

BE
POWER
FUL.

KEISER[®]

*We will not live in the mundane world of the expected...
Our passion is to challenge the barriers of traditional thinking
and continually **push the limits of human performance.***

KEISER EQUIPMENT

M Series Cardio

Infinity Series

Keiser Racks

AIR250 Strength

AIR300 Strength

AIR350 Strength

PROGRAMS

Training Foundations

Countdown to Launch

POWER Training

STEP Circuit

XPRESS Circuit

POWER PROFILES

Fitness Quest 10

Athletes' Performance

Nifty After Fifty

Lifewise Fitness

ADDITIONAL INFORMATION

Air System Information

Paint & Upholstery Options

Equipment Options & Specifications

Strength & Cardio Warranty Information

THE DIFFERENCE

Keiser began more than 30 years ago with a revolutionary idea, that presented itself to be a battle of not only changing the whole idea of the weight room but of educating those on truly the most effective and safest resistance on the market.

To this day, Keiser strives to provide only the best in performance training equipment. To do so, we abide by strict values: to push human potential, to change perceptions and to ultimately improve performance for all ages and fitness levels. For the elite athlete, this could mean breaking a world record. For an older adult, it could mean dancing for the first time in 12 years.



Dennis Keiser
Founder, Keiser Corporation

Working to Change Lives

Keiser is the leading provider of fitness equipment to the mature-adult market, working to further the importance of exercise for all generations. Our goal is to improve the lives of older adults in two ways: educating older adults on the ways they can intervene in the aging process and encouraging them to teach their children how to grow old successfully.

Faster Rehab

Keiser not only prides itself in improving the lives of older adults, but also in helping athletes to reach their peak. One of the most important aspects of training athletes is getting them back to their optimal performance after an injury. Keiser's innovative equipment not only helps athletes recover their strength, but also their coordination and confidence. By allowing progression in smaller increments injured athletes can safely train at higher speeds for a faster rehabilitation process.

Peak Performance

We are a major influence in the training of world class athletes because of our ability to unite both components of human performance: the force you produce and the speed at which you produce it. $\text{Force} \times \text{Velocity} = \text{Power}$. The development of Power was limited with traditional weight stack resistance. The increase of both resistance (force) and training speed (velocity) resulted in high impact workouts with increased risk of injury, making it virtually impossible to train for Power. Despite the risks, and without alternatives, this became the accepted training method.

Things changed when Keiser introduced the pneumatic resistance system in 1978. This simple idea, to "pump air" instead of iron, provided trainers with the ability to train their athletes at any speed and at any resistance with little to no impact. Today, backed by many research studies, trainers worldwide are realizing the benefits of Power and are expanding the limits of performance training.

“We rely not only on quality inspection, but quality assurance.”

Randy Keiser

Co-founder Keiser Corporation

Keiser's Equipment Offers Numerous Benefits

- Ability to change resistance in .1 lb/kg or 1 lb/kg increments
- Zero lb/kg starting resistance on most machines
- Consistent resistance at any speed, from slow to explosive
- Zero shock loading to muscles, connective tissues and joints
- Compact efficient design resulting in a 40% savings on space
- Train more members in less time with 40% faster throughput
- Machines that are easy to use and non-intimidating
- Easy entry and exit, suiting a wide array of users and body types
- Digital display with options for testing and workout tracking
- Fingertip resistance controls, changeable even during movement

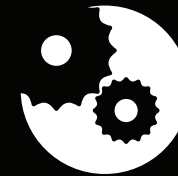
Keiser's undisputed quality and durability has kept us a market presence for more than 30 years. Once you have analyzed the facts, you will agree Keiser is the product of choice and offers you the most versatile and practical equipment on the market.



Quality Control

Keiser's quality assurance process is a cut above the rest. Every week, quality control meetings are held with the head of each department. Any possible issue in the field or through manufacturing processes are discussed to pinpoint sources and come up with ways to alleviate them.

Every order is unique, and from the time the order is placed, our team goes through each aspect of the order—from assembly, to computer calibration, to color—to make sure each order meets both ours as well as the customers high standards.



Rigorous Testing

Keiser's quality guarantee begins even before a product is ready for distribution. With every piece of equipment Keiser performs field-tests for durability long before it is ever introduced on the market.

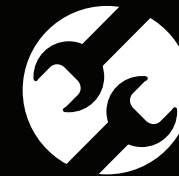
Take for example our popular M3 Indoor Cycle. Before its introduction, the prototypes were run for tens of thousands of miles before Keiser felt confident in the durability and longevity of the product. That first group of cycles are still running in our testing department at Keiser HQ, enduring more than one million miles so far.



Marketing Support

Keiser's commitment to customers does not end at the point of sale. Our marketing team offers our customers the tools to ensure their success.

With the development of turn-key programs, Keiser helps you find new and exciting ways to promote your facility to both the member and the community.



Unmatched Service

Keiser is so confident in our quality we offer exceptional warranties on all products. Should you ever have a concern or encounter a problem with your equipment, Keiser is there to offer personalized support.

With more than a decade of experience each, our service technicians are knowledgeable about every facet of Keiser equipment. They not only communicate service issues, but provide same-day shipping for parts and repair orders.

INFINITY

Series

Series

INFINITY





INFINITY
Series

INFINITY SERIES

***maximum versatility cable equipment
offers endless training possibilities***

INFINITY SERIES

As the name suggests, these multi-functional machines can be used for an unlimited range of exercises from targeted to sports specific training. This unique cable line allows users to safely work any muscle group at any angle, at any resistance, and at any speed providing maximum versatility with minimum size.

Complete Control

Resistance adjusts in tenth pound increments offering complete control over training and Power progression. To make control over your workout more convenient, it is adjusted at the push of a button so users no longer have to spend time changing weights. This ease of use and control over their workout allows for speed training and opportunities for maximum results.

Smooth Pneumatic Resistance

Using Keiser's patented pneumatic resistance, the Infinity series virtually eliminates shock loading to connective tissues and joints. For convenience, resistance can be changed at any time by use of fingertip controls. Users immediately see the advantage that Keiser equipment has in fine-tuning a workout.

Takes Up Less Space and Time

Because Infinity training machines can either be wall-mounted or floor-mounted without a base, they use very little space. The multi user pieces also provide group training options, training more clients in less time and using less space than needed by multiple machines.

Unlimited Possibilities

The versatility provided by the Infinity Series' free-moving pulley system allows users to work their core, upper and lower body at virtually any angle with only one piece of equipment.

Customize Your Workout

With a variety of available accessories, the Infinity Series cable machines can be customized to meet your individual needs. Each accessory is easy to attach and adds versatility to workouts. See page 24 for details.



