

KEISER STRENGTH



AIR300

AIR300 RUNNER

**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 RUNNER

THE AIR300 RUNNER IS A UNIQUE AND INNOVATIVE PRODUCT DESIGNED FOR THE ATHLETIC PERFORMANCE MARKET

It allows athletes to train the lower body for power by using the components of speed and resistance. Developed specifically for sports teams to improve acceleration and explosive power, this unit will improve the power and performance of any individual looking for a competitive edge.

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
57" / 1448 mm

WEIGHT
175 lbs / 79 kg

WIDTH
31" / 780 mm

RESISTANCE RANGE
10 - 346 lbs / 5 - 157 kg

LENGTH
84" / 2134 mm

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1.559.256.8000 | keiser.com/contactus