

KEISER STRENGTH



AIR250

AIR250 ABDOMINAL

**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.

AIR250

AIR250 ABDOMINAL

FEW MACHINES CAN DUPLICATE THE MOVEMENT AND EFFECTIVENESS OF THE INNOVATIVE AIR250 ABDOMINAL

What sets it apart is its ability to create an intense abdominal workout without involving the hip flexors employed by other abdominal machines on the market. A fully adjustable seat and comfortable chest pads help establish the correct position for the exercise, ensuring that target muscles are activated.

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.

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WWW.KEISER.COM



FEATURES

- Cost-effective way to provide strength training options
- Virtually zero shock to muscles, connective tissues, and joints
- 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
- Durable construction engineered for years of use
- Thick base for added stability

SPECIFICATIONS

HEIGHT
50" / 1270 mm

WEIGHT
126 lbs / 57 kg

WIDTH
38" / 965 mm

RESISTANCE RANGE
0 - 310 lbs / 0 - 141 kg

LENGTH
38" / 965 mm

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