

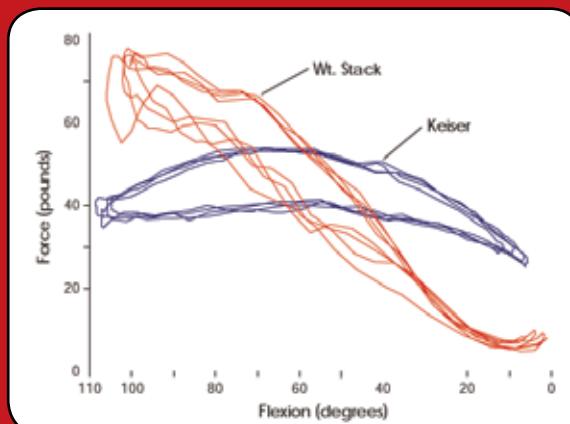


KEISER® PERFORMANCE

KEISER DIFFERENCE

Why is Keiser Equipment Different?

- Ability to train for speed and Power
- Ability to build strength more efficiently and effectively
- Power display option for high performance enhancement
- Ability to change resistance in .1 lb/kg or 1 lb/kg increments
- Zero lb/kg starting resistance on most machines
- Zero shock loading to muscles, connective tissues and joints
- Compact, efficient space saving design
- Ability to train more members in less time
- Equipment is easy to use and non-intimidating
- Easy entry/exit, suiting a wide array of users and body types
- Easy to read digital displays
- Convenient fingertip resistance controls
- Resistance changeable at any time, even during movement
- Consistent resistance at any speed, from slow to explosive



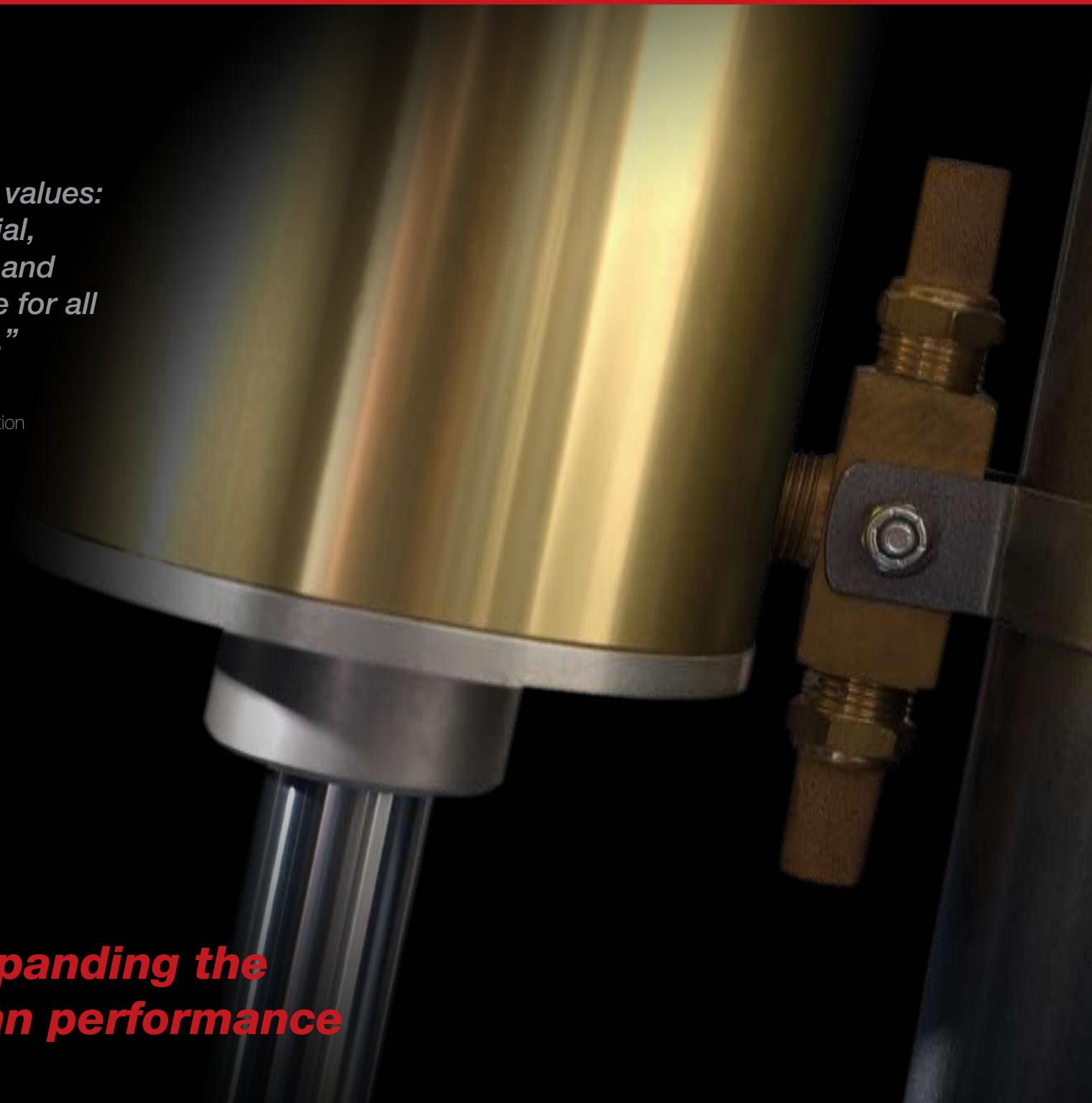
Keiser Pneumatics vs. Traditional Weight Stacks

For the past three decades, Keiser has influenced the world of training by uniting both components of human performance: The force you produce and the speed at which you produce it.

