

KEISER STRENGTH

LOWER BODY MACHINES



**BOOST STABILITY AND
LATERAL MOVEMENT**

A300 HIP ABDUCTOR

Model 2331

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 A300 HIP ABDUCTOR



Model 2331

STRENGTHEN YOUR BASE

Hip abduction at speed is essential in human performance, whether it is breaking world records or improving your stability and mobility as you age. Your lower body is your active base of support and needs to move quickly in all directions. The Keiser Hip Abductor, Adductor, and Standing Hip are the only hip machines that can train these all-important muscles at the speed of life. The Hip Abductor is also good for developing skating power and endurance.

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: 49" / 1245 mm

WIDTH: 47" / 1194 mm

DEPTH: 65" / 1651 mm

WEIGHT: 184 lbs / 84 kg

RESISTANCE RANGE:
0 - 392 lbs / 0 - 178 kg

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

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