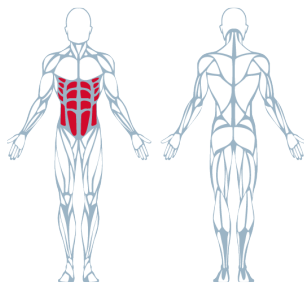


KEISER STRENGTH

A400 ABDOMINAL

Model 2721

CORE MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

LEVEL UP YOUR CORE

Developing strong, fast, and powerful abs is essential for upper body performance, as the core serves as the direct base of support. The A400 Abdominal machine, built with Keiser's innovative design and engineering, stands apart from traditional machines. Unlike conventional equipment that uses iron weights, the A400's low-inertia design provides smooth, controlled resistance that helps protect joints and connective tissue from shock loading. The result is a workout experience unlike anything else on the market. Integrated with Keiser's advanced A400 technology, it tracks real-time performance metrics and seamlessly syncs with the Keiser Metrics App for data-driven training optimization. Perfect for all fitness levels—from older adults to elite athletes—the A400 Abdominal machine ensures a safe, effective, and efficient workout.

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: 47" / 1194 mm

WIDTH: 33" / 838 mm

DEPTH: 37" / 940 mm

WEIGHT: 123 lbs / 56 kg

RESISTANCE:

0 - 245 lbs / 0 - 111 kg

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