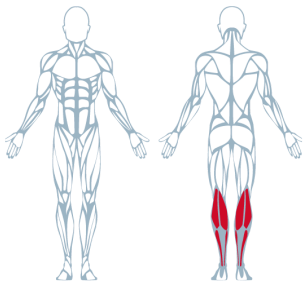


**KEISER STRENGTH**

# A400 SEATED CALF

Model 2936

LOWER BODY MACHINES



**KEISER**® ENGINEERING  
HUMAN PERFORMANCE™

## PRESS INTO A NEW STANDARD

The A400 Seated Calf was engineered to develop explosive lower-leg power, originally designed for world record holders Willie Banks (triple jump) and Mike Powell (long jump). Featuring unilateral movement, it ensures balanced strength development by allowing each leg to work independently. The machine automatically pre-loads and adjusts for leg length, providing a customized fit for optimal performance. Unlike conventional weight-stack machines, the A400's low-inertia, pneumatic resistance delivers smooth, controlled movement, reducing stress on joints and minimizing shock loading. The A400 Seated Calf offers a safer, more effective way to build lower-leg strength and power.

## 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:** 53" / 1346 mm

**WIDTH:** 29" / 737 mm

**DEPTH:** 47" / 1194 mm

**WEIGHT:** 185 lbs / 84 kg

**RESISTANCE:**

0 - 814 lbs / 0 - 369kg

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