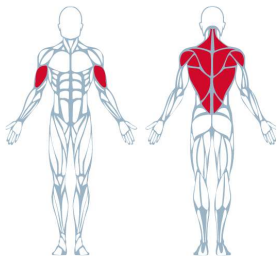
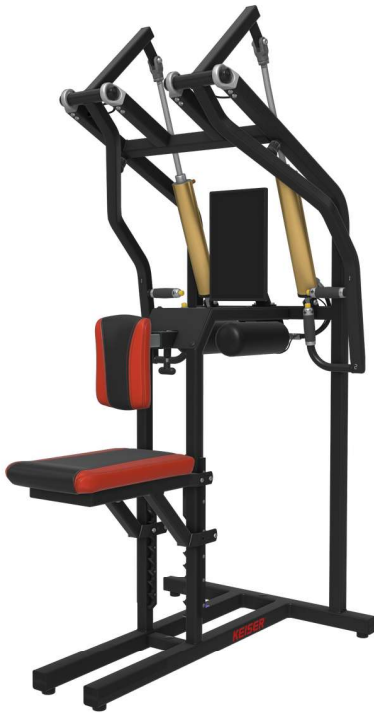


KEISER STRENGTH

A400 UPPER BACK

Model 2032

UPPER BODY MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

ROW YOUR WAY

Target your upper back with the A400 Unilateral Upper Back machine, featuring two hand-grip positions to maximize activation of the upper, middle, and sides of your back muscles. Unlike conventional machines that use iron weights, the A400's low-inertia design provides smooth resistance, helping protect joints and connective tissue from shock loading. Its unilateral movement ensures balanced muscle development by preventing the stronger side from compensating for the weaker side. Perfect for all fitness levels—from older adults to elite athletes—the A400 Upper Back machine offers a unique and effective workout experience unlike anything else on the market.

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

- 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: 78" / 1981 mm

WIDTH: 35" / 889 mm

DEPTH: 41" / 1042 mm

WEIGHT: 192 lbs / 87 kg

RESISTANCE:

0 - 582 lbs / 0 - 264 kg

CONTACT A SALES REP TODAY
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