

# AIR300 LEG CURL



## THE AIR300 LEG CURL FEATURES A PRONE WORKOUT POSITION FOR SUPERIOR MUSCLE ISOLATION

This also gives a higher maximum resistance range, and a unilateral movement, which helps correct strength imbalance. This is the leg curl of choice for sports specific applications or where superior muscle isolation is required.

## 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](http://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

33" / 838 mm

### WEIGHT

153 lbs / 69 kg

### WIDTH

35" / 889 mm

### RESISTANCE RANGE

10 - 241 lbs / 5 - 109 kg

### LENGTH

70" / 1778 mm

### CONTACT A SALES REP TODAY

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**'GOOD ENOUGH' ISN'T.™**