

KEISER STRENGTH



AIR300

AIR300 LEG PRESS

**NOT JUST BETTER MACHINES,
BETTER SCIENCE**

Keiser is always challenging the status quo of fitness science by exercising the most powerful muscle: the brain. While competition starts and ends within the limits of a machine, Keiser starts with the potential of the human body and develops smarter technology to unknow the limits of speed, efficiency and safety.

KEISER®
BECAUSE...
**'GOOD
ENOUGH'
ISN'T.™**

KEISER STRENGTH

Introduce precision to your strength training programs. Our machines are equipped with patented Keiser Pneumatic Technology to give everyone from first-time gym members to pro athletes a safer, easier, more efficient way to boost power output, improve core stability and gain overall muscle performance.

AIR300

AIR300 LEG PRESS

**THE COMBINATION OF UNILATERAL/
BILATERAL MOVEMENT AND PNEUMATIC
TECHNOLOGY MAKES THE AIR300 LEG
PRESS A PERFECT FIT FOR DEVELOPING
POWER**

The fully adjustable seated position protects the lower back, keeping it stabilized and offering a better pre-stretch on the gluteus muscles. Easy entry and a greater range of motion are achieved through a moveable stop which holds the foot plates during entry and exit.

KEISER PNEUMATIC RESISTANCE SYSTEM

With Keiser Pneumatic Technology, the muscles remain active and engaged throughout the entire range of motion and velocities, with reduced shock loading to muscles, connective tissues and joints, which allows for workout regimens that can safely improve physical performance in ways not seen with traditional strength training methods.

READ MORE:
WWW.KEISER.COM



FEATURES

- Offers unilateral movement - each limb can be trained symmetrically
- Increased resistance range for more intense functional workouts
- Smooth pneumatic 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
47" / 1194 mm

WIDTH
37" / 940 mm

LENGTH
69" / 1753 mm

WEIGHT
350 lbs / 159 kg

RESISTANCE RANGE
0 - 1562 lbs /
0 - 709 kg

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1.559.256.8000 | keiser.com/contactus