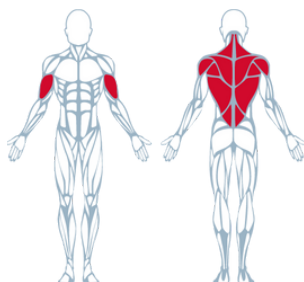


KEISER STRENGTH

# A300 LAT PULLDOWN

Model 2133

UPPER BODY MACHINES



**KEISER**® ENGINEERING  
HUMAN PERFORMANCE™

## SAFE, RELIABLE RESULTS

The inherent danger with Lat Pull Down machines is the failure of the cable and the solid bar that comes crashing down on your head or neck as a result. We built one once, but the constant fear of a cable failure without any warning wasn't worth it. Knowing the best pull is a straight pull, the trick was building a machine that simulated the straight pull of a cable with a more reliable solid mechanism. The ingenious mechanism in this Lat Pull Down gives you a straight pull, more reliability, the safety of no cable or bar to crash into your head, and the ability to force your back muscles to get even more involved by leaning into the movement.

## 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) for more information.

## 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:** 77" / 1956 mm

**WIDTH:** 36" / 914 mm

**DEPTH:** 46" / 1168 mm

**WEIGHT:** 204 lbs / 93 kg

**RESISTANCE:**

0 - 296 lbs / 0 - 134 kg

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