

KEISER STRENGTH



AIR250

# AIR250 MILITARY PRESS

**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 MILITARY PRESS

**BY PIVOTING THE EXERCISE ARMS ABOVE THE HEAD, THE AIR250 MILITARY PRESS IS DESIGNED TO CLOSELY MODEL THE MOVEMENT OF A STANDARD FREE-WEIGHT BENCH PRESS**

Thumb button controls located on each hand grip allow resistance to be adjusted at any time during a workout, while the fully adjustable seat accommodates a wide range of users.

### 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)**



### 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**  
60" / 1524 mm

**WEIGHT**  
167 lbs / 76 kg

**WIDTH**  
45" / 1143 mm

**RESISTANCE RANGE**  
14 - 190 lbs / 6 - 86 kg

**LENGTH**  
60" / 1524 mm

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

**CONTACT A SALES REP TODAY**  
1.559.256.8000 | [keiser.com/contactus](http://keiser.com/contactus)