“If you’re the type of professional that strives to give your best to your clients, you need Keiser, period. The only limitation you will have with Keiser is your imagination.”

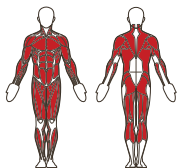
- Marc Schlichtenmyer, Director, APEX Athletic Performance



Performance Trainer

The Performance Trainer is a single-column pulley system designed to be wall-mounted. Pulley height is adjustable and locks in place, providing virtually unlimited training opportunities. Multiple Performance Trainers can be mounted to create cable training zones.

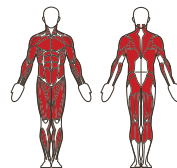
Total Body Trainer



Six Pack

The Six Pack takes the Performance Trainer and transforms it into a multi-user training zone. Perfect for facilities requiring the ability to train groups, the Six Pack accommodates up to six users at once.

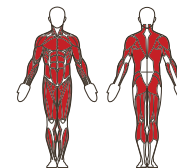
Total Body Trainer



Functional Trainer

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.

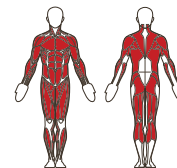
Total Body Trainer



Triple Trainer

The Triple Trainer is essentially a Functional Trainer that accommodates up to three users at one time. Mounted in a triangular-shaped column, the Triple Trainer packs the benefits of multiple machines in less space.

Total Body Trainer



ACCESSORIES

A Thigh Strap

Made of 4 1/2" wide nylon and thick neoprene padding, the Pro Thigh Cinch Strap attaches to an Infinity Series machine for glute, hamstring, quad and hip flexor work.

B Keiser Back/Lat Strap

The Keiser Back/Lat Strap has a impact resistant ABS body with soft and grippy rubber. It is overmolded as one unit and uses military specied strapping. 2' long from handles to d-ring 4' from handle to handle.

C Ankle Strap

Designed to easily attach to Infinity machines for abductor and adductor work, the Pro Ankle Cinch Strap is made of 4 1/2" wide nylon and thick neoprene padding. Equipped with a steel D-ring, it fits around ankles of all sizes.

D Keiser Cable Handle

The Keiser Cable Handle has an impact resistant ABS body with soft and grippy rubber. It is overmolded as one unit and uses military specied strapping.

E Keiser Triceps Rope

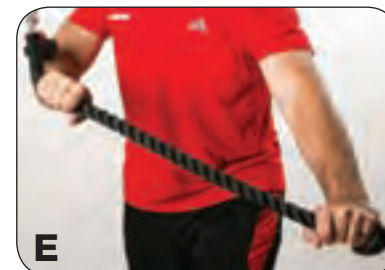
The Keiser Triceps Rope has low-friction POM end caps and a Keiser branded curved connector designed to increase the life of the polypropylene rope and make it more aesthetically pleasing. 3' long x 1" diameter PolyPropylene rope.

F Waist Belt

With a 4 1/2" nylon cinch strap and neoprene padding, the waist belt is equipped with dual steel D-rings to accommodate up to a 44" waist.

G 3' Keiser Chop Bar

The 3' Keiser Chop Bar is constructed of a knurled lightweight Aluminum tubing. Heavy duty bearings and military specied strapping combine to allow maximum freedom to move this bar without creating wear at the attachment point on either end. Testing has proven this mechanism will outlast all.



SCIENCE OF RESISTANCE

A Pound is Not Always a Pound

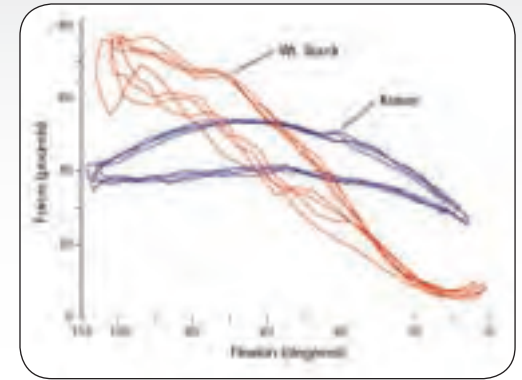
The flaw in iron was realized very early in its development. The flaw, quite simply, is momentum and its danger to muscle mass, joints and connective tissue. Whenever you are dealing with a mass, you have momentum at play. The remedy for this problem, at the time, was to exercise very slowly to help eliminate the effects of momentum to safely exercise.

This flaw in iron is significantly dangerous. The inertia and momentum generated from iron plates means the user has to exert a higher force at the beginning of each repetition to both start and stop the weight stack. The faster the repetition, the higher the force; a one second repetition can double the load of the weight selected on the weight stack. This can lead to injury to muscles, joints and connective tissues. Many people who have trained seriously on iron weight stack equipment have sustained an injury.

The challenge was to design a machine void of momentum. From that challenge Keiser was born, with its revolutionary patented Pneumatic Technology. This system allows the user to train much more safely and efficiently, at any speed.

Recent independent studies show there are additional benefits to training at higher speeds. This enables the user to not only gain significant increases in strength, but also to develop a significant increase in Power. Power is the ability to move faster, react quicker, and develop explosive strength. Studies have shown that Power is something from which we can all benefit, from the elite athlete to the older adult. Recent studies have even cited Power as a significantly more important factor than strength in an older adult's ability to perform the activities of daily living.

Keiser's Technology allows all of our equipment to be very versatile. It will allow you to service many different market segments from rehabilitation, professional sports conditioning, training of youth, commercial fitness centers to assisted living centers. The numbers of programs available are equally significant and diverse, from circuit training to weight management, sports specific, etc.



To illustrate the difference between these two approaches a special Leg Extension machine was built with two independent exercise arms. One is connected to a weight stack and the other to Keiser's pneumatic cylinder. Designed to provide the same variable resistance curve at equal speeds of four seconds out and back from both approaches.

Interpret the graph's data for yourself and see the difference a Keiser machine can make. The red line shows the force that the weight stack is producing and the blue line shows the force produced by the pneumatic cylinder.

The upper portion of each line is the extension of the leg and the bottom half is the returning of the leg. You can see the resistance provided by Keiser's Pneumatic Technology remains consistent. The inconsistency in resistance caused by the weight stacks most often come at a point in the range of motion that can result in the greatest harm to joints and connective tissue.

Keiser's technology opens up a whole array of training options not possible with weight stack machines. In short, Keiser provides the positive and negative resistance just like a weight stack, but without the high impact loads experienced while starting and stopping the weight.

POWER TRAINING

Training for Speed, Power, Strength and Stability

Keiser has worked with numerous experts in sports performance to be on top of the latest information, methodology and practices. Together we have created a program that meets the needs of the ever evolving performance training market, the Power Training Kit. The Power Training Kit provides workouts and tips with the trainer in mind. The goal is to educate and challenge to improve performance.

