

**KEISER STRENGTH**

UPPER BODY MACHINES



**THE GUNS**

# A250 ARM CURL

Model 1721

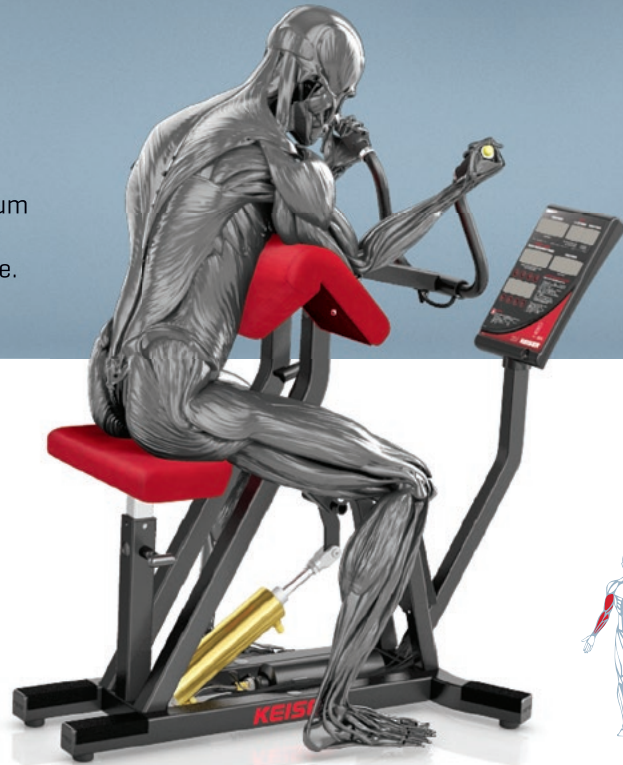
**PUSHING THE LIMITS OF HUMAN PERFORMANCE**

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**

# KEISER STRENGTH

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.



## UPPER BODY MACHINES

# A250 ARM CURL

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## UNMATCHED VERSATILITY

Biceps are a fixation, whether you want to build them, see them, or kiss them, so why not give you a better way to build them. Our Arm Curl allows for easy positioning of the elbow to align with the exercise arm pivot, while the handle grips automatically adjust for your forearm length. The thumb button resistance control in each grip gives you full control of your resistance allowing you to pyramid and do heavy negatives. No other Arm Curl offers this much versatility.

## 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](http://keiser.com) to learn more.

## 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:** 38" / 965 mm

**WIDTH:** 25" / 635 mm

**DEPTH:** 48" / 1219 mm

**WEIGHT:** 107 lbs / 49 kg

**RESISTANCE RANGE:**

6 - 113 lbs / 3 - 51 kg

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

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