

KEISER STRENGTH



AIR300

AIR300 SEATED CALF

**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 SEATED CALF

ORIGINALLY DESIGNED FOR WORLD RECORD HOLDERS WILLIE BANKS, TRIPLE JUMP, AND MIKE POWELL, LONG JUMP

The Keiser Seated Calf is a unique machine engineered to create explosive power from the lower leg. Its unilateral option and high-speed capability allow for greater results when doing sports specific training.

The footpad articulates around the ankle for better range of motion while the machine automatically pre-loads and adjusts for leg length.

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

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



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
53" / 1346 mm

WEIGHT
178 lbs / 81 kg

WIDTH
30" / 762 mm

RESISTANCE RANGE
9 - 800 lbs / 4 - 363 kg

LENGTH
48" / 1219 mm

CONTACT A SALES REP TODAY
1.559.256.8000 | keiser.com/contactus