Since Keiser's inception, we've been a company with feet forward toward providing effective performance equipment. With the assistance of a network of professional trainers worldwide we work to maximize our equipment's effectiveness.

This program will start you on your way to receiving the most benefit out of your equipment. Using Keiser's Infinity Series, the Power Training Kit allows you to train the way you were meant to; at any speed, without momentum.

With Keiser performance equipment, the possibilities are endless.

CORE
UPPER BODY
LOWER BODY
SPORT

POWER MANUAL
Training Foundations for Keiser Performance Equipment

KEISER
THE POWER IN HUMAN PERFORMANCE

CORE

Hip Extension, Leaning Ab Rotation, Balanced Bent Row, Explosive Hip Flexion, Push Pull, Standing Ab Rotation, Punching Ab Rotation, T Stand Pull

UPPER BODY

Triceps Pushdown, Squatting Row, Straight Punch, Shoulder Press, Single Arm X Snatch, Arm Curl, Rear Delt Raise, Chest Press

LOWER BODY

Leg Adduction, Forward Lunge, Cross Over Step, Squat Jump, Leg Abduction, Running in Place, Lateral Lunge, Squat

Infinity Series
The Possibilities Are Endless

“If you are a trainer that works with a diverse clientele that includes athletes, house-moms, baby-boomers, exec’s and regular old Joe’s and Jane’s, the Functional Trainer must be a staple in your toolbox.”

- Todd Durkin MA CSCS,
Founder & Creator
Fitness Quest 10,
San Diego, CA

POWER PROFILE



A Premier Health & Fitness Performance Center

Top American trainer and founder of Fitness Quest 10 in San Diego, Todd Durkin has been using Keiser equipment for the past five years to improve the quality of his facility’s personal training programs. From the success of his NFL clients to the improved health of FQ10’s members, Keiser has played an integral part in helping people reach their fitness and performance goals.

One of Durkin’s favorite pieces of equipment is the Keiser Functional Trainer, what he calls “a must for any serious personal trainer that is looking to get a lot of bang for your buck.” Because of its simplicity and versatility, the Keiser Functional Trainer is suited for dozens of exercises and challenges clients to improve their overall strength, balance, core, speed and Power.

POWER
POWER





KEISER RACKS

***pneumatic and weight hybrid
rack to develop power and stability***

RACK SERIES

Allows users to train at any speed, from controlled to explosive, for improved Power development.

The difference between Keiser Racks and standard racks is the unique hybrid design which combines pneumatic and free weight resistance to emphasize not only strength training but also speed and stability training.

Hybrid Resistance

Guide rails allow the pneumatic resistance system to move freely with the movement of the user adding versatility to workouts. This feature allows users to perform multiple exercises for a wide spectrum of training, enhancing power and stability.

All in One System

Since our racks are hybrid free weight/pneumatic racks we have made it easier to store everything you need in one area. Built in bar storage and multiple weight storage is available on all rack systems.

Customize Your Workout

The rack can be customized based on the specific need of the facility or trainer. Using our Keiser universal locking system anything from the adjustable bar catches to a dip station may be added to further increase the productivity of the workout.

A Rack to Fit Your Needs

Depending on the size of your facility there is a Keiser Rack to suit your needs. The power rack is available in four different sizes ranging from the single user Half Rack to the multi-user Rack and a Half.

Dual Displays

The Keiser Racks feature dual displays, satisfying both the user and trainer. The user is provided with a supine display and convenient foot pedal resistance controls. The trainer can also adjust the resistance by means of push button controls in the "spotter station."





POWER Rack



Half Rack



Half Rack Short



Rack and a Half

Keiser Racks are available in several configurations; suiting a variety of spaces and accommodating numerous strength and stability workouts.



Keiser Rack Platforms:

Due to overwhelming demand from pro teams and universities, the Keiser Rack Platforms were created. This unique low profile platform is trimmed in steel tubing with cast rounded corners to reduce athletic injury. It is constructed of quality materials to 1½" thickness, topped with First Grade Maple (sanded, sealed, and triple varnished). The platform also features impact absorbing rubber to significantly reduce noise.

All Keiser racks can be customized with team logos and colors.

ACCESSORIES

A Pulley Assist Station

Employing Keiser's unique pneumatic resistance system, cables attach both to the Keiser Racks and the user's belt to customize the weight resistance of a traditional pull-up. While other machines allow users to add resistance to their own body weight, the Pulley Assist Station also provides the user an assisting counter weight. This technique makes it possible for users of all fitness levels to accomplish a successful pull-up.

B Squat Handles

Similar to the Pulley Assist Station, Keiser Squat Handles assist users in the ability to perform squats. By attaching resistance to the user's belt, the Squat Handles allow squats to be performed without the use of a bar, increasing consistency and stability.

C Technique Trays

Keiser's Technique Trays allow the user to place an Olympic bar with bumper plates at the preferred starting height for the user. The Technique Trays lock securely into place and can be used for Olympic style lifting.

D Chin Up Handles

Keiser's Chin Up Handles can be locked into 14 different positions, from 7" thru 41" apart, offering greater versatility to a workout and allowing the user to both increase difficulty and target specific muscle groups. Because the handles rotate at 360 degrees, more training options are available and wrist strain is decreased.

E Chin Up Bar

Keiser's mounted Chin Up Bar provides a more traditional opportunity for upper body strength training and incorporates seamlessly into any of the Keiser Rack configurations.

F Adjustable Bench

Keiser's easy to move adjustable bench locks into Keiser Racks during use. When not in use, its low profile and transport wheels makes it easy to store until needed. The bench has multiple angle adjustments allowing for maximum body support throughout a variety of movements.

G Dip Station

Similar to a stand alone dip station, the integrated Keiser Dip Station offers the added benefit of using the pneumatic resistance system for either movement assistance or increased resistance.





“Keiser has brought the Power into the Power Rack.”

- Mark Verstegen, Founder Athletes' Performance
Phoenix, AZ, Los Angeles, CA & Gulf Breeze, FL

POWER PROFILE

Athletes
PERFORMANCE

Since 1999, Athletes' Performance has been supporting professional and elite athletes reach peak performance by using an integrated training system that combines performance training, nutrition, mindset and recovery techniques. Founded by Mark Verstegen, an integral part of the training success of Athletes' Performance has been the use of Keiser equipment for functional movement training, building strength, power and speed. From being able to train MLB All-Stars, World Series Champions and MVP's to develop rotary power using a Functional Trainer and Triple Trainer or the next #1 NFL Draft Pick to develop speed and explosiveness using the Keiser Runner, the Power in Human Performance is the Keiser Equipment used in conjunction with the Athletes' Performance training system.

