

**KEISER STRENGTH**

LOWER BODY MACHINES



**A QUAD WORKOUT FOR ALL**

# **A250 LEG EXTENSION**

Models 1121 and 1122

**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

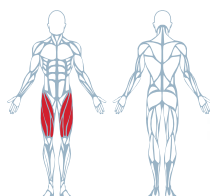
Only Keiser's **Dynamic Variable Resistance** safely builds strength at any speed, which is the key to building maximum power [Force x Velocity]. Keiser strength machines enable you to develop power, and Power is the key to Performance.



## LOWER BODY MACHINES

# A250 LEG EXTENSION

Models 1121 and 1122



## MAXIMIZE STABILITY AND MOBILITY

The perfect match to the A250 Leg Curl. The quadriceps are one of the most powerful muscle groups we have and are responsible for much of our stability and mobility. This Leg Extension features a seat that adjusts forward and back without changing its tilt, for maximum comfort during the exercise. It is also available with an optional adjustable range limiting device [Model 1122] that can set the starting and ending points in the range of motion.

## 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) 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

### MODEL 1121

**HEIGHT:** 45" / 1143 mm

**WIDTH:** 44" / 1118 mm

**LENGTH:** 46" / 1169 mm

**WEIGHT:** 169 lbs / 77 kg

**RESISTANCE RANGE:**  
0 - 246 lbs / 0 - 112 kg

### MODEL 1122

**HEIGHT:** 45" / 1143 mm

**WIDTH:** 44" / 1118 mm

**LENGTH:** 46" / 1169 mm

**WEIGHT:** 208 lbs / 95 kg

**RESISTANCE RANGE:**  
0 - 246 lbs / 0 - 112 kg

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

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