### **KEISER STRENGTH**

# A400 LEG EXTENSION PRO

**Model 1133** 

**LOWER BODY MACHINES** 



#### **NEXT LEVEL QUADS**

The quadriceps play a crucial role in stability and mobility, making targeted strengthening essential. The A400 Leg Extension is designed for optimal comfort with an adjustable seat that maintains its tilt while moving forward and back. Its smooth, pneumatic resistance minimizes shock loading, reducing strain on the joints. Additionally, seamless software integration allows real-time data collection, syncing effortlessly with the Keiser Metric App.

## 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**

- 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:** 45" / 1143 mm **WIDTH:** 39" / 991 mm **DEPTH:** 40" / 1016 mm **WEIGHT:** 160 lbs / 73 kg

**RESISTANCE:** 

0 - 312 lbs / 0 - 142 kg





