

KEISER STRENGTH



AIR250

# AIR250 STANDING HIP

**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 STANDING HIP

### THE AIR250 STANDING HIP IS THE PRODUCT OF CHOICE FOR ATHLETES

It is essential for developing strength and power, allowing athletes to train at explosive speeds. The machine offers hip flexion, extension, adduction and abduction. The foot platform is split to provide the clearance needed to prevent possibly hyper-extending the knee if the foot strikes the plate during the leg swing. Its light weight makes the foot plate easy to position at the correct height for almost any user. Arched support bars feature dual resistance controls for forward or sideways positioning and provide more clearance for 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](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  
68" / 1727 mm

WEIGHT  
215 lbs / 98 kg

WIDTH  
50" / 1270 mm

RESISTANCE RANGE  
0 - 132 lbs / 0 - 60 kg

LENGTH  
40" / 1016 mm

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

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