

KEISER STRENGTH

UPPER BODY MACHINES



**PROPER LAT PULLS,
SAFER THAN EVER**

A250 LAT PULL DOWN

Model 2121

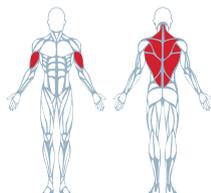
PUSHING THE LIMITS OF HUMAN PERFORMANCE

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.



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SAFE, RELIABLE RESULTS

The inherent danger with Lat Pull Down machines is the failure of the cable and the solid bar that comes crashing down on your head or neck as a result. We built one once, but the constant fear of a cable failure without any warning wasn't worth it. Knowing the best pull is a straight pull, the trick was building a machine that simulated the straight pull of a cable with a more reliable solid mechanism. The ingenious mechanism in this Lat Pull Down gives you a straight pull, more reliability, the safety of no cable or bar to crash into your head, and the ability to force your back muscles to get even more involved by leaning into the movement.

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

HEIGHT: 74" / 1880 mm

WIDTH: 44" / 1118 mm

DEPTH: 58" / 1473 mm

WEIGHT: 170 lbs / 77 kg

RESISTANCE RANGE:
0 - 225 lbs / 0 - 102 kg

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

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