Force x Velocity = 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 harnessing the benefits of Power and are expanding the limits of performance training.



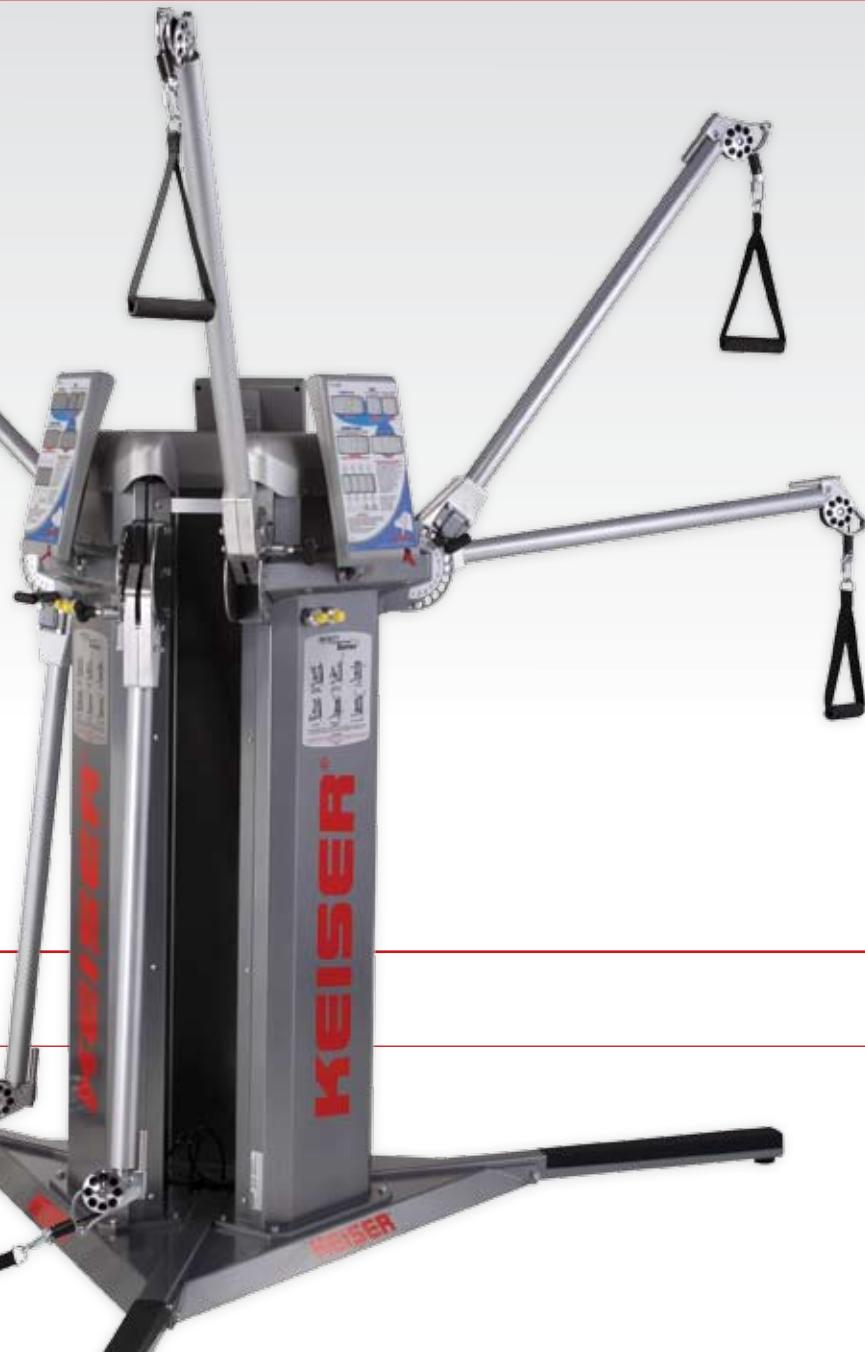
*"Keiser abides by strict values:
pushing human potential,
changing perceptions, and
improving performance for all
ages and fitness levels."*

- Dennis Keiser

President and Founder, Keiser Corporation

***continually expanding the
limits of human performance***

THE INFINITY SERIES



The Infinity Series continues Keiser's tradition of providing maximum benefits and versatility, with minimum size. As the name suggests, these multi-functional pieces can be used for an unlimited range of exercises—from targeted training to rehabilitation and sport-specific applications.

