

**KEISER STRENGTH**

**LOWER BODY MACHINES**



**LEG CURLS FOR EVERYONE**

# **A250 SEATED LEG CURL**

Models 1221 and 1222

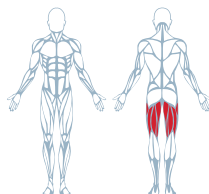
**PUSHING THE LIMITS OF HUMAN PERFORMANCE**

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 SEATED LEG CURL

Models 1221 and 1222

### MAXIMUM COMFORT AND RESULTS

The hamstring muscles on the back of the upper leg are one of the most neglected muscle groups. To encourage exercise of the hamstrings, we designed this Leg Curl to have a less intimidating seated position and to reduce stress on the lower back. An adjustable cushion holds the thighs in a comfortable and stable position for maximum results. It is also available with an optional adjustable range limiting device [Model 1222] 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 1221

**HEIGHT:** 46" / 1168 mm

**WIDTH:** 45" / 1143 mm

**DEPTH:** 58" / 1473 mm

**WEIGHT:** 196 lbs / 89 kg

**RESISTANCE RANGE:**

0 - 260 lbs / 0 - 118 kg

### MODEL 1222

**HEIGHT:** 46" / 1168 mm

**WIDTH:** 45" / 1143 mm

**DEPTH:** 58" / 1473 mm

**WEIGHT:** 232 lbs / 105 kg

**RESISTANCE RANGE:**

0 - 260 lbs / 0 - 118 kg

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

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