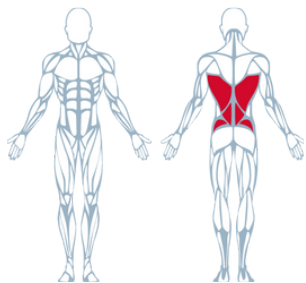


## KEISER STRENGTH

# A400 LOWER BACK

Model 2821

CORE MACHINES



**KEISER**® ENGINEERING  
HUMAN PERFORMANCE™

## EXTEND YOUR BOUNDARIES

The A400 Lower Back machine is designed to strengthen and protect, offering a safer and more effective way to build lower back strength. Unlike traditional weight-stack machines, its low-inertia, pneumatic resistance minimizes joint stress and shock loading, reducing the risk of injury. This makes it an ideal choice for users of all fitness levels, from older adults to elite athletes. Equipped with Keiser's advanced A400 technology, the machine tracks real-time performance metrics and seamlessly integrates with the Keiser Metrics App for data-driven training optimization. The A400 Lower Back delivers smooth, controlled resistance, ensuring a safer, more efficient workout experience.

## 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:** 49" / 1245 mm

**WIDTH:** 28" / 711 mm

**DEPTH:** 54" / 1372 mm

**WEIGHT:** 155 lbs / 70 kg

**RESISTANCE:**

0 - 341 lbs / 0 - 155 kg

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