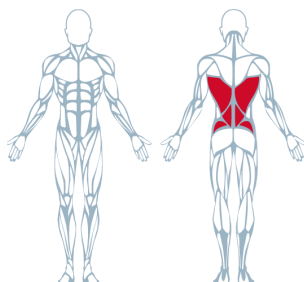


KEISER STRENGTH

A400 LOWER BACK

Model 2821

CORE MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

EXTEND YOUR BOUNDARIES

The A400 Lower Back machine is designed to strengthen and protect, offering a safer and more effective way to build lower back strength. Unlike traditional weight-stack machines, its low-inertia, pneumatic resistance minimizes joint stress and shock loading, reducing the risk of injury. This makes it an ideal choice for users of all fitness levels, from older adults to elite athletes. The A400 Lower Back delivers smooth, controlled resistance, ensuring a safer, more efficient workout experience.

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.

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: 49" / 1245 mm

WIDTH: 28" / 711 mm

DEPTH: 54" / 1372 mm

WEIGHT: 155 lbs / 70 kg

RESISTANCE:

0 - 341 lbs / 0 - 155 kg



Visit [keiser.com](https://www.keiser.com) for more information.

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