

**KEISER STRENGTH**



**AIR300**

# **AIR300 BELT SQUAT**

**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<sup>®</sup>**  
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 BELT SQUAT

### MORE THAN 800 POUNDS OF RESISTANCE AT THE PUSH OF A BUTTON

This innovative lower body piece helps build dynamic hip explosion with no shoulder or spine loading. Resistance is adjusted by the push of a thumb button, enabling instructors and coaches to train more athletes in less time. Pivoting handles accommodate users of all heights including those seven foot or taller and puts them in an ideal squatting position.

More than 800 pounds (starting at 0 pounds) of resistance is possible, with increases in 1/10th-pound increments. The base of the Belt Squat is wider than the Keiser Air 300 Squat Machine, offering opportunities for diverse programming and the ability to train at optimal speed with the chosen load. Accessories available to allow performance of different squat movements.

### 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)

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**'GOOD ENOUGH' ISN'T.**™



## FEATURES

- Perform different squat movements with the accessories kit
- No shoulder or spine loading
- Up to 800 lbs / 363 kg of resistance at the push of a button
- New wider base offering diverse programming opportunities and training at optimal speed
- Pivoting handles to accommodate users of all heights (including 7 ft / 2.1 m)
- Large digital displays with resistance and counted repetitions
- Smooth pneumatic resistance

## SPECIFICATIONS

HEIGHT  
68" / 1727 mm

WEIGHT  
442 lbs / 200 kg

WIDTH  
48" / 1219 mm

RESISTANCE RANGE  
0 - 650 lbs /  
0 - 295 kg

LENGTH  
60" / 1524 mm

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