

## FUNCTIONAL TRAINING



INFINITY SERIES

# FUNCTIONAL TRAINER

### 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**<sup>®</sup>  
BECAUSE...  
**'GOOD  
ENOUGH'  
ISN'T.**<sup>™</sup>

# FUNCTIONAL TRAINING

What's the key to Keiser's success with groups like firefighters, NASA, professional athletes and the military? It's an approach built on functional training, which lets them train at the speed they perform their jobs in the real world. True functional training requires training at speed - something you can ONLY do with our machines, as Keiser pneumatic resistance isn't slowed down by gravity.



## INFINITY SERIES FUNCTIONAL TRAINER

### THE FUNCTIONAL TRAINER IS THE CORE MACHINE WITHIN THE INFINITY SERIES

As the name implies, it is a multi-functional machine for a complete body workout. It can be used for hundreds of different exercises, ranging from rehabilitation to sports-specific applications and is one of the most basic and versatile cable machines available.

The Functional Trainer incorporates two adjustable arms, which accommodate high/low training positions. The ability to train at any speed and without any impact makes it the product of choice for many different applications. With its space-saving design, the unit is available with or without a base. (Units without base must be bolted directly and securely to the floor.)

The Functional Trainer features two adjustable arms, which can be adjusted for virtually any training position. Each pulley swings independently of the machine to match the line of pull. In addition to its already space-saving design, the unit can either stand alone or be floor mounted.

### 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)

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## FEATURES

- Complete control of resistance levels
- Smooth pneumatic resistance to reduce shock loading to connective tissues and joints
- Takes up less space and time with a small footprint and multi-user pieces that allow group training
- Unlimited possibilities for training - any load, any speed, any plane
- Versatility that allows you to customize your workout
- ADA compliant - Section 44 Disabled Access Tax Credit

## SPECIFICATIONS

HEIGHT ARMS UP (WITH BASE)	93" / 2362 mm	WEIGHT (FLOOR MOUNTED)	130 lbs / 59 kg
HEIGHT ARMS DOWN (WITH BASE)	62" / 1574.8 mm	RESISTANCE RANGE BILATERALLY	0 - 106 lbs / 0 - 48 kg
WIDTH ARMS OUT (WITH BASE)	94" / 2387.6 mm	RESISTANCE RANGE UNILATERALLY	0 - 53 lbs / 0 - 24 kg
BASE WIDTH	84" / 2133.6 mm	CABLE LENGTH BILATERALLY	72" / 1829 mm
DEPTH	48" / 1219.2 mm	CABLE LENGTH UNILATERALLY	144" / 3658 mm
WEIGHT (WITH BASE)	300 lbs / 136 kg		

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