### KEISER STRENGTH

# A300 SQUAT PRO

Model 1534

**LOWER BODY MACHINES** 



#### **SQUAT LIKE A PRO**

Since the A300 Squat is our most popular piece in the world of sport and since the athletes training on it have gotten stronger, faster, and more powerful, we needed to build them a Squat that would perform under the demands of their body mass and explosive power. The Squat Pro has all the features of our standard Squat plus we've added a movable stop to make it easier to enter and exit the machine. We've also beefed-up the frame and added 200 extra pounds of weight in the base to help hold it in place. You may still want to bolt this machine to the floor for your largest and most powerful athletes.

# 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**

- Increased resistance range for more intense functional workouts
- Frame 200 pounds heavier than A300 Squat to hold machine in place
- Movable stop for greater ease of entering and exiting machine
- Smooth Keiser Dynamic Variable Resistance
- Fully adjustable to accommodate a wide range of users
- Bilateral movement for body symmetry training
- Large digital displays with

# **SPECIFICATIONS**

HEIGHT: 70" / 1778 mm WIDTH: 32" / 813 mm DEPTH: 60" / 1524 mm WEIGHT: 700 lbs / 318 kg RESISTANCE RANGE: 40 - 700 lbs / 18 - 318 kg

