

KEISER STRENGTH



AIR250

AIR250 LAT PULLDOWN

**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 LAT PULLDOWN

THE REVOLUTIONARY DESIGN OF THE LAT PULLDOWN ELIMINATES THE CABLE, THEREBY REDUCING THE MAINTENANCE AND, BETTER YET, THE CHANCE OF INJURY TO THE USER

The Air250 Lat Pulldown 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.

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.

READ MORE:
WWW.KEISER.COM

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



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
73" / 1854 mm

WEIGHT
176 lbs / 80 kg

WIDTH
45" / 1143 mm

RESISTANCE RANGE
0 - 250 lbs 0 - 113 kg

LENGTH
60" / 1524 mm

CONTACT A SALES REP TODAY
1.559.256.8000 | keiser.com/contactus