KEISER STRENGTH

A400 SQUAT PRO

Model 1534

LOWER BODY MACHINES







YOUR KEY TO LOWER BODY GAINS

The A400 Squat Pro builds on the features of the standard A400 Squat, now with a movable stop for easier entry and exit. The reinforced frame and an additional 200 pounds of weight in the base provide enhanced stability to withstand the demands of highperformance athletes. As one of the most popular pieces in the world of sport, the A400 Squat Pro is designed to help athletes become stronger, faster, and more powerful. With Keiser's A400 line technology, it seamlessly tracks real-time performance metrics, integrating with the Keiser Metrics App for data-driven training optimization, ensuring it meets the demands of elite training environments.

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.

D Vi

Visit keiser.com for more information.

FEATURES

- Increased resistance range for more intense functional workouts
- Frame is 200 pounds heavier than the A300 for added stability
- 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: 72" / 1829 mm **WIDTH:** 32" / 813 mm **DEPTH:** 60" / 1524 mm **WEIGHT:** 700 lbs / 318 kg

RESISTANCE:

40 - 662 lbs / 18 - 300 kg