

INFINITY SERIES

KEISER FUNCTIONAL TRAINER

YOU CAN'T CALL IT FUNCTIONAL
IF YOU CAN'T DO IT AT SPEED



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

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TRAINING AT THE SPEED OF LIFE

The **Keiser Functional Trainer** is the only multi-functional cable machine that earns the right to call itself functional. From professional athletes to older adults. From rehab patients to weekend warriors. Training with the Keiser Functional Trainer is the most efficient way to develop functional, real-world power - with ANY movement, at ANY speed, on ANY plane.



TRAIN WITH ANY MOVEMENT AT ANY SPEED ON ANY PLANE



FEATURES

- **SMOOTH** Keiser Dynamic Variable Resistance to reduce shock-loading to connective tissue and joints for safer, more effective workouts
- **TAKES UP LESS ROOM** on the gym floor with a smaller footprint to more efficiently optimize gym space
- **LIMITLESS VERSATILITY** for more customizable and time-efficient training with any load, at any speed, and on any plane
- **ADJUSTABLE RESISTANCE** with easy-to-use buttons that allow incremental changes as little as 1/10th of a pound
- **ABILITY FOR MULTI-USE PERSONAL TRAINING** and group training to enhance workouts of users at any age or fitness level
- **FULL BODY WORKOUT** see KeiserEurope YouTube channel for 200 videos of different exercises
- **REDUCED SHOCK LOADING** with Keiser Dynamic Variable Resistance which reduces stress on connective tissue, enabling to user to train at speed safely
- **THE NUMBER ONE CHOICE FOR REHABILITATION** with physios, the Functional Trainer carries the CE Declaration of Conformity and conforms to European Directive 93/44/EEC.

LEARN ABOUT THE SCIENCE BEHIND KEISER DYNAMIC VARIABLE RESISTANCE

The science behind Keiser Dynamic Variable Resistance and 5 in 1 Advantage not only provides your members with increased versatility and training options, but it also allows them to train their neuromuscular system at speed, while protecting the joints and connective tissue. Keiser is the **only** strength equipment that safely allows for this type of training.

BETTER SCIENCE. FASTER RESULTS. SAFER RESISTANCE.



Learn how Keiser Dynamic Variable Resistance works in “Keiser Vs. Status Quo” at [keiser.com](https://www.keiser.com).



GET THE 5 IN 1 TRAINING ADVANTAGE

With Keiser’s 5 in 1 Advantage, you can train with **any** combination of these 5 training modalities on **every** Keiser strength machine.

- 1 TRADITIONAL [STRENGTH & MUSCLE BUILDING]**
This is the same way you train on ordinary, iron-weight-based machines: explosive on the concentric phase and controlled on the eccentric phase.
- 2 SPEED** By training fast through both the concentric and eccentric phases, you develop your muscles and neuromuscular system for maximum speed.
- 3 POWER** Training for power pairs an explosive concentric phase with a controlled eccentric phase. It’s the key to athletic performance.
- 4 ECCENTRIC OVERLOAD** Loading up on resistance in the eccentric phase increases muscle fatigue and stimulation — giving you greater strength gains in less time. Keiser is the only strength equipment that allows you to safely perform Eccentric Overloading without a partner.
- 5 HIIT** HIIT training against Keiser Dynamic Variable Resistance safely develops your muscular and cardiovascular efficiency simultaneously.

TRAIN REAL-WORLD MOVEMENTS AT REAL-WORLD SPEED

Just because you can pull a cable in a variety of directions doesn't make it functional. It's pulling it at the speed we perform our daily activities and through sport that makes it **truly functional**.



GET FASTER AND MORE POWERFUL WITH THE KEISER FUNCTIONAL TRAINER

Keiser allows you to safely build strength at any speed, training the neuromuscular and cardiovascular systems by working against smooth, consistent resistance with zero shock-loading. Safely training with speed is **something you can ONLY do with Keiser.**

Used for complete, whole-body workouts you have a limitless variety of exercises ranging from rehabilitation to sports-specific. The Keiser Functional Trainer has two adjustable arms, which accommodate **virtually any training position** – high or low, providing the ultimate freedom for differentiation workouts.





DESIGNED FOR ANY FACILITY

Each pulley swings independently of the machine to match the line of pull. In addition to its space-saving design, the Keiser Functional Trainer unit can either stand alone or be floor-mounted.



