

KEISER STRENGTH

UPPER BODY MACHINES



SEATED ROWS IN STRICT FORM

A250 UPPER BACK

Model 2021

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

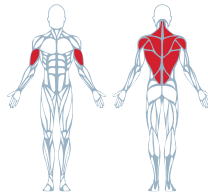
KEISER STRENGTH

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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V FOR VICTORY

Featuring two hand-grip positions to maximize the work on the muscles of the upper, middle, and sides of your back, it is this machine that contributes to the V-shape we admire in the human body. While this is a bilateral machine (both arms work together), it does offer variety for someone on a budget.

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: 37" / 940 mm

DEPTH: 58" / 1473 mm

WEIGHT: 141 lbs / 64 kg

RESISTANCE RANGE:

0 - 330 lbs / 0 - 150 kg

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

CONTACT A SALES REP TODAY

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