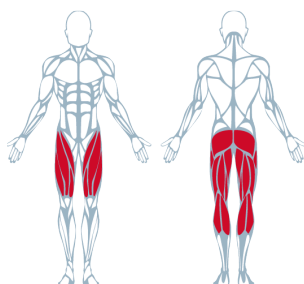


KEISER STRENGTH

A400 TALL SQUAT

Model 1533

LOWER BODY MACHINES



KEISER® ENGINEERING
HUMAN PERFORMANCE™

RISE TO THE OCCASION

The A400 Tall Squat builds on the legacy of one of Keiser's first and most popular machines, now with an additional 7 inches of height to accommodate users that are 7 feet tall or more. It delivers unmatched strength, speed, and power development with Keiser's smooth, pneumatic resistance. Designed for taller athletes, it features self-adjusting shoulder pads, a wide base, and an adjustable bottom position to help reduce knee strain. Users can train the critical "triple extension" (full hip, knee, and ankle extension) to maximize explosive power and athletic performance. With Keiser's A400 line technology, this machine seamlessly tracks real-time performance metrics, integrating with the Keiser Metrics App for precise, 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.

▶ 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: 77" / 1956 mm

WIDTH: 32" / 813 mm

DEPTH: 60" / 1524 mm

WEIGHT: 461 lbs / 209 kg

RESISTANCE:

40 - 662 lbs / 18 - 300 kg

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