

KEISER STRENGTH

LOWER BODY MACHINES



THE SAFEST AND MOST EFFECTIVE QUAD WORKOUT

A300 LEG EXTENSION PRO

Model 1133

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

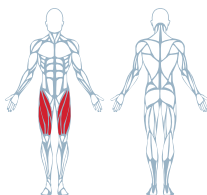
KEISER STRENGTH

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

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MAXIMIZE QUAD RESULTS

This Leg Extension is the best to demonstrate the superiority of Keiser Dynamic Variable Resistance over Iron. The quadriceps is one of the most powerful muscle groups in the body, producing very high forces at very fast speeds. The knee is vulnerable to injury at high degrees of flexion, which is why we lower the resistance at the beginning of the ROM and bring it on heavy in the middle before backing it off at full extension. This, along with your ability to work each leg independently at speed, maximizes your training results while protecting your joints and connective tissue. And remember, you can do heavy negatives on all Keiser Dynamic Variable Resistance machines.

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

- 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: 45" / 1143 mm

WIDTH: 39" / 991 mm

DEPTH: 40" / 1016 mm

WEIGHT: 150 lbs / 68 kg

RESISTANCE RANGE:
0 - 236 lbs / 0 - 107 kg

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

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+1 559 256-8000 | [keiser.com/contactus](https://www.keiser.com/contactus)