M250



AIR250 STRENGTH
*bilateral single stations for
isolation and circuit training*

AIR250

AIR250 STRENGTH

A cost-effective way to provide users with strength training options. The easy to use machines employ traditional bilateral movement, working limbs together throughout the range of motion safely with virtually zero shock to muscles, connective tissues, and joints.

Smooth Pneumatic Resistance

Using Keiser's patented pneumatic resistance, the AIR250 line virtually eliminates shock loading to connective tissues and joints. For convenience, resistance can be changed at any time by use of fingertip controls.

Fully Adjustable

With multiple adjustments and comfortable padding, the non-intimidating AIR250 line is easy to use and fits a wide range of users.

Bilateral Movement

The AIR250 line is unique because it allows both limbs to be used in conjunction. By working together in one fluid movement, as opposed to separately, both limbs develop strength evenly.

Large Digital Displays

A large digital display discreetly provides both resistance information and counted repetitions in clear, one inch numbers. An optional Power Window adds eChip system, Power Output, and Power Test.

Durable Construction

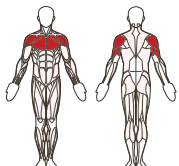
Tested for durability and engineered to endure years of use, the AIR250 sits atop a wide, thick base for added stability.





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.

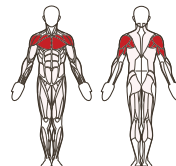


Works Triceps



Military Press

By pivoting the exercise arms above the head, the AIR250 Military Press is designed to closely model the movement of a standard free-weight bench press. Thumb button controls located on each hand grip allow resistance to be adjusted at any time during a workout, while the fully adjustable seat accommodates a wide range of users.

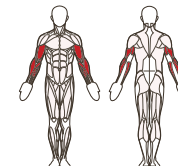


Works Deltoids



Arm Curl

To develop bicep muscles while protecting the wrists and elbows, the Keiser AIR250 Arm Curl is the ideal machine. For a better forearm workout, grips also allow for the hammer curl position. To provide additional comfort during exercise, the AIR250 Arm Curl offers extra padding in the high load areas and a fully adjustable seat.

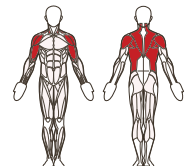


Works Biceps



Upper Back

By incorporating a two-grip hand configuration, Keiser's AIR250 Upper Back allows individuals to do seated row exercises in strict form, but with some variety for an effective and efficient upper back workout. To stabilize exercise posture, the machine also features an adjustable chest cushion.



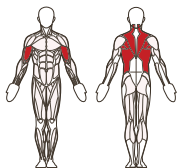
Works Lat Dorsi,
Trapezius, Rhomboids



Lat Pulldown

The revolutionary design of the Lat Pull-down eliminates the cable, thereby reducing the maintenance and, better yet, the chance of injury to the user. The Air250 Lat Pull-down is the first to use the mechanical linkage to provide the proper linear pull previously obtainable only with a cable system. The open handlebar design with range of motion adjustments accommodates various body sizes and flexibilities.

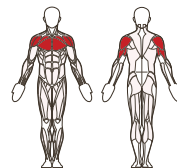
Works Lat Dorsi,
Rhomboids



Seated Chest Press

The AIR250 Seated Chest Press has been designed to closely model the movement of a standard free-weight bench press, by pivoting the exercise arms above the head. Resistance is adjusted at anytime during the workout with thumb buttons located on each handgrip. The seat is fully adjustable to accommodate a wide range of users.

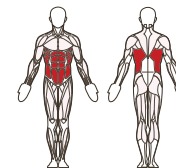
Works Pectorals



Abdominal

Few machines can duplicate the movement and effectiveness of the innovative AIR250 Abdominal. What sets it apart is its ability to create an intense abdominal workout without involving the hip flexors employed by other abdominal machines on the market. A fully adjustable seat and comfortable chest pads help establish the correct position for the exercise, ensuring that target muscles are activated.

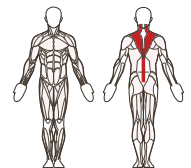
Works Abdominals



Lower Back

The AIR250 Lower Back is an essential and complimentary companion to the AIR250 Abdominal machine. It works to strengthen the critical erector spinae muscles of the back, the site of most back problems. Because Keiser has engineered the machine for easy entry, adjustment is kept to a minimum, while the included seat belt comfortably secures the pelvis for correct positioning during the exercise.

Works Erector Spinae

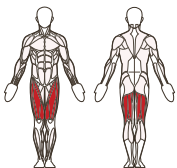




Standing Hip

An essential piece for developing strength and power, the AIR250 Standing Hip allows athletes to train at explosive speeds. The machine offers hip flexion, extension, adduction and abduction. Additionally, an easily-positioned, lightweight foot plate provides the clearance needed to prevent possible knee hyper-extension.

Works Hip Adductors, Abductors, Flexors, and Extensors.



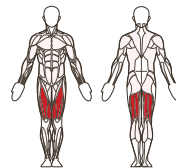
Seated Leg Curl

Offering easy entry and exit in a seated position machine, the AIR250 Leg Curl provides maximum results with decreased risk of lower back strain. By preventing the hamstrings from pulling the pelvis, and providing an adjustable cushion to hold the thighs in a comfortable and stable position during exercise, risk of injury is nearly eliminated.



Available with optional ROM

Works Hamstrings



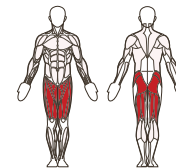
Leg Extension

The AIR250 Leg Extension accommodates a wide spectrum of users from 4' 10" to 6' 8". Much like the Leg Curl, an adjustable seat with stationary tilt protects the lower back during exercise. An optional range limiter adds versatility to the leg extension by adjusting the starting position from 20° to 120° of knee flexion.



Available with optional ROM

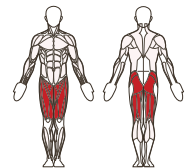
Works Quadriceps



Leg Press

The AIR250 Leg Press features a bilateral leg movement function. Its simple design and ease of adjustment makes this a perfect starter piece for facilities.

Works Quadriceps, Hamstrings, Gluteals



STEP PROGRAM

The Keiser STEP Program is specifically designed for mature adult facilities who recognize the importance of a fitness program for improving the lives of their clients by developing strength and mobility.

