

**KEISER STRENGTH**



**AIR250**

# **AIR250 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.

AIR250

## AIR250 UPPER BACK

**KEISER'S AIR250 UPPER BACK IS AN EFFECTIVE AND EFFICIENT EXERCISE FOR THE UPPER BACK AND INCORPORATES A TWO-GRIP HAND CONFIGURATION TO ALLOW INDIVIDUALS TO DO SEATED ROW EXERCISES IN STRICT FORM, BUT WITH SOME VARIETY**

This machine also features an adjustable chest cushion, which helps stabilize the exercise posture.

By incorporating a two-grip hand configuration, Keiser's AIR250 Upper Back allows individuals to do seated row exercises in strict form, but with some variety for an effective and efficient upper back workout. To stabilize exercise posture, the machine also features an adjustable chest cushion.

### 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

- 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  
78" / 1981 mm

WEIGHT  
180 lbs / 82 kg

WIDTH  
45" / 1143 mm

RESISTANCE RANGE  
0 - 260 lbs / 0 - 118 kg

LENGTH  
48" / 1219 mm

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