

KEISER STRENGTH

CORE MACHINES



EVERYONE NEEDS A STRONG BACK
A250 LOWER
BACK

Model 2821

PUSHING THE LIMITS OF HUMAN PERFORMANCE

At Keiser, we're constantly innovating to reach the next level of human performance. We're never satisfied with the status quo. Even if it's our status quo. Because... Strong can be stronger. Fast can be faster. Power can be more powerful. Because science is on our side. **Because... 'Good Enough' Isn't.**

KEISER

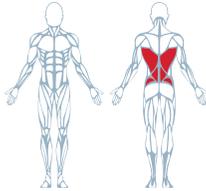
KEISER STRENGTH

Only Keiser's **Dynamic Variable Resistance** safely builds strength at any speed, which is the key to building maximum power [Force x Velocity]. Keiser strength machines enable you to develop power, and Power is the key to Performance.

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FEATURES

- Cost-effective way to provide strength training options
- Virtually zero shock to muscles, connective tissues, and joints
- Smooth Keiser **Dynamic Variable Resistance**
- Fully adjustable to accommodate a wide range of users
- Bilateral movement for body symmetry training
- Large digital displays with resistance and counted repetitions
- Durable construction engineered for years of use
- Thick base for added stability

SPECIFICATIONS

HEIGHT: 49" / 1245 mm

WIDTH: 32" / 813 mm

DEPTH: 54" / 1372 mm

WEIGHT: 151 lbs / 69 kg

RESISTANCE RANGE:

0 - 272 lbs / 0 - 123 kg

WE'VE GOT YOUR BACK

Most people underestimate the value of a strong back and that is why so many people suffer from low back pain. Besides the low back muscles being heavily involved in all the lifting we do, the lower back also has to stabilize the pelvis when the very strong and powerful glutes and hamstrings are pulling on it. Keiser's Lower Back may help reduce lower back pain in an otherwise healthy lower back and is why it should be an essential part to your Keiser line and workout.

KEISER DYNAMIC VARIABLE RESISTANCE

Keiser's **Dynamic Variable Resistance** is designed to provide a smooth consistent Variable Resistance force curve at any training speed. Each machine has its own unique Variable Resistance curve designed and tuned perfectly for the muscles being used in that particular exercise. For users, this means that working out any speed, you'll always be training at maximum efficiency.

▶ Visit keiser.com to learn more.

KEISER® | BECAUSE...
'GOOD ENOUGH' ISN'T.™

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