

KEISER STRENGTH



AIR300

AIR300 HIP ADDUCTOR

**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 HIP ADDUCTOR

KEISER'S AIR300 HIP ADDUCTOR FEATURES A UNIQUE, INFINITELY ADJUSTABLE STARTING POSITION

The machine offers variable resistance at the touch of a button, which allows the individual to vary the effort required throughout the range of motion for best results, while providing safe and effective overload of the muscles.

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
38" / 965 mm

WEIGHT
328 lbs / 149 kg

WIDTH
62" / 1575 mm

RESISTANCE RANGE
0 - 520 lbs / 0 - 236 kg

LENGTH
67" / 1702 mm

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'GOOD ENOUGH' ISN'T.™

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