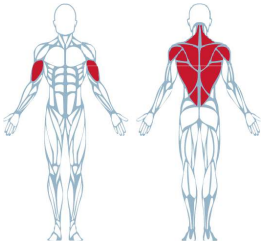
KEISER STRENGTH

A400 LAT PULLDOWN

Model 2133

UPPER BODY MACHINES



STRONGER BACKS START HERE

The A400 Lat Pulldown redefines upper-body training with a unique movement pattern and unilateral functionality, ensuring balanced strength development and improved muscle activation. Unlike traditional lat pulldown machines, its innovative design allows for independent arm movement, preventing the stronger side from compensating for the weaker side. Keiser's low-inertia, pneumatic resistance delivers smooth, controlled movement, reducing joint stress while maximizing power output. Perfect for athletes and users of all fitness levels, the A400 Lat Pulldown enhances back 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.

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: 77" / 1995 mm
WIDTH: 36" / 914 mm
DEPTH: 46" / 1168 mm
WEIGHT: 204 lbs / 93 kg
RESISTANCE:
0 - 296 lbs / 0 - 134 kg

KEISER® ENGINEERING HUMAN PERFORMANCE™

Visit keiser.com for more information.

CONTACT A SALES REP TODAY
+1 559 256-8000 | keiser.com/contactus