

**KEISER STRENGTH**

LOWER BODY MACHINES



# **WEAK CALVES ARE LIKE FLAT TIRES**

# **A300**

# **SEATED CALF**

Model 2936

## **PUSHING THE LIMITS OF HUMAN PERFORMANCE**

At Keiser, we're constantly innovating to reach the next level of human performance. We're never satisfied with the status quo. Even if it's our status quo. Because... Strong can be stronger. Fast can be faster. Power can be more powerful. Because science is on our side. **Because... 'Good Enough' Isn't.**

**KEISER**

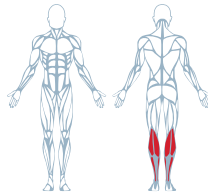
# KEISER STRENGTH

Only Keiser's **Dynamic Variable Resistance** safely builds strength at any speed, which is the key to building maximum power [Force x Velocity]. Keiser strength machines enable you to develop power, and Power is the key to Performance.

## LOWER BODY MACHINES

# A300 SEATED CALF

Model 2936



## EXPLOSIVE LOWER-LEG POWER

Originally designed for world record holders Willie Banks (triple jump) and Mike Powell (long jump), our calf machine features unilateral movement to help you develop balanced explosive lower-leg power. The machine automatically pre-loads and adjusts for leg length, and the footpad isolates the rotation around the ankle to give you a full range of motion. Your foot is the base of support with the ground, and the calf has to be able to transfer all of the strength and power you can produce to the ground. Having weak calf muscles is like driving a car on flat tires. The calf is essential in all levels of human performance, from the oldest old to the elite athlete.

## 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) to learn more.



## 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:** 53" / 1346 mm

**WIDTH:** 29" / 737 mm

**DEPTH:** 47" / 1194 mm

**WEIGHT:** 166 lbs / 75 kg

**RESISTANCE RANGE:**

0 - 860 lbs / 0 - 390 kg