

**KEISER STRENGTH**

UPPER BODY MACHINES



**A SHOULDER PRESS MADE EASIER**

# **A250 MILITARY PRESS**

Model 1621

**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**

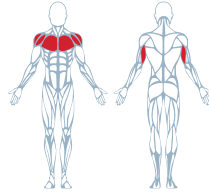
# KEISER STRENGTH

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.



## UPPER BODY MACHINES

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## THE PRESS THAT GROWS WITH YOU

Shoulder presses can be difficult for some, due to the high starting weight on most machines. Our low starting resistance and adjustable seat allow almost anyone to begin a shoulder exercise program. It is ideal for beginners and older adults. From a performance standpoint, it challenges the strongest and fastest among us.

## 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](https://www.keiser.com) to learn more.

## 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:** 61" / 1550 mm

**WIDTH:** 41" / 1042 mm

**DEPTH:** 58" / 1473 mm

**WEIGHT:** 158 lbs / 72 kg

**RESISTANCE RANGE:**

14 - 202 lbs / 6 - 92 kg

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

**CONTACT A SALES REP TODAY**

+1 559 256-8000 | [keiser.com/contactus](https://www.keiser.com/contactus)