

KEISER STRENGTH



AIR250

# AIR250 SEATED LEG CURL

**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 SEATED LEG CURL

### THE AIR250 SEATED LEG CURL OFFERS EASY ENTRY AND EXIT IN A SEATED POSITION MACHINE

Many people find a seated leg curl less intimidating. The seated position also protects the lower back by preventing the hamstrings from pulling the pelvis and straining the lower back. The leg cushions and seat back are easily adjusted to comfortably fit almost any user. An adjustable cushion holds the thighs in a comfortable and stable position for maximum results. Thumb buttons, which control resistance, are conveniently located on the thigh support.

### 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](http://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 display with resistance and counted repetitions
- Durable construction engineered for years of use
- Thick base for added stability

## SPECIFICATIONS

HEIGHT  
42" / 1067 mm

WEIGHT  
195 lbs / 88 kg

WIDTH  
45" / 1143 mm

RESISTANCE RANGE  
0 - 275 lbs / 0 - 125 kg

LENGTH  
56" / 1422 mm

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

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