

KEISER STRENGTH

LOWER BODY MACHINES



**TRAIN THE HAMSTRINGS
TO FIRE PROPERLY**

A300 LEG CURL PRO

Model 1232

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

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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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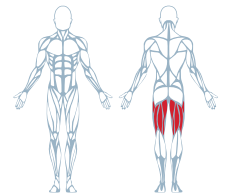
THE ULTIMATE HAMSTRING WORKOUT

Completely redesigned for speed. Sounds silly, since all Keiser machines can be used at speed, but as our users get faster training on our machines, so too, do our machines. Training hamstrings at the speed of the game trains the brain to better control the firing of the hamstring, thus helping to prevent hamstring injuries. We also improved the ergonomics by narrowing the chest pad and placing the thumb buttons and display in more comfortable positions. The independent exercise arms allow you to train as you play, with independent action. You can even train like a bicycle (as one leg is going up, the other is coming down). And don't forget about the ability to do heavy negatives, which has been shown to help prevent hamstring injuries.

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 at any speed, you'll always be training at maximum efficiency.

▶ Visit keiser.com to learn more.



FEATURES

- Industry's best leg curl machine for eccentric loading
- Offers unilateral or bilateral leg training
- Wide range of resistance for intense functional workouts
- Smooth Keiser **Dynamic Variable Resistance**
- Fully adjustable to accommodate a wide range of users
- Large digital display shows resistance and reps

SPECIFICATIONS

HEIGHT: 26" / 661 mm

WIDTH: 24" / 610 mm

DEPTH: 72" / 1829 mm

WEIGHT: 113 lbs / 51 kg

RESISTANCE RANGE:
5 - 245 lbs / 3 - 111 kg

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

CONTACT A SALES REP TODAY

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