

KEISER STRENGTH

LOWER BODY MACHINES



**THE LARGEST MUSCLE MASS
IN ONE MACHINE**

A300 LEG PRESS

Model 2531

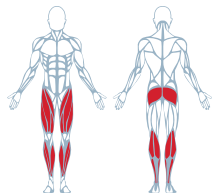
PUSHING THE LIMITS OF HUMAN PERFORMANCE

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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MAXIMIZE GLUTE ACTIVATION

Your lower body is your primary means of support and mobility and contains the largest amount of muscle mass in your body. To efficiently exercise this muscle mass, the A300 Leg Press was designed with a higher foot plate to increase hip flexion and decrease knee flexion. This maximizes glute activation by causing them to work harder at the beginning of the movement. The decreased knee flexion reduces shearing forces, thus preserving the health of your knees. The separate foot plates allow you to train each leg independently, the way we function.

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: 48" / 1219 mm

WIDTH: 38" / 965 mm

DEPTH: 69" / 1753 mm

WEIGHT: 312 lbs / 142 kg

RESISTANCE RANGE:

0 - 1200 lbs / 0 - 545 kg

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

CONTACT A SALES REP TODAY

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