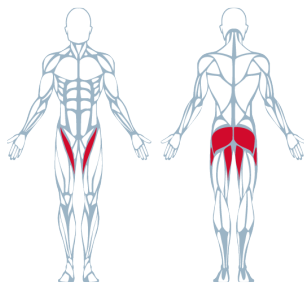


KEISER STRENGTH

A400 STANDING HIP

Model 2621

LOWER BODY MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

HIP HEALTH DONE RIGHT

The A400 Standing Hip machine combines hip flexion, extension, adduction, and abduction all in one versatile piece of equipment. It features a split platform that prevents your foot from hitting the platform during leg swings, while arched support bars with dual resistance controls allow for forward or sideways positioning. These features provide additional clearance for your leg during high swings. Unlike conventional machines that rely on iron weights, the A400's low-inertia design offers smooth, controlled resistance, ensuring a safe and effective workout. Perfect for users of all fitness levels, the A400 Standing Hip machine delivers a unique and efficient training 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: 71" / 1804 mm

WIDTH: 41" / 1041 mm

DEPTH: 39" / 991 mm

WEIGHT: 214 lbs / 97 kg

RESISTANCE:

0 - 145 lbs / 0 - 66 kg

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