

KEISER STRENGTH

UPPER BODY MACHINES



**MORE MUSCLE,
LESS SHOULDER STRESS**

A250 SEATED CHEST PRESS

Model 1321

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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MAXIMUM COMFORT AND RESULTS

If you were to lie down and do a free weight bench press, the bar would come down to your chest and rise to finish over your shoulders. That same movement is replicated in all of our Chest Press machines, but in a comfortable seated position. This maximizes comfort and minimizes floor space. Our A250 Chest Press is our only bilateral (both arms move together) chest press to offer the benefits of Keiser Dynamic Variable Resistance for the budget minded facility.

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: 79" / 2007 mm

WIDTH: 38" / 965 mm

DEPTH: 60" / 1524 mm

WEIGHT: 163 lbs / 74 kg

RESISTANCE RANGE:

0 - 270 lbs / 0 - 122 kg

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

CONTACT A SALES REP TODAY

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