Resistance adjusts in 0.1 lb/kg increments, allowing for smaller increases in progression throughout the range of motion. Users immediately see the advantage Keiser equipment provides in fine-tuning a workout, with the added advantage of resistance control at the press of a button.

With the Infinity Series the resistance is always consistent; unaffected by speed of exercise, which allows for intense functional workouts without shock load to muscles, connective tissues or joints. This unique cable line allows a variety of users to safely work any muscle group, at any angle, at any resistance, and at any speed, for maximum results.

Function Unilateral, Bilateral, Multifunction
Muscles Used Training Options for The Entire Body



"If you are a trainer who works with a diverse clientele, the Functional Trainer must be a staple in your toolbox."

- Todd Durkin, MA CSCS

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



Functional Trainer

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

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.



Triple Trainer

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

The Triple Trainer is essentially a Functional Trainer that can accommodate 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.



Performance Trainer

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

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



Six Pack

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

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

INFINITY ACCESSORIES



Cook Cable Bar

Four feet long with a soft touch exterior for an easy grip, the Cook Cable Bar easily attaches to the Infinity Series machines for chops, lifts, presses and core stability exercises.



Pro Ankle Cinch Strap

The Pro Ankle Cinch Strap attaches to the Infinity Series machines for abductor and adductor work. Constructed of 4½" wide nylon and thick neoprene padding and equipped with a durable steel D-ring.



Pro Thigh Cinch Strap

Made from 4½" wide nylon and thick neoprene padding, the Pro Thigh Cinch Strap attaches to the Infinity Series for glute, hamstring, quad and hip flexor work.

Rubber Padded Strap

This multipurpose rubber padded strap is a must have. Perfect your one arm exercises with one strap or double the Power with two straps for dual arm, chest and back exercises.





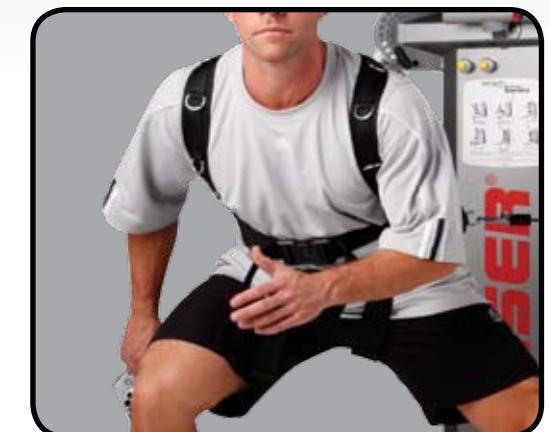
Triceps Rope

The Triceps Rope is 36" in length allowing for full tricep and arm extension. Constructed of heavy-duty coated nylon with molded polymer ends and ergonomically designed to provide the maximum in traction and pulling leverage.



Lat Back Strap

Made of heavy-duty materials, the Lat Back Strap connects to the Infinity Series machine and provides comfort during movement.



Waist Belt

With a 4½" nylon cinch strap and comfortable neoprene padding, the Waist Belt is equipped with dual steel D-rings to accommodate up to a 44" waist.

Cable Vest

This multifunctional Cable Vest adds versatility to your workout and increases balance, agility, strength and Power. Durably constructed with reinforced D-rings.

KEISER RACKS



The Keiser Rack Series, favored by many professional and collegiate sports teams and trainers, has set a new standard for the industry. Each configuration allows users to train at any speed, from controlled to explosive, for improved Power development. Individuals who have trained using Keiser Racks have seen overall gains in strength, speed and control.

Keiser Racks feature dual displays, satisfying both the user and the 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 located in the "spotter station".

Exercises performed on a standard rack can also be done on Keiser Racks. The big difference is the unique hybrid design which combines pneumatic and free weight resistance to emphasize not only strength training but speed and stability training as well.

Function Power Development, Speed, Strength, and Stability Training

Muscles Used Training Options for The Entire Body

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

- Mark Verstegen
Founder Athletes' Performance



**hybrid pneumatic/weight-plate racks
for developing power and stability**



POWER Rack

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

Height 108" / 2743 mm
Width 73" / 1854 mm
Length 103" / 2616 mm
Weight 940 lbs / 426 kg



Half Rack

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

Height 108" / 2743 mm
Width 73" / 1854 mm
Length 93" / 2362 mm
Weight 640 lbs / 290 kg



Half Rack Short

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

Height 108" / 2743 mm
Width 73" / 1854 mm
Length 59" / 1499 mm
Weight 568 lbs / 258 kg



Rack and a Half

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

Height 108" / 2743 mm
Width 73" / 1854 mm
Length 133" / 3378 mm
Weight 1340 lbs / 608 kg

RACK 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 upperbody 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 standalone dip station, the integrated Keiser Dip Station offers the added benefit of using the pneumatic resistance system for either movement assistance or increased resistance.





Pulley Assist Station

Employing Keiser's unique pneumatic resistance system, cables attach both to the Keiser