

AIR300

AIR300 RUNNER



THE AIR300 RUNNER IS A UNIQUE AND INNOVATIVE PRODUCT DESIGNED FOR THE ATHLETIC PERFORMANCE MARKET

It allows athletes to train the lower body for power by using the components of speed and resistance. Developed specifically for sports teams to improve acceleration and explosive power, this unit will improve the power and performance of any individual looking for a competitive edge.

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.

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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

57" / 1448 mm

WEIGHT

175 lbs / 79 kg

WIDTH

31" / 780 mm

RESISTANCE RANGE

10 - 346 lbs / 5 - 157 kg

LENGTH

84" / 2134 mm

CONTACT A SALES REP TODAY

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