

**KEISER STRENGTH**



**AIR350**

# **AIR350 BIAXIAL UPPER BACK**

**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.

AIR350

## AIR350 BIAXIAL UPPER BACK

**THE AIR350 BIAXIAL UPPER BACK INCORPORATES A UNIQUE DESIGN WITH UNILATERAL/BILATERAL MOVEMENT**

Designed for superior isolation of the upper back, this machine features an adjustable chest cushion, which helps stabilize the exercise posture while concentrating on the 'elbow out' position, to ensure high upper back engagement through the full range of motion.

The unique unilateral option promotes symmetry by assuring that the stronger side does not compensate for the weaker side.

### 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)

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



### FEATURES

- Unique axis of rotation allows greater range of motion in natural planes of movement
- Smooth pneumatic resistance
- Fully adjustable to accommodate a wide range of users
- Durable construction engineered for years of use
- Large digital display with resistance and counted repetitions

### SPECIFICATIONS

HEIGHT  
62" / 1575 mm

WEIGHT  
210 lbs / 95 kg

WIDTH  
48" / 1219 mm

RESISTANCE RANGE  
0 - 350 lbs /  
0 - 159 kg

LENGTH  
51" / 1295 mm

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1.559.256.8000 | [keiser.com/contactus](http://keiser.com/contactus)