

BETTER SCIENCE FASTER RESULTS SAFER RESISTANCE

EXERCISE EQUIPMENT ENGINEERED FOR ACTIVE AGING



KEISER
BECAUSE...
**'GOOD
ENOUGH'
ISN'T.**TM

keiser.com

AGE WELL. EXERCISE BETTER.

Featuring groundbreaking pneumatic-resistance technology for strength training and magnetic resistance for cardio, Keiser machines help older adults safely build and maintain the everyday, functional strength that they need to enjoy greater independence and a superior quality of life.

"We must continue to be active as we age," says Keiser Fitness founder and president Dennis Keiser, now into his 70s and exercising regularly. **"Studies show that between the ages of 30 and 80, you lose approximately 50 percent of your strength."**

To help combat that decline, Keiser machines are designed to be the most versatile, easy-to-use and effective in the market. By abandoning iron resistance in favor of air pressure, our line of strength and functional training equipment is built to be gentle on joints and connective tissues while enabling users to mimic real-world movement for daily activities. Our industry-leading cardio machines utilize magnetic resistance for smooth, low-impact workouts.



BETTER BENEFITS



WE'RE TRUSTED

Installed in more than 1,000 Senior Housing Facilities across North America, Keiser is widely used.



PROVEN

Used by everyone from pro athletes to rehab patients to Navy SEALs, Keiser equipment helps achieve better outcomes more quickly, efficiently and safely.



EASE OF USE

Keiser equipment is easier to use with simple controls, unique machines for each function and an easy step-in (not up) design.



SAFETY

Through a rigorous focus on biomechanical design combined with groundbreaking pneumatic- and magnetic-resistance technology, Keiser equipment works muscles without over-stressing joints or connective tissue, reducing the risk of injury.

BETTER BUILT



BACKED BY SCIENCE

Keiser engineers industrial strength fitness machines around the human body. They are built to be used, delivering long-term functionality for both users and owners.



**KEISER
STRENGTH**



**KEISER
CARDIO**



**KEISER
FUNCTIONAL**

AIR350 AIR350 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 increased range of motion, 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 arm prevents the stronger side from helping out the weaker side. Range of motion adjustments accommodate various body sizes and flexibility.

SPECIFICATIONS

- HEIGHT
76" / 1930 mm
- WIDTH
46" / 1168 mm
- LENGTH
60" / 1524 mm
- WEIGHT
187 lbs / 85 kg
- RESISTANCE RANGE
0 - 310 lbs / 0 - 141 kg

FEATURES

- Unique axis of rotation allows greater range of motion in natural planes of movement
- Smooth pneumatic resistance
- Fully adjustable to accommodate a wide range of users
- Durable construction engineered for years of use
- Large digital display with resistance and counted repetitions

AIR350

AIR350 BIAXIAL 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.



SPECIFICATIONS

- HEIGHT
62" / 1575 mm
- WIDTH
48" / 1219 mm
- LENGTH
51" / 1295 mm
- WEIGHT
210 lbs / 95 k
- RESISTANCE RANGE
0 - 350 lbs / 0 - 159 kg

FEATURES

- Unique axis of rotation allows greater range of motion in natural planes of movement
- Smooth pneumatic resistance
- Fully adjustable to accommodate a wide range of users
- Durable construction engineered for years of use
- Large digital display with resistance and counted repetitions

AIR250

AIR250 LAT PULL DOWN

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 handlebars design with range of motion adjustments accommodates various body sizes and flexibilities.



SPECIFICATIONS

- HEIGHT
73" / 1854 mm
- WIDTH
45" / 1143 mm
- LENGTH
60" / 1524 mm
- WEIGHT
176 lbs / 80 kg
- RESISTANCE RANGE
0 - 250 lbs 0 - 113 kg

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

AIR250

AIR250 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.



SPECIFICATIONS

- HEIGHT
60" / 1524 mm
- WIDTH
45" / 1143 mm
- LENGTH
60" / 1524 mm
- WEIGHT
167 lbs / 76 kg
- RESISTANCE RANGE
14 - 190 lbs / 6 - 86 kg

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

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.



SPECIFICATIONS

- HEIGHT
60" / 1524 mm
- WIDTH
38" / 965 mm
- LENGTH
60" / 1524
- WEIGHT
150 lbs / 68 kg
- RESISTANCE RANGE
0 - 260 lbs / 0 - 118 kg

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

AIR250

AIR250 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.

SPECIFICATIONS

HEIGHT
50" / 1270 mm

WIDTH
38" / 965 mm

LENGTH
38" / 965 mm

WEIGHT
126 lbs / 57 kg

RESISTANCE RANGE
0 - 310 lbs / 0 - 141 kg

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 displays with resistance and counted repetitions
- Durable construction engineered for years of use
- Thick base for added stability

AIR300

AIR300 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.

