#### **KEISER STRENGTH**

# A300 BELT SQUAT

Model 1550



## EXPLOSIVE IMPROVEMENT

Build explosive hip and leg strength against as much as 800 pounds of resistance without the resistive load passing through your shoulders and spinal column. It is especially beneficial for taller people, because it eliminates column loading of the spine. Pivoting handles accommodate exercisers from 4'8" to 7' tall. The wide base and optional Deadlift Bar allow for multiple training possibilities. Perfect for any athlete looking to improve their explosiveness – from pitchers, to linemen, to basketball players.

### 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**

- Perform different squat movements with the accessories kit
- No shoulder or spine loading
- Up to 800 lbs / 363 kg of resistance at the push of a button
- New wider base offering diverse programming opportunities and training at optimal speed
- Pivoting handles to accommodate users of all heights heights (including 7 ft / 2.1 m)
- Large digital displays with resistance and counted repetitions
- Smooth Keiser Dynamic Variable Resistance

### **SPECIFICATIONS**

HEIGHT: 68" / 1727 mm WIDTH: 48" / 1219 mm DEPTH: 61" / 1549 mm WEIGHT: 585 lbs / 266 kg RESISTANCE RANGE: 0 - 800 lbs / 0 - 363 kg

