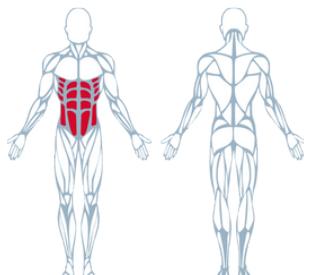


# KEISER STRENGTH

# A250 ABDOMINAL

Model 2721

CORE MACHINES



**KEISER**<sup>®</sup> ENGINEERING  
HUMAN PERFORMANCE™

## POWER TO YOUR CORE

Because we perform from the ground up, we must build from the ground up. The upper body's direct base of support is the core; therefore, a strong, fast, powerful core is essential for upper body performance. It's also important to note that most low back pain comes from weak abdominals. Keiser's Abdominal guides you through the proper range of motion. All you have to do is get in and go.

## 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:** 47" / 1194 mm

**WIDTH:** 33" / 838 mm

**DEPTH:** 37" / 940 mm

**WEIGHT:** 115 lbs / 52 kg

**RESISTANCE:**

0 - 276 lbs / 0 - 125 kg

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Visit [keiser.com](http://keiser.com) for more information.