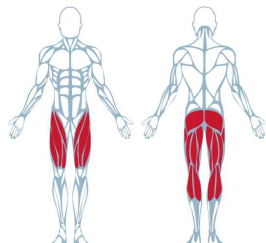


KEISER STRENGTH

A400 DEAD LIFT

Model 3331

LOWER BODY MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

FIRST OF ITS KIND

The A400 Deadlift Machine revolutionizes the traditional trap bar deadlift by combining unilateral functionality with Keiser's signature pneumatic resistance. Designed with the same footprint as the Squat Pro, this machine allows users to train each side independently, promoting balanced strength and reducing muscular imbalances. Its low-inertia design ensures smooth, controlled resistance, minimizing joint stress while maximizing power output. Ideal for athletes and fitness enthusiasts alike, the A400 Deadlift Machine enhances explosive strength, stability, and overall performance. Integrated with Keiser's advanced A400 technology, it tracks real-time performance metrics and seamlessly syncs with the Keiser Metrics App for precise, data-driven training optimization.

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) for more information.

FEATURES

- 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: 72" / 1829 mm

WIDTH: 32" / 813 mm

DEPTH: 60" / 1524 mm

WEIGHT: 683 lbs / 310 kg

RESISTANCE:

0 - 900 lbs / 0 - 409 kg

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