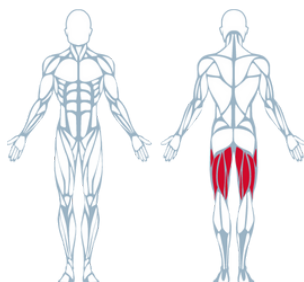


KEISER STRENGTH

A400 LEG CURL PRO

Model 1232

LOWER BODY MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

UNLOCK HAMSTRING POTENTIAL

The A400 Leg Curl Pro is designed to train the hamstrings at speed, enhancing neuromuscular control and reducing the risk of injury. With improved ergonomics, including a repositioned chest pad, thumb buttons, and display, it offers superior comfort and ease of use. Its unilateral design allows each leg to move independently, mimicking natural movement patterns—whether training symmetrically or in a cycling motion, where one leg lifts as the other lowers. The ability to incorporate eccentric overload further strengthens the hamstrings and aids in injury prevention. Integrated with Keiser's advanced A400 technology, this machine tracks real-time performance metrics and seamlessly syncs with the Keiser Metrics App for data-driven training optimization.

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

- Industry's best leg curl machine for eccentric loading
- Offers unilateral or bilateral leg training
- Wide range of resistance for intense functional workouts
- Smooth Keiser **Dynamic Variable Resistance**
- Fully adjustable to accommodate a wide range of users
- Large digital display shows resistance and reps

SPECIFICATIONS

HEIGHT: 27" / 686 mm

WIDTH: 24" / 610 mm

DEPTH: 75" / 1905 mm

WEIGHT: 121 lbs / 55 kg

RESISTANCE:

0 - 272 lbs / 0 - 123 kg

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