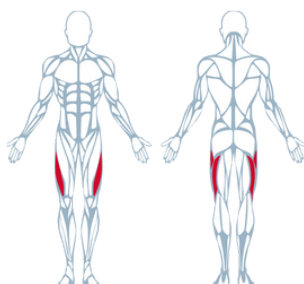


KEISER STRENGTH

A300 HIP ABDUCTOR

Model 2331

LOWER BODY MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

STRENGTHEN YOUR BASE

Hip abduction at speed is essential in human performance, whether it is breaking world records or improving your stability and mobility as you age. Your lower body is your active base of support and needs to move quickly in all directions. The Keiser Hip Abductor, Adductor, and Standing Hip are the only hip machines that can train these all-important muscles at the speed of life. The Hip Abductor is also good for developing skating power and endurance.

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

- Offers unilateral movement – each limb can be trained symmetrically
- Increased resistance range for more intense functional workouts
- 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

SPECIFICATIONS

HEIGHT: 49" / 1245 mm

WIDTH: 47" / 1194 mm

DEPTH: 65" / 1651 mm

WEIGHT: 184 lbs / 84 kg

RESISTANCE:

0 - 392 lbs / 0 - 178 kg



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

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