreasing the upper and lower weights. Push-up is a common exercise which strengthens the central and upper body muscles. The central muscles are the muscles that control the spine, abdomen, back and lower back. This common exercise is present in many people's everyday workout program. Regular and daily practice of this exercise can increase muscle mass and physical strength and improve cardiovascular health. The central muscles of the body and legs are also involved in this exercise, although arm's muscles and shoulders are used. Therefore, push-up is useful for increasing the strength of all parts of the body. Designing a dual-purpose device for strengthening pectoralis major and triceps muscles can create a safe .environment for performing this exercise

کلمات کلیدی:

Push-Up, Dual-Purpose, Steel Alloy, Triceps

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