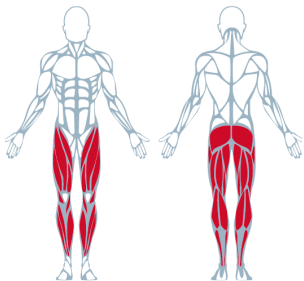


KEISER STRENGTH

A400 RUNNER

Model 3232

LOWER BODY MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

TOTAL PACKAGE

The A400 Runner is designed to replicate the acceleration phase of a sprint, making it an essential tool for developing speed, power, and endurance. Trusted by professional athletes worldwide, it enhances explosive performance through Keiser's innovative low-inertia, pneumatic resistance system, which allows for smooth, controlled movement while reducing joint stress. The A400 Runner is ideal for anyone looking to gain a competitive edge, from elite athletes to fitness enthusiasts.

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

- Offers unilateral movement – each limb can be trained symmetrically
- Increased resistance range for more intense functional workouts
- 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

SPECIFICATIONS

HEIGHT: 57" / 1448 mm

WIDTH: 31" / 787 mm

DEPTH: 85" / 2159 mm

WEIGHT: 233 lbs / 106 kg

RESISTANCE:

12 - 514 lbs / 6 - 233 kg

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