ACCESSORIES



WAIST BELT

Model 305422

With a 3-1/2" [89 mm] nylon strap and neoprene padding, the Waist Belt is equipped with dual steel sliding D-rings allowing for constant resistance through dynamic movements. It will accommodate up to a 44" [1118 mm] waist. Our buckle prevents accidental uncoupling during exercise.



THIGH STRAP

Model 305423

Made of 4-1/2" [115 mm] wide nylon and neoprene padding for comfort, the self-tensioning Thigh Strap attaches to an Infinity Series machine for glute, hamstring, quad and hip flexor work.



ANKLE STRAP

Model 305424

Designed to easily attach to your ankle and any of our Infinity pieces for Hip Flexion, Extension, Abduction, Adduction, as well as kicking exercises. This self-tensioning Ankle Strap is made of 4 1/2" [115 mm] wide nylon and neoprene padding for comfort. It accommodates up to 14" [356 mm] ankles.



KEISER CHOP BAR

Model 300839

The 36" [915 mm] Keiser Chop Bar is constructed of knurled lightweight aluminum tubing. Heavy-duty bearings and military specified strapping combine to allow maximum freedom to move the bar in any direction while minimizing wear at the attachment points.

ACCESSORIES



CABLE HANDLE

Model 300807

The Keiser Cable Handle has a D-Ring on one end and a comfortable grip on the other. The grip consists of an impact resistant body with a soft contoured rubber grip over-molded as one unit. The ends of the grip are flared to provide a smooth edge for the military-specified strap to slide, minimizing wear.



KEISER TRICEPS ROPE

Model 300838

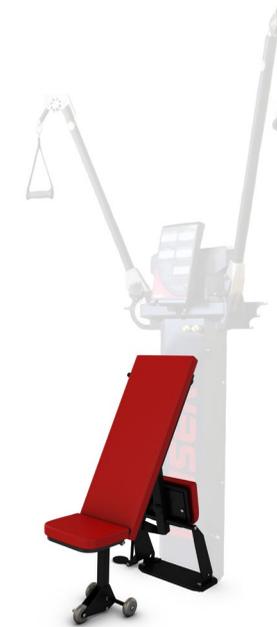
The Keiser Triceps Rope features a specially designed curved connector to properly align the rope when pulling on both ends or only one end of the rope. This prevents the rope from kinking, thus increasing its life. The Poly Propylene rope and molded end caps are fused together to create a secure bond. The rope is 1" [25.4 mm] in diameter and 36" [915 mm] long.



BACK/LAT STRAP

Model 300808

The Keiser Back/Lat Strap attaches by a D-ring supporting two of the soft contoured rubber grips used on the Cable Handle. The grips are 21" [534 mm] from the D-ring, and approximately 42" [1067 mm] from grip to grip. The military-specified strap connects everything together.



FT BENCH

Model 3090

The FT Bench was designed to maximize space in small facilities, such as physical therapy, hospitality, corporate fitness, etc. It fastens to the bottom of the FT and folds up to a 90° position for storage and use, as well as 60°, 45°, 30°, and flat. It can be used for FT and dumbbell work or other exercises in which an adjustable bench is needed.



INFINITY ACCESSORY KIT

Model 300824

The Infinity Accessory Kit is a convenient and cost-effective way to get maximum use of your Keiser Infinity Machines. It includes one each of the above Infinity Accessories.

SPECIFICATIONS



Model 3025



Model 3021



Model 300836



HEIGHT ARMS UP:

WIDTH:

DEPTH:

WEIGHT:

RESISTANCE/HANDLE:

CABLE LENGTH:

**MODEL
3020 + 3025**

92" / 2337 mm

96" / 2439 mm

47" / 1194 mm

369 lbs / 168 kg

50 lbs / 22 kg

70" / 1778 mm both Handles together

140" / 3556 mm single Handle

**MODEL
3020 + 3021**

89" / 2261 mm

96" / 2439 mm

29" / 737 mm

118 lbs / 54 kg

50 lbs / 22 kg

**MODEL
3020 + 300836**

101" / 2566 mm

96" / 2439 mm

31" / 788 mm

143 lbs / 65 kg

50 lbs / 22 kg

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