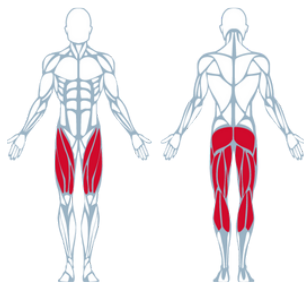


KEISER STRENGTH

A300 SQUAT

Model 1531

LOWER BODY MACHINES



STRENGTH, SPEED, AND POWER

The A300 Squat was one of the first machines Keiser created. It remains extremely popular because of its ability to develop strength, speed, and power using smooth resistance. People of every age and ability can use the A300 Squat to develop their explosive power. It features self-adjusting shoulder pads, a wide base and an adjustable bottom position to help prevent knee injuries. It also lets athletes train the essential “triple extension” (a full lock of their hips, knees, and ankles) for speed and power.

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
- 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:

40 - 700 lbs / 18 - 318 kg

