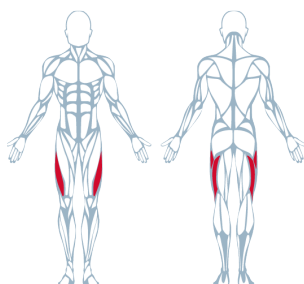


KEISER STRENGTH

A400 HIP ABDUCTOR

Model 2331

LOWER BODY MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

REINVIGORATE THE CLASSICS

The A400 Hip Abduction machine is designed to effectively target the muscles of the hips and glutes with smooth, pneumatic resistance. Its unilateral movement helps promote symmetry by ensuring that each side works independently, preventing the stronger side from compensating for the weaker side. The machine's low-inertia design offers a smooth, controlled resistance, protecting joints and connective tissue from shock loading, reducing the risk of strain. Ideal for users of all fitness levels, from older adults to elite athletes, the A400 Hip Abduction machine provides a safe, effective workout experience while tracking real-time performance data through Keiser's advanced technology for comprehensive, 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

- 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: 49" / 1244 mm

DEPTH: 65" / 1651 mm

WEIGHT: 192 lbs / 87 kg

RESISTANCE:

0 - 352 lbs / 0 - 160 kg

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