

KEISER STRENGTH



AIR300

AIR300 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®
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 SQUAT

COMBINING A LOW IMPACT WORKOUT WITH THE ABILITY TO MOVE SAFELY AT HIGHER SPEEDS, THE AIR300 SQUAT ENHANCES EXPLOSIVE POWER

The machine features conveniently positioned thumb button resistance control located on the ends of the hand grips, allowing the user to increase or decrease resistance without leaving the machine.

The AIR300 Squat work for all users through its self-adjusting comfort pads and a sturdy, wide base. A range-limiting feature helps prevent ligament and joint injury to the knee.

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

- 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
68" / 1727 mm

WIDTH
32" / 813 mm

LENGTH
60" / 1524 mm

WEIGHT
442 lbs / 200 kg

RESISTANCE RANGE
40 - 833 lbs /
18 - 378 kg

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