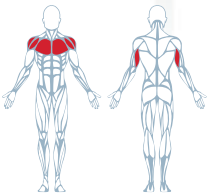


KEISER STRENGTH

A250 MILITARY PRESS

Model 1621

UPPER BODY MACHINES



THE PRESS THAT GROWS WITH YOU

Shoulder presses can be difficult for some, due to the high starting weight on most machines. Our low starting resistance and adjustable seat allow almost anyone to begin a shoulder exercise program. It is ideal for beginners and older adults. From a performance standpoint, it challenges the strongest and fastest among us.

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: 41" / 1042 mm

DEPTH: 58" / 1473 mm

WEIGHT: 158 lbs / 72 kg

RESISTANCE RANGE:

14 - 202 lbs / 6 - 92 kg

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

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