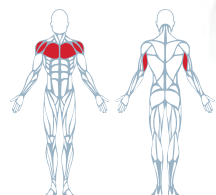


KEISER STRENGTH

A250 SEATED CHEST PRESS

Model 1321

UPPER BODY MACHINES



MAXIMUM COMFORT AND RESULTS

If you were to lie down and do a free weight bench press, the bar would come down to your chest and rise to finish over your shoulders. That same movement is replicated in all of our Chest Press machines, but in a comfortable seated position. This maximizes comfort and minimizes floor space. Our A250 Chest Press is our only bilateral (both arms move together) chest press to offer the benefits of Keiser Dynamic Variable Resistance for the budget minded facility.

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: 79" / 2007 mm

WIDTH: 38" / 965 mm

DEPTH: 60" / 1524 mm

WEIGHT: 163 lbs / 74 kg

RESISTANCE RANGE:

0 - 270 lbs / 0 - 122 kg

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

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