

KEISER STRENGTH

LOWER BODY MACHINES



THE ALL-IN-ONE HIP MASTER

A250 STANDING HIP

Model 2621

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

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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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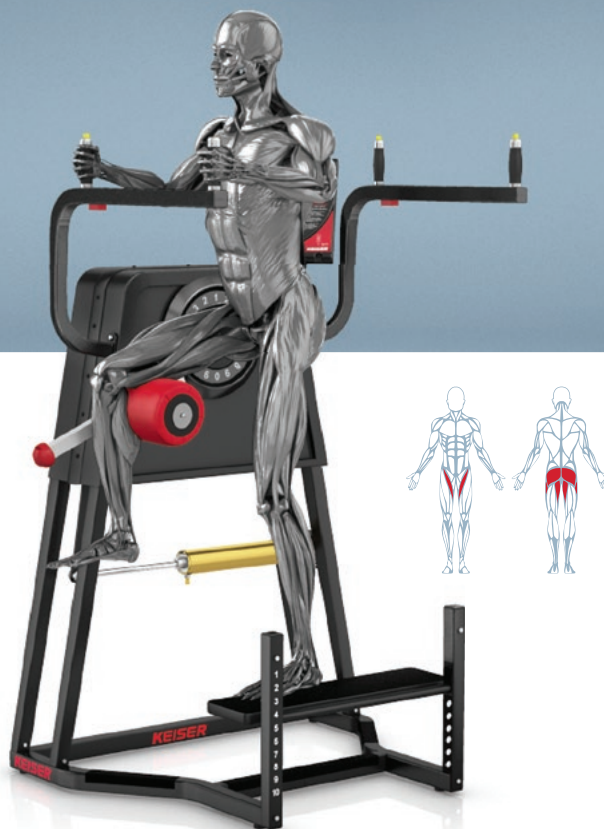
GET IN THE SWING OF IT

The product of choice for athletes, this machine offers hip flexion, extension, adduction, and abduction all in one. It features a split platform to keep your foot from hitting the platform during the leg swing. Arched support bars feature dual resistance controls for forward or sideways positioning and provide more clearance for your leg during high swings. Like all Keiser machines, what really distinguishes this machine from other machines on the market is your ability to train as fast as you can go.

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: 71" / 1804 mm

WIDTH: 43" / 1092 mm

DEPTH: 39" / 991 mm

WEIGHT: 211 lbs / 96 kg

RESISTANCE RANGE:
0 - 235 lbs / 0 - 107 kg

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

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