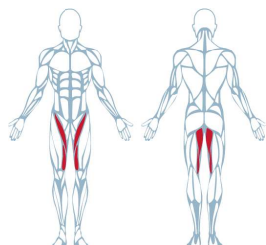


KEISER STRENGTH

A400 HIP ADDUCTOR

Model 2431

LOWER BODY MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

ADDING HEALTHY HABITS

The A400 unilateral Hip Adduction machine is designed to target the inner thigh muscles with smooth, pneumatic resistance, promoting balanced strength and muscle development. Its unilateral movement ensures each leg works independently, preventing the stronger side from compensating for the weaker side. The low-inertia design provides a controlled, fluid resistance, helping protect joints and connective tissue from shock loading. Suitable for users of all fitness levels, from older adults to elite athletes, the A400 Hip Adduction machine offers a safe, effective workout experience. With Keiser's advanced technology, it tracks real-time performance data and integrates seamlessly with the Keiser Metrics App for 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

- 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: 49" / 1245 mm

WIDTH: 63" / 1600 mm

DEPTH: 61" / 1549 mm

WEIGHT: 239 lbs / 108 kg

RESISTANCE:

0 - 446 lbs / 0 - 202 kg

CONTACT A SALES REP TODAY

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