

KEISER STRENGTH



KEISER
AIR300
LEG CURL PRO

**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.



KEISER AIR300 LEG CURL PRO

**STREAMLINED TO DELIVER
WORKOUTS AT SPEEDS MORE
DIVERSE THAN EVER BEFORE**

As a complete redesign of the AIR300 Leg Curl (now retired), the AIR300 Leg Curl Pro features lighter moving components that allow for training at even faster speeds – as well as slow eccentric loading of the hamstrings. These enhancements were achieved by replacing metal linkage with a belt and reducing the weight on the lever and exercise arms, resulting in a machine that is 40 pounds (18 kg) lighter than its predecessor.

Additional improvements include the computer display positioned in line with the user's sight, ergonomically positioned thumb buttons, a contoured chest pad for added comfort and greater ease of reach to the resistance controller.



LEARN MORE AT [KEISER.COM](https://www.keiser.com)

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.

FEATURES

- Industry's best leg curl machine for eccentric loading
- Offers unilateral or bilateral leg training
- Wide range of resistance for intense functional workouts
- Smooth pneumatic resistance
- Fully adjustable to accommodate a wide range of users
- Large digital display shows resistance and reps

SPECIFICATIONS

HEIGHT
26" / 660 mm

WEIGHT
113 lbs / 51 kg

WIDTH
46" / 610 mm

RESISTANCE RANGE
10 – 226 lbs / 5 – 103 kg

LENGTH
72" / 1829 mm

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