SPECIFICATIONS

HEIGHT
43" / 1092 mm

WIDTH
45" / 1143 mm

LENGTH
45" / 1143 mm

WEIGHT
187 lbs / 85 kg

RESISTANCE RANGE
0 - 250 lbs / 0 - 126 kg

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
- Large digital displays with resistance and counted repetitions

AIR300

AIR300 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.



SPECIFICATIONS

- HEIGHT
47" / 1194 mm
- WIDTH
37" / 940 mm
- LENGTH
69" / 1753 mm
- WEIGHT
350 lbs / 159 kg
- RESISTANCE RANGE
0 - 1562 lbs / 0 - 709 kg

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

AIR250

AIR250 SEATED LEG CURL

The Air250 Seated Leg Curl offers easy entry and exit in a seated position machine.

Many people find a seated leg curl less intimidating. The seated position also protects the lower back by preventing the hamstrings from pulling the pelvis and straining the lower back. The leg cushions and seat back are easily adjusted to comfortably fit almost any user. An adjustable cushion holds the thighs in a comfortable and stable position for maximum results. Thumb buttons, which control resistance, are conveniently located on the thigh support.



SPECIFICATIONS

- HEIGHT
42" / 1067 mm
- WIDTH
45" / 1143 mm
- LENGTH
56" / 1422 mm
- WEIGHT
195 lbs / 88 kg
- RESISTANCE RANGE
0 - 275 lbs / 0 - 125 kg

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

INFINITY SERIES

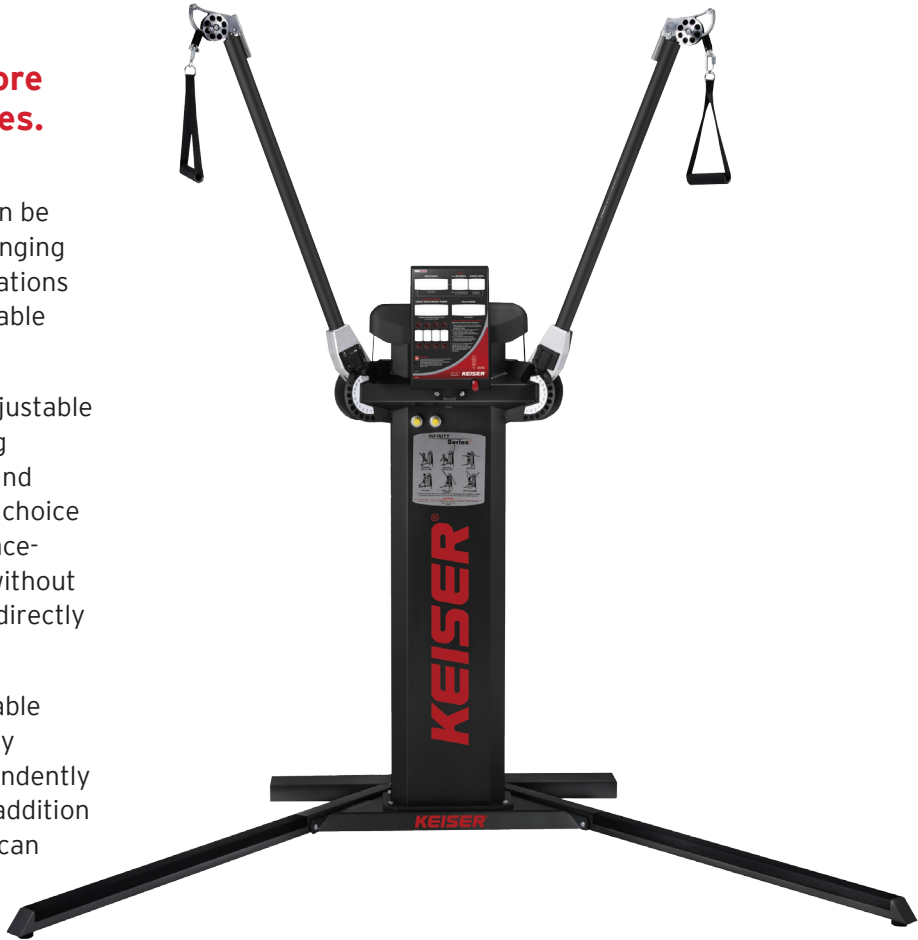
FUNCTIONAL TRAINER

The Functional Trainer IS the core machine within the Infinity Series.

As the name implies, it is a multi-functional machine for a complete body workout. It can be used for hundreds of different exercises, ranging from rehabilitation to sports-specific applications and is one of the most basic and versatile cable machines available.

