KEISER STRENGTH

A400 BELT SQUAT

Model 1550



BELT UP / LOAD UP

Build explosive hip and leg strength with up to 800 pounds of smooth, pneumatic resistance, all while minimizing stress on your shoulders and spine. The A400 Belt Squat is ideal for those who want to avoid or cannot load their spine, as it eliminates spinal column pressure and accommodates users from 4'8" to 7' tall with pivoting handles. The wide base and optional deadlift bar offer a range of versatile training options. With Keiser's A400 line technology, it tracks real-time performance metrics and seamlessly integrates with the Keiser Metrics App for data-driven training optimization.

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

- Perform different squat movements with the accessories kit
- · No shoulder or spine loading
- New wider base offering diverse programming opportunities and training at optimal speed
- Pivoting handles to accommodate users of all heights (including 7 ft / 2.1 m)
- Large digital displays with resistance and counted repetitions
- Smooth Keiser Dynamic
 Variable Resistance

SPECIFICATIONS

HEIGHT: 71" / 1803 mm **WIDTH:** 48" / 1219 mm **DEPTH:** 61" / 1549 mm **WEIGHT:** 585 lbs / 265 kg

RESISTANCE:

0 - 785 lbs / 0 - 356 kg



