

KEISER STRENGTH



AIR250

AIR250 LEG EXTENSION

**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 LEG EXTENSION

KEISER'S AIR250 LEG EXTENSION MACHINE WAS CAREFULLY DESIGNED TO MAKE ENTRY INTO THE MACHINE EASY

It will accommodate a wide spectrum of users from 4' 10" to 6' 8" (1.47 to 2.03 meters). Leg cushions and seat backs are fully adjustable, without getting off the machine. The seat back adjusts forward and back without changing its tilt, protecting the lower back during the exercise. The hand grips house the thumb buttons for convenient control of resistance while exercising. An optional range limiter is available to adjust the starting position from 20° to 120° of knee flexion.

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.

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WWW.KEISER.COM



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
42" / 1067 mm

WEIGHT
190 lbs / 86 kg

WIDTH
45" / 1143 mm

RESISTANCE RANGE
0 - 230 lbs / 0 - 104 kg

LENGTH
56" / 1422 mm

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