

SUMMARY OF ADVANTAGES

Versatility

- **The Keiser Resistance Training Platform** consists of a Strength line of equipment, Infinity Series, and Racks (with and without air).
- **Any Speed.** Keiser's unique pneumatic resistance system allows for training at any speed on all Keiser lines of equipment.
- **All 5 training qualities** (strength, power, speed, muscular hypertrophy, and muscular endurance) can be trained with any one of our pieces of equipment.
- **Pure Resistance.** All pieces of equipment within the Keiser Platform use the purest form of resistance (with the exception of the Rack without Air). With the Keiser Platform, you can be assured that a pound is always a pound, regardless of velocity.
- **Better Built.** Whether being used in a commercial or private setting, the Keiser Platform is focused on quality and built to commercial grade.
- **So Much Space.** Keiser equipment has a small footprint, while also being lightweight and very quiet. You can configure your gym efficiently and not worry about the noise or placement of certain equipment.
- **A solution for every application** whether using a rack, functional trainer, or machine. A piece of equipment is not truly functional unless the movement can be performed at the speed of life.

Usability

- **Ease of Use.** Push button resistance control that can be changed during the repetition if needed.
- **Spotless.** During eccentric overload, no partner is needed for assistance unloading or loading resistance.
- **Every Increment Counts.** Ability to increase or decrease by 1/10th of a pound with Infinity Series and 1 pound increments with Racks and Strength Machines.
- **Instant feedback** with our power display. Track reps, peak power, and % of peak power.
- **Easy Implementation.** Adding Keiser equipment to your training program and facility does not mean a clear, immediate departure from iron. Keiser equipment can be used to supplement your existing programs by integrating a functional training approach.
- **X, Y, and Z.** Infinity Series and Racks with air allow training in all 3 planes of motion, regardless of velocity.
- **Eccentricity.** Keiser's pneumatic technology allows for concentric and eccentric loading.

Safety and Education

- **Less Stress.** Through a rigorous focus on biomechanical design and human interface, combined with patented pneumatic technology that includes dynamic variable resistance with force curves to match the human body's biomechanics, the Keiser Platform reduces stress to the joints or connective tissue with a focus on neuromuscular development.
- **We Impart Knowledge.** With Keiser Education, trainers and instructors are equipped with the certification, skills, and tools to ensure that your clients train the right way, enjoy greater results, and keep coming back for more.

Testing Capabilities

- **Identifying Power.** Identification of Keiser Optimal Power Resistance (KOPR) through the use of the Keiser 6-Rep Test.
- **Zoning In.** Utilizing the KOPR, one can determine the Max Power (Watts) and speed generated for a particular exercise. The KOPR can also be used to determine training zones for power and speed.
- **Fitness Photo.** The Air420 software has the capability to give the coach/trainer and athlete/client a snapshot of their strength profile. Designed to produce accurate velocity, power, and acceleration information, it is capable of capturing data at any moment throughout the range of motion that can then be charted to provide an accurate look at a user's performance.
- **Iron vs. Air.** Regardless of the way you tested for strength (i.e. 1RM or 1RM rep test) in the past, the same methods can be used with the pneumatic platform.