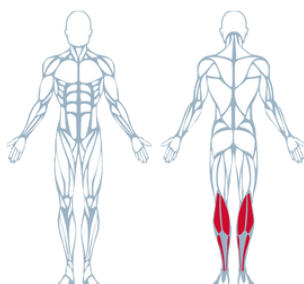


KEISER STRENGTH

# A300 SEATED CALF

Model 2936

LOWER BODY MACHINES



**KEISER**® ENGINEERING  
HUMAN PERFORMANCE™

## EXPLOSIVE LOWERLEG POWER

Originally designed for world record holders Willie Banks (triple jump) and Mike Powell (long jump), our calf machine features unilateral movement to help you develop balanced explosive lower-leg power. The machine automatically preloads and adjusts for leg length, and the footpad isolates the rotation around the ankle to give you a full range of motion. Your foot is the base of support with the ground, and the calf has to be able to transfer all of the strength and power you can produce to the ground. Having weak calf muscles is like driving a car on flat tires. The calf is essential in all levels of human performance, from the oldest old to the elite athlete.

## 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:** 53" / 1346 mm

**WIDTH:** 29" / 737 mm

**DEPTH:** 47" / 1194 mm

**WEIGHT:** 166 lbs / 75 kg

**RESISTANCE:**

0 - 860 lbs / 0 - 390 kg



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

**CONTACT A SALES REP TODAY**  
+1 559 256-8000 | [keiser.com/contactus](https://www.keiser.com/contactus)