The Functional Trainer incorporates two adjustable arms, which accommodate high-low training positions. The ability to train at any speed and without any impact makes it the product of choice for many different applications. With its space-saving design, the unit is available with or without a base. (Units without base must be bolted directly and securely to the floor.)

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.



SPECIFICATIONS

HEIGHT ARMS UP (WITH BASE)	WEIGHT (FLOOR MOUNTED)
93" / 2362 mm	130 lbs / 59 kg
HEIGHT ARMS DOWN (WITH BASE)	RESISTANCE RANGE BILATERALLY
62" / 1574.8 mm	0 - 106 lbs / 0 - 48 kg
WIDTH ARMS OUT (WITH BASE)	RESISTANCE RANGE UNILATERALLY
94" / 2387.6 mm	0 - 53 lbs / 0 - 24 kg
BASE WIDTH	CABLE LENGTH BILATERALLY
84" / 2133.6 mm	72" / 1829 mm
DEPTH	CABLE LENGTH UNILATERALLY
48" / 1219.2 mm	144" / 3658 mm
WEIGHT (WITH BASE)	
300 lbs / 136 kg	

FEATURES

- Complete control of resistance levels
- Smooth pneumatic resistance to reduce shock loading to connective tissues and joints
- Takes up less space and time with a small footprint and multi-user pieces that allow group training
- Unlimited possibilities for training - any load, any speed, any plane
- Versatility that allows you to customize your workout
- ADA compliant - Section 44 Disabled Access Tax Credit

INFINITY SERIES

PERFORMANCE TRAINER

The Performance Trainer is a single column, high-low pulley system.

It incorporates all the benefits of the Infinity Series. It is designed to be wall mounted or can be used as multiple units in our Infinity Series Six Pack configuration.

Many gyms mount the Performance Trainer units on walls and configure them into individual stations within cable training zones.



SPECIFICATIONS

HEIGHT
87" / 2210 mm
WIDTH
24" / 610 mm
LENGTH
12" / 305 mm
WEIGHT
120 lbs / 54 kg
RESISTANCE RANGE
0 - 80 lbs / 0 - 36 kg
CABLE LENGTH
108" / 2743 mm

FEATURES

- Complete control of resistance levels
- Smooth pneumatic resistance to reduce shock loading to connective tissues and joints
- Takes up less space and time with a small footprint and multi-user pieces that allow group training
- Unlimited possibilities for training - any load, any speed, any plane
- Versatility that allows you to customize your workout
- ADA compliant - Section 44 Disabled Access Tax Credit

M SERIES

M7i WHEELCHAIR-ACCESSIBLE
TOTAL BODY TRAINER

Bringing low-impact workouts within reach of more people.

Because success starts with access, the Keiser M7i Wheelchair-Accessible Total Body Trainer is designed for easy use with any mobility device or a standard chair. This unsurpassed inclusivity and versatility makes it the ideal machine to meet the demands of specialized physiotherapy for ALL users.



SPECIFICATIONS

HEIGHT
44.75" / 1136.60mm

WIDTH
27.75" / 704.85mm

LENGTH (handles in)
36.5" / 927.10mm

LENGTH (handles out)
48.5" / 1231.90mm

WEIGHT
150 lbs* / 38.56kg

*With accessories

FEATURES

- Works with any mobility device or a standard chair
- Keiser magnetic resistance for ultra-smooth movement
- Dependent upper and lower cranks to enable passive assistance
- Low-impact workout that delivers accurate and measurable results
- Easily transportable and features the smallest footprint in its class, taking up less space for more functional floor plans
- 7-inch pedal stroke matches the height of actual stairs, allowing users to mimic real-work movement for daily activities
- Low pedal height, making it easier for user to engage the unit
- Back and side walls on pedal keep user's foot on footpad
- Pedals limit ankle flexion
- Enhanced visibility for power display with large lettering and high contrast

SUPPORT EQUIPMENT

AIR SYSTEMS

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.



SPECIFICATIONS

UNIT DIMENSIONS
26"x15"x14" (1021 / 1022)
20"x 48"x 25" (1030 / 1031)

VOLTAGE
115V 60HZ (1021 / 1022)
230V 50HZ (1030 / 1031)

AIR STORAGE
2.5 gallons (1021 / 1022)
10 gallons (1030 / 1031)

MACHINES SUPPORTED
4 (1021 / 1022)
8 (1030 / 1031)

FEATURES

- Quiet operation, noise level of approximately 47-53dB at 3 feet
- Delivery of clean, dry and oil-free air at room temperature
- Delivery of pressurized air between 100 psig and 125 psig
- Computer controlled

CONTACT US TODAY

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