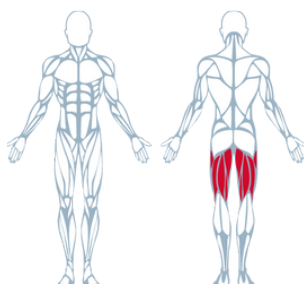


KEISER STRENGTH

A400 SEATED LEG CURL

Model 1222

LOWER BODY MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

UNLOCK HAMSTRING POTENTIAL

The A400 Seated Leg Curl is designed to optimize hamstring engagement while providing superior support in a seated position, reducing strain on the lower back. Training the hamstrings at speed enhances neuromuscular control, helping to reduce the risk of injury. 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.

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: 46" / 1168 mm

WIDTH: 47" / 1194 mm

DEPTH: 58" / 1473 mm

WEIGHT: 242 lbs / 110 kg

RESISTANCE:

0 - 270 lbs / 0 - 122 kg



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

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