

**KEISER STRENGTH**

UPPER BODY MACHINES



**TRICEPS - WHY TRICEPS?**

# A250 TRICEPS

Model 1921

**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**

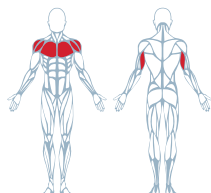
# KEISER STRENGTH

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.

## UPPER BODY MACHINES

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## RISING POWER

Most of us depend on our triceps more than we realize. As we age, the strength of our triceps is often called upon to make up for our lack of strength in our legs. You realize this when you push down on the arms of a chair to get out of the chair. That's the triceps in action, and that's exactly how we train them. You are in a seated position and pushing down on the handles as if you were doing dips or getting out of a chair. For power and performance, it mimics a dip with the ability to work at game speed.

## 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:** 61" / 1550 mm

**WIDTH:** 37" / 940 mm

**DEPTH:** 58" / 1473 mm

**WEIGHT:** 141 lbs / 64 kg

**RESISTANCE RANGE:**  
0 - 330 lbs / 0 - 150 kg

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

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