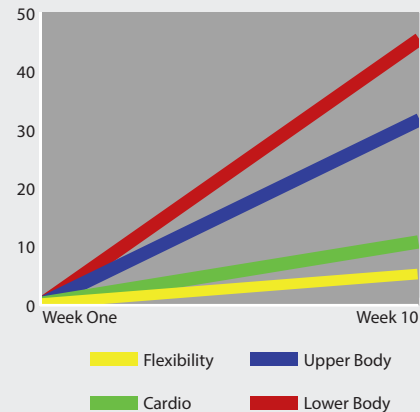
Designed using decades of research into older adult vitality and fitness, the STEP program offers your clients the ability to exercise for a better life. We focus on exercises targeting increased skeletal and muscle strength, as well as stability. Accidental falls and sprains are a constant concern for older adults, and Keiser directly deals with these afflictions by implementing stability-improving strength circuits. Information and forms are also included in the STEP kit to assist your facility's clients in making the right choices in older adult fitness. Over the past decade there has been extensive research proving that physical activity and exercise can improve the functional ability and quality of life of older adults including the following benefits:

- Maintains and improves cardiovascular function
- Reduces risk factors for numerous chronic diseases
- Reverses the loss of muscle mass
- Reverses strength loss associated with aging
- Improves bone density and mass
- Increases flexibility and range of motion
- Improves postural stability
- Provides effective weight control
- Reduces risks for falls
- Preserves cognitive function
- Reduces symptoms of depression
- Improves concept of self control and self-efficacy
- Improves sleep quality
- Increases metabolic rate

STEP™

Strength training circuits such as the one offered by the STEP Program are proven through research to show dramatic improvements including:

- 21-30% more upper body strength
- 22-44% more lower body strength
- 10% improvement in cardio capacity
- 5% improvement in flexibility



Stretch Corner

Keiser's Stretch Corner is capable of accommodating numerous stretches while occupying minimum floor space. With a footprint of only 24 sq ft/2.2 m, it not only fits almost any facility, but also takes up less space than four people would lying on the floor. You can actually capture valuable footage. Backed by a 10-year structural warranty, the Stretch Corner is built to take years of hard use.

- Supports multiple users
- Supports multiple stretches
- Displays informational stretch placards
- Accommodates up to 4 users at a time

“Virtually every single one of our members is another success story. With Keiser strength equipment, users increased their weight resistance by 100% in a six to nine period.”

-Mike Merino, Chief Operating Officer, Nifty After Fifty

POWER PROFILE



According to Chief Operating Officer Mike Merino, Keiser plays an integral role in the success of its clients. Nifty After Fifty provides not only a fitness experience, but also a social experience. Members appreciate how Keiser’s equipment eliminates the sound of clanging weights to allow them to carry on a conversation while still concentrating on their fitness program. Because Keiser strength equipment allows users to increase resistance at the push of a button in as little as one pound increments, older users feel less intimidated and more in control of their workout. Additionally, Keiser’s pneumatic technology reduces the risk of injury to the user by eliminating momentum. “If older adults experience pain while working out, they don’t want to try again,” says Merino. “Keiser keeps them motivated.”

M300



AIR300

AIR300 STRENGTH
unilateral single stations
for increased performance

AIR300 STRENGTH

Keiser's AIR300 Series features unilateral movement, ensuring that each limb can be trained symmetrically. An increased resistance range allows for more intense functional workouts.

Smooth Pneumatic Resistance

Using Keiser's patented pneumatic resistance, the AIR300 line virtually eliminates shock loading to connective tissues and joints. For convenience, resistance can be changed at any time by use of fingertip controls.

Fully Adjustable

With multiple adjustments and comfortable padding, the AIR300 line is easy to use and fits a wide range of users.

Increased Range

The AIR300 offers the same benefits as the AIR250, but with increased resistance. Improved resistance range allows for a wider spectrum of training options.

Large Digital Displays

A large digital display discreetly provides both resistance information and counted repetitions in clear, one inch numbers. An optional Power Window adds eChip system, Power Output, and Power Test.

Bilateral Movement

The AIR300 line bilateral movement allows you to train limbs independently of each other. This movement eliminates risk of bilateral deficit and allows body symmetry training. Bilateral deficit occurs when one limb is stronger and/or more coordinated than another.

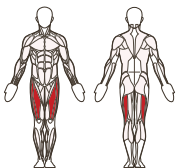




Hip Abductor

Improved stability and lateral movement comes from well tuned abductors. Keiser's AIR300 Hip Abductor provides smooth, variable resistance throughout the entire range of motion while providing negative resistance for a complete routine. It also features the ability to work each leg individually and provides an adjustable seat back with neck and lumbar support.

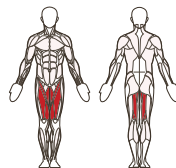
Works Abductors



Hip Adductor

Keiser's AIR300 Hip Adductor features a unique, infinitely adjustable starting position. The machine offers variable resistance at the touch of a button, which allows the individual to vary the effort required throughout the range of motion for best results, while providing safe and effective overload of the muscles.

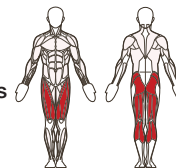
Works Adductors



Squat

Combining a low impact workout with the ability to move safely at higher speeds, the AIR300 Squat enhances explosive Power. The machine features conveniently-positioned thumb button resistance control located on the ends of the hand-grips, allowing the user to increase or decrease resistance without leaving the machine. The AIR300 squat work for all users through its self-adjusting comfort pads and a sturdy wide base.

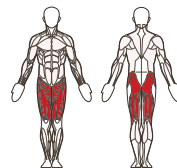
Works Quadriceps,
Hamstrings, Gluteals



Leg Extension

The AIR300 Leg Extension with its unique unilateral movement is a perfect match for rehabilitation and sports specific applications. Keiser's pneumatic technology allows users to train at unlimited speeds, making it ideal for power training. The additional benefit of the unilateral movement also helps correct strength imbalance.

Works Quadriceps

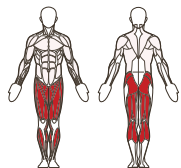




Runner

Developed specifically for sports teams to improve acceleration and explosive Power, this unit will improve the performance of any individual looking for a competitive edge. Its unique design, with easy entry, provides comfortable positioning while mimicking the body's natural movement.

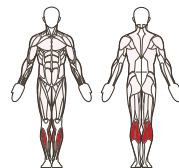
Works Quadriceps,
Hamstrings, Gluteals



Seated Calf

Originally designed for world record holders Willie Banks (triple jump) and Mike Powell (long jump), the Seated Calf is engineered to develop explosive power in the lower leg. Its unilateral and bilateral options, along with high-speed capability, allow for greater results during training. The machine pre-loads and adjusts for leg length, positioning the user to effectively activate and isolate the calves.

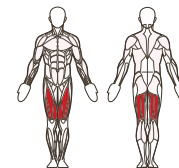
Works Gastrocnemius,
Soleus



Leg Curl

The AIR300 Leg Curl features a supine workout position for superior muscle isolation; 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.

