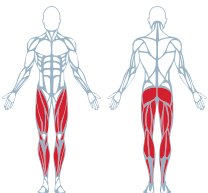


KEISER STRENGTH

# A300 RUNNER

Model 3232

LOWER BODY MACHINES



## ACCELERATION, SPEED, AND POWER

The Runner places you in a position that simulates the acceleration phase of a sprint. Professional athletes everywhere use the Runner to train for acceleration, speed, and power endurance. This unique piece of equipment will improve the power and performance of any individual looking for a competitive edge.

## 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:** 57" / 1448 mm

**WIDTH:** 31" / 788 mm

**DEPTH:** 90" / 2286 mm

**WEIGHT:** 233 lbs / 106 kg

**RESISTANCE RANGE:**

12 - 490 lbs / 6 - 222 kg

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

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