

KEISER STRENGTH



AIR250

AIR250 TRICEPS

**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 TRICEPS

OFFERING SUPERIOR ISOLATION OF THE TRICEPS MUSCLES, THE AIR250 TRICEPS ACCOMMODATES A WIDE VARIETY OF USERS WITH ITS ONE-STEP SEAT ADJUSTMENT

For added safety and stability under heavy loads, the machine also incorporates a seat belt. Once seated, thumb button resistance controls located on the hand grips allow users to adjust their workout while maintaining their position.

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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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
60" / 1524 mm

WEIGHT
150 lbs / 68 kg

WIDTH
38" / 965 mm

RESISTANCE RANGE
0 - 260 lbs / 0 - 118 kg

LENGTH
60" / 1524

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