

KEISER STRENGTH



AIR300

AIR300 HIP ABDUCTOR

**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 HIP ABDUCTOR

IMPROVED STABILITY AND LATERAL MOVEMENT COMES FROM WELL TUNED ABDUCTORS

Keiser's Air300 Hip Abductor provides smooth, variable resistance throughout the entire range of motion while providing negative resistance for a complete routine.

It also features the ability to work each leg individually and provides an adjustable seat back with neck and lumbar support.

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



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
38" / 965 mm

WEIGHT
203 lbs / 92 kg

WIDTH
47" / 1194 mm

RESISTANCE RANGE
0 - 405 lbs / 0 - 184 kg

LENGTH
67" / 1702 mm

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'GOOD ENOUGH' ISN'T.™

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