

KEISER STRENGTH

LOWER BODY MACHINES



**FULL EXTENSION FOR
AN EXPLOSIVE BASE**

A300 SQUAT

Model 1531

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.**

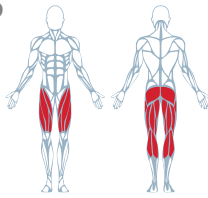
KEISER

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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.

LOWER BODY MACHINES A300 SQUAT

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STRENGTH, SPEED, AND POWER

The Squat was one of the first machines we created. To this day, it remains our most popular piece in the world of sport because of its ability to develop strength, speed, and power more effectively, efficiently, and safely than using free weights. Exercisers of every age and ability can now use our Squat to develop their explosive power and do it safer. 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.

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



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: 68" / 1727 mm

WIDTH: 32" / 813 mm

DEPTH: 60" / 1524 mm

WEIGHT: 445 lbs / 202 kg

RESISTANCE RANGE:
40 - 700 lbs / 18 - 318 kg