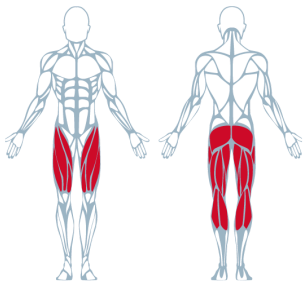


KEISER STRENGTH

A400 SQUAT

Model 1531

LOWER BODY MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

YOUR KEY TO LOWER BODY GAINS

The A400 Squat builds on the legacy of one of Keiser's first and most popular machines, delivering unmatched strength, speed, and power development with smooth, pneumatic resistance. Designed for users of all ages and abilities, it features self-adjusting shoulder pads, a wide base, and an adjustable bottom position to help reduce knee strain. Athletes can train the critical "triple extension" (full hip, knee, and ankle extension) to maximize 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) for more information.

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: 453 lbs / 205 kg

RESISTANCE:
40 - 662 lbs / 18 - 300 kg

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