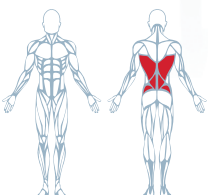


KEISER STRENGTH

# A250 LOWER BACK

Model 2821

CORE MACHINES



## WE'VE GOT YOUR BACK

Most people underestimate the value of a strong back and that is why so many people suffer from low back pain. Besides the low back muscles being heavily involved in all the lifting we do, the lower back also has to stabilize the pelvis when the very strong and powerful glutes and hamstrings are pulling on it. Keiser's Lower Back may help reduce lower back pain in an otherwise healthy lower back and is why it should be an essential part to your Keiser line and workout.

## 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:** 49" / 1245 mm

**WIDTH:** 32" / 813 mm

**DEPTH:** 54" / 1372 mm

**WEIGHT:** 151 lbs / 69 kg

**RESISTANCE RANGE:**  
0 - 272 lbs / 0 - 123 kg

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

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