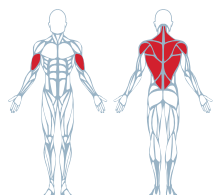


KEISER STRENGTH

# A250 UPPER BACK

Model 2021

UPPER BODY MACHINES



## V FOR VICTORY

Featuring two hand-grip positions to maximize the work on the muscles of the upper, middle, and sides of your back, it is this machine that contributes to the V-shape we admire in the human body. While this is a bilateral machine [both arms work together], it does offer variety for someone on a budget.

## 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:** 37" / 940 mm

**DEPTH:** 58" / 1473 mm

**WEIGHT:** 141 lbs / 64 kg

**RESISTANCE RANGE:**

0 - 330 lbs / 0 - 150 kg

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

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