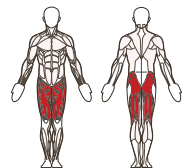
Works Hamstrings



Leg Press

The combination of unilateral/bilateral movement and pneumatic technology makes the AIR300 Leg Press a perfect fit for developing Power. The fully adjustable seated position protects the lower back, keeping it stabilized and offering a better pre-stretch on the gluteus muscles. Easy entry and a greater range of motion are achieved through a moveable stop which holds the foot plates during entry and exit.

Works Quadriceps,
Hamstrings, Gluteals



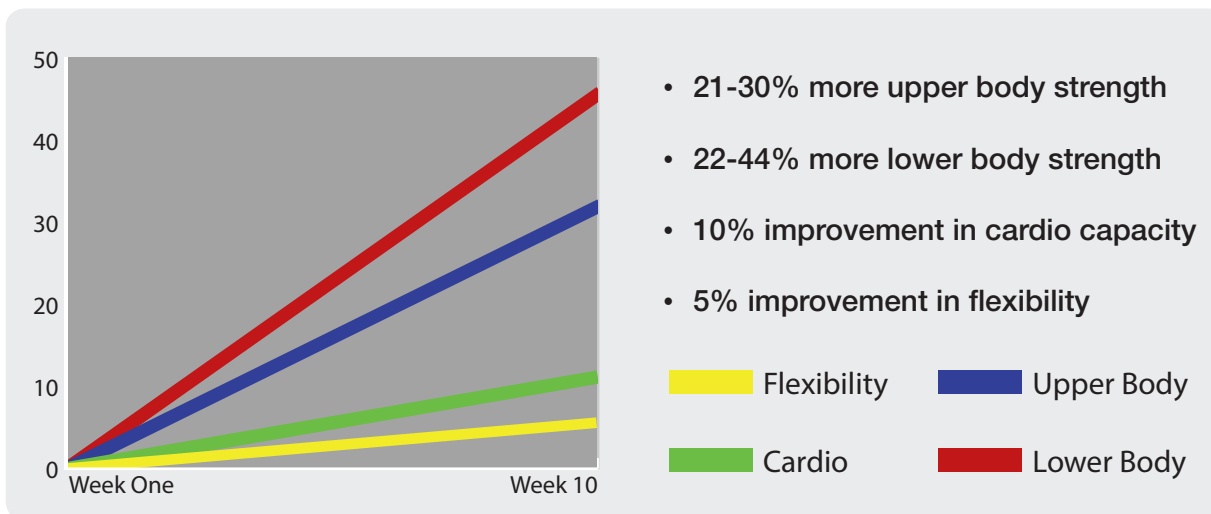
THE XPRESS CIRCUIT

Keiser Xpress is specifically designed for the individual with a busy schedule, who recognizes the importance of a fitness program that can maximize results in a minimum amount of time.

Xpress is the answer for people with fast-paced lifestyles and overloaded schedules who say they're too busy to get fit. Offering a complete workout in just half an hour, the Xpress Program is the perfect program for your busy facility.

Prove to yourself what we've learned in research: if you follow the Xpress Training System of just 90 minutes of exercise per week, you can expect significant gains after just 10 weeks. You don't need more than 90 minutes a week to achieve a noticeable improvement in fitness and body strength, and research has proven it.

Keiser has always been the equipment of choice for discerning fitness facilities. The non-intimidating style and ease of use are only one part of the reason. There are also hundreds of peer reviewed and published studies showing how the use of Keiser's Pneumatic Technology provides a safe and effective way for users to lose weight, increase bone density, increase strength and power, improve stability and mobility. The real key to Keiser's success is that it really gets results, and anyone, regardless of their physical size and capabilities can get started on a Keiser exercise program.



M350

A woman with her hair in a bun, wearing a white short-sleeved polo shirt and dark shorts, is seated on a piece of gym equipment. She is holding two handles of the machine, which has a complex frame with grey and black components and yellow accents. The background is dark, and the lighting highlights the woman and the machine. The machine is identified as the AIR350 Strength biaxial isolating single station.

AIR350 STRENGTH
biaxial isolating single
stations for high performance

AIR350

AIR350 STRENGTH

Keiser's AIR350 Series utilizes a new approach to strength training by changing the exercise arm's axis of rotation to achieve a greater range of motion operating in the natural planes of movement.

Smooth Pneumatic Resistance

Using Keiser's patented pneumatic resistance, the AIR350 line virtually eliminates shock loading to connective tissues and joints. For convenience, resistance can be changed at any time by use of fingertip controls.

Fully Adjustable

With multiple adjustments and comfortable padding, the AIR350 line is easy to use and fits a wide range of users.

Durable Construction

Constructed of non-corrosive materials, the AIR350 series is backed by Keiser's structural integrity guarantee.

Large Digital Displays

A large digital display discreetly provides both resistance information and counted repetitions in clear, one inch numbers. An optional Power Window adds eChip system, Power Output, and Power Test.

Biaxial Movement

The AIR350 lines features unilateral, bilateral and biaxial movement. This unique movement pivots on a converging axis operating in the body's "natural planes" of movement further reducing stress on joints.

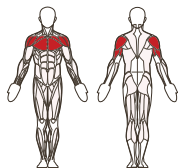




Biaxial Chest Press

The creative engineering of the AIR350 Biaxial Chest Press combines two chest movements into one exercise. As you press outward, the hands also move inward, taking the chest muscles through a greater range of motion. This, along with the natural strength curve generated by the biaxial movement, ensures maximum development of the important muscles of the chest and upper arms. The individual movement of the exercise arms prevent the stronger side from helping out the weaker side.

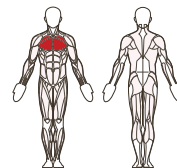
Works Pectorals



Seated Butterfly

Designed with comfort in mind, the handgrip and forearm cushioning make correct body alignment simple. A fully adjustable seat allows users up to five different ranges of motion to work both the upper and lower pectoral muscles for full chest development. The 350 Seated Butterfly is designed to minimize over-stretching that might occur with other “pec decks” by providing a wide variety of adjustable starting arm pad positions. Independent arms allow users to exercise one arm at a time for variation.

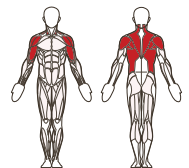
Works Pectorals



Upper Back

The AIR350 Biaxial Upper Back incorporates a unique design with unilateral/bilateral movement. Designed for superior isolation of the upper back, this machine features an adjustable chest cushion, which helps stabilize the exercise posture while concentrating on the “elbow out” position, to ensure high upper back engagement through the full range of motion. The unique unilateral option promotes symmetry by assuring that the stronger side does not compensate for the weaker side.

Works Lat Dorsi,
Trapezius, Rhomboids



Keiser Pneumatic System

Keiser equipment is air powered (pneumatic), meaning lighter, quieter equipment in your facility. Compressed air for Keiser equipment is delivered through Keiser's custom designed air supply system.

Our most popular system features attractive aluminum trim which can be installed anywhere. Completing the system at each machine, wall, floor and baseboard trim outlets create the finishing touch, blending into the most discriminating decor. Keiser engineers can design a system to accommodate the most demanding installation requirements.

Large Compressor

Designed to work behind the scenes, operating from a remote location away from the exercise area. Engineered to stand up to the most demanding conditions, this unit comes with a dryer that supplies clean, dry air to your equipment, ensuring its long term reliability. This unit can operate as many as 18 Keiser machines.

Height: 28" / 711 mm

Width: 16" / 406 mm

Length: 49" / 1245 mm

Weight: 205 lbs / 93 kg

Voltage: 115V 60HZ & 230V 50HZ

Machines Supported: 18



Small Compressor

Its quiet design and attractive housing allows the unit to be placed in the exercise area without being conspicuous to your customers. It features an in-line dryer providing a clean, dry air supply for up to eight Keiser machines.

Height: 15.5" / 394 mm

Width: 14.5" / 368 mm

Length: 25.5" / 648 mm

Weight: 80 lbs / 36 kg

Voltage: 115V 60HZ & 230V 50HZ

Machines Supported: 4-8



Aluminum Trim

This versatile system discretely hides the air line in an aluminum trim, allowing outlets to be easily located to accommodate a constantly changing layout.



System Tubing

Durable Polyethylene tubing. Chemical resistant and flexible. Easily attaches to air system outlets and Keiser equipment. Available in 1/2" & 3/8" sizes.



Wall Mount

Mounted flush with the wall, the stainless steel plate is designed to be as inconspicuous as an electrical outlet.



Sub Floor Outlet

Placed under each machine, away from foot traffic, the flush fitting outlet consists of a 3" diameter plate and connection fitting.



“With Keiser equipment we are able to precisely control our training protocols to facilitate increased athleticism as well as greater functionality in every person we coach.”

Ché M. Torry - President Lifewise Fitness

POWER PROFILE



LifeWise Fitness combines the positive aspects of traditional health clubs, gyms, personal training studios and express fitness facilities into an affordable fitness package featuring advanced equipment, a nationally certified training staff and a high-tech fitness tracking system. LifeWise Fitness has developed this program in partnership with Keiser to easily store and graph member workout histories. This powerful tool will create graphs of total work, repetitions, and resistance for any date period for all Keiser eChip equipment.

PRODUCT SPECIFICATIONS

Equipment Warranty

All products manufactured by Keiser are warranted against defects in materials and workmanship as follows (providing the damage was not caused by abuse, misuse, or neglect of normal care)

Structural integrity of frame members - 10 year warranty

Cylinders, displays, processor boxes, and thumb buttons (except plastic parts) - 3 year warranty (1 year warranty if using compressor(s) without drying mechanism)

Compressor and dryer, cables, pulleys, and bearings - 2 year warranty

Paint, upholstery, seat belts, hand grips and other rubber and plastic products - 90 days

Structural Integrity

Frame is constructed of 1.5", 1.75" and 2" tubing, 4" x 2" tubing, all with .120" wall thickness (11 gauge). All frame components are placed in a "jig" welding fixture which is used to insure parts are located in exact position each time, thus ensuring consistent fabrication and then are metal inert gas .035 diameter wire welded. All frame components bolt together with English Standard hardware of Grade 5 and Grade 8 (i.e. 3/8-16 X 3.5 zinc plated grade 5 hex head cap screw) Metric hardware is class 10.9 or better (i.e. M8x1.25 X 16 9.8 Stainless Steel). Nuts can be plain or with nylon insert, or reverse lock nut. All bearings are 6203 Ball Bearing.

M Series Cardio Warranty

The Keiser M Series Cardio Equipment is warranted to the original purchaser, to be free from defects in materials and workmanship for the following period(s), starting from the day of receipt of products as evidenced by the appropriate shipping documents.

All Inclusive - 3 Years (Excluding labor and wearable parts)

Wearable Parts - 6 Months (Wearable parts include: "T" Handles, Pedal Cage, Pedal Strap, & Saddle Upholstery)

Note: Keiser's warranty only applies to the United States domestic market. Keiser equipment exported out of the US will be void of warranty unless purchased directly through a Keiser international distributor or dealer in the country of installation, or direct from Keiser's international division. Keiser will not honor warranties on equipment purchased in the US and exported. Please visit www.keiser.com/service/warranty.html for full warranty terms and international warranty information.

M Series Cardio



M3



M3+



M3i



M3X

Indoor Cycles

Height: 44.5" through 50.75" / 1130.3-1289.05 mm

Width: 25.75" / 654.05 mm

Length: 48.25" through 57.25" / 1225.55-1454 mm

Weight: 91 lbs (41kg)



M3 TBT

Height: 52" / 1320.8 mm

Width: 29" / 736.6 mm

Length: 48" / 1219.2 mm

Weight: 113 lbs / 51 kg



M5 Strider

Height: 63.5" / 1612 mm

Width: 22.5" / 571 mm

Length: 49" / 1244 mm

Weight: 131 lbs / 59 kg

Infinity Series



Functional Trainer (Base)

Height: 93" / 2362 mm

Width: 94" / 2388 mm

Length: 48" / 1219.2 mm (30" / 762 mm)

Weight: 300 lbs / 136 kg (130 lbs / 59kg)

Resistance: *0-53 lbs / *0-24 kg

Cable Length: *72" / *1829 mm (*per handle)



Functional Trainer (Floor Mount)

Height: 90.5" / 2299 mm

Width: 94" / 2388 mm

Length: 30" / 762 mm

Weight: 130 lbs / 59kg

Resistance: *0-53 lbs / *0-24 kg

Cable Length: *72" / *1829 mm (*per handle)



Performance Trainer

Height: 87" / 2210 mm

Width: 24" / 610 mm

Length: 12" / 305 mm

Weight: 120 lbs / 54 kg

Resistance: 0-80 lbs / 0-36 kg

Cable Length: 108" / 2743 mm



Six Pack

Height: 87" / 2210 mm

Width: 48" / 1219 mm

Length: 48" / 1219 mm

Weight: 720 lbs / 327 kg

Resistance: *0-80 lbs / *0-36 kg

Cable Length: *108" / *2743 mm (*per handle)



Triple Trainer

Height: 93" / 2362 mm

Width: 104" / 2642 mm

Length: 57" / 1448 mm

Weight: 400 lbs / 181 kg

Resistance: *0-53 lbs / *0-24 kg

Cable Length: *72" / *1829 mm (*per handle)

Keiser Racks



POWER Rack
Height: 108" / 2743 mm
Width: 73" / 1854 mm
Length: 103" / 2616 mm
Weight: 940 lbs / 426 kg
Resistance: 0-212 lbs / 0-96 kg



Half Rack
Height: 108" / 2743 mm
Width: 73" / 1854 mm
Length: 93" / 2362 mm
Weight: 640 lbs / 290 kg
Resistance: 0-212 lbs / 0-96 kg



Rack Platforms
15 FT Platform
Length: 218.22" / 5542.81mm
Width: 99.06" / 2516.12 mm

10 FT Platform
Length: 177.22" / 4501.41 mm
Width: 99.06" / 2516.12 mm



Rack and a Half
Height: 108" / 2743 mm
Width: 73" / 1854 mm
Length: 140" / 3556 mm
Weight: 1340 lbs / 608 kg
Resistance: 0-212 lbs / 0-96 kg



Half Rack Short
Height: 108" / 2743 mm
Width: 73" / 1854 mm
Length: 59" / 1499 mm
Weight: 568 lbs / 258 kg
Resistance: 0-212 lbs / 0-96 kg

AIR250 Strength



Triceps
Height: 60" / 1524 mm
Width: 38" / 965 mm
Length: 60" / 1524 mm
Weight: 150 lbs / 68 kg
Resistance: 0-260 lbs / 0-118 kg



Military Press
Height: 60" / 1524 mm
Width: 45" / 1143 mm
Length: 60" / 1524 mm
Weight: 167 lbs / 76 kg
Resistance: 14-190 lbs / 6-86 kg



Arm Curl
Height: 38" / 965 mm
Width: 25" / 635 mm
Length: 50" / 1270 mm
Weight: 110 lbs / 50 kg
Resistance: 6-126 lbs / 3-57 kg



Upper Back
Height: 78" / 1981 mm
Width: 45" / 1143 mm
Length: 48" / 1219 mm
Weight: 180 lbs / 82 kg
Resistance: 0-260 lbs / 0-118 kg



Lat Pull Down
Height: 73" / 1854 mm
Width: 45" / 1143 mm
Length: 60" / 1524 mm
Weight: 176 lbs / 80 kg
Resistance: 0-250 lbs / 0-113 kg



Seated Chest Press
Height: 79" / 2007 mm
Width: 38" / 965 mm
Length: 60" / 1524 mm
Weight: 175 lbs / 79 kg
Resistance: 0-270 lbs / 0-122 kg



Abdominal
Height: 50" / 1270 mm
Width: 38" / 965 mm
Length: 38" / 965 mm
Weight: 126 lbs / 57 kg
Resistance: 0-310 lbs / 0-141 kg



Lower Back
Height: 46" / 1168 mm
Width: 34" / 864 mm
Length: 51" / 1295 mm
Weight: 150 lbs / 68 kg
Resistance: 0-275 lbs / 0-125 kg



Standing Hip
Height: 68" / 1727 mm
Width: 50" / 1270 mm
Length: 40" / 1016 mm
Weight: 215 lbs / 98 kg
Resistance: 0-350 lbs / 0-159 kg



Seated Leg Curl
Height: 42" / 1067 mm
Width: 45" / 1143 mm
Length: 56" / 1422 mm
Weight: 195 lbs / 88 kg
Resistance: 0-275 lbs / 0-125 kg



Leg Extension
Height: 42" / 1067 mm
Width: 45" / 1143 mm
Length: 56" / 1422 mm
Weight: 190 lbs / 86 kg
Resistance: 0-230 lbs / 0-104 kg



Leg Press
Height: 48" / 1219 mm
Width: 37" / 940 mm
Length: 60" / 1524 mm
Weight: 235 lbs / 107 kg
Resistance: 0-1000 lbs / 0-454 kg

AIR300 Strength



Hip Abductor

Height: 38" / 965 mm
Width: 47" / 1194 mm
Length: 67" / 1702 mm
Weight: 203 lbs / 92 kg
Resistance: 0-405 lbs / 0-184 kg



Hip Adductor

Height: 38" / 965 mm
Width: 62" / 1575 mm
Length: 67" / 1702 mm
Weight: 328 lbs / 149 kg
Resistance: 0-520 lbs / 0-236 kg



Squat

Height: 68" / 1727 mm
Width: 32" / 813 mm
Length: 60" / 1524 mm
Weight: 442 lbs / 200 kg
Resistance: 40-833 lbs / 18-378 kg



Leg Extension

Height: 43" / 1092 mm
Width: 45" / 1143 mm
Length: 45" / 1143 mm
Weight: 187 lbs / 85 kg
Resistance: 0-278 lbs / 0-126 kg



Runner

Height: 57" / 1448 mm
Width: 33" / 838 mm
Length: 84" / 2134 mm
Weight: 175 lbs / 79 kg
Resistance: 10-346 lbs / 5-157 kg



Belt Squat

Height: 68" / 1727 mm
Width: 48" / 1219 mm
Length: 60" / 1524 mm
Weight: 442 lbs / 200 kg
Resistance: 0-800 lbs / 0-362 kg



Leg Curl

Height: 33" / 838 mm
Width: 35" / 889 mm
Length: 70" / 1778 mm
Weight: 153 lbs / 69 kg
Resistance: 10-241 lbs / 5-109 kg



Leg Press

Height: 47" / 1194 mm
Width: 37" / 940 mm
Length: 69" / 1753 mm
Weight: 350 lbs / 159 kg
Resistance: 0-1562 lbs / 0-709 kg



Seated Calf

Height: 53" / 1346 mm
Width: 30" / 762 mm
Length: 48" / 1219 mm
Weight: 178 lbs / 81 kg
Resistance: 9-800 lbs / 4-363 kg

AIR350 Strength



Biaxial Upper Back

Height: 62" / 1575 mm
Width: 48" / 1219 mm
Length: 51" / 1295 mm
Weight: 210 lbs / 95 kg
Resistance: 0-350 lbs / 0-159 kg



Biaxial Chest Press

Height: 76" / 1930 mm
Width: 46" / 1168 mm
Length: 60" / 1524 mm
Weight: 187 lbs / 85 kg
Resistance: 0-310 lbs / 0-141 kg



Seated Butterfly

Height: 72" / 1829 mm
Width: 50" / 1270 mm
Length: 67" / 1702 mm
Weight: 225 lbs / 102 kg
Resistance: 0-129 lbs / 0-59 kg

Stretch Corner



Stretch Corner

Height: 79.5" / 2019 mm
Width: 63" / 1600 mm
Length: 54" / 1372 mm
Weight: 180 lbs / 82 kg