

KEISER STRENGTH

LOWER BODY MACHINES



**FOR THE MOST
POWERFUL AMONG US**

A300 SQUAT PRO

Model 1534

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.

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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.

▶ Visit [keiser.com](https://www.keiser.com) to learn more.



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 resistance and counted repetitions

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

KEISER® | BECAUSE...
'GOOD ENOUGH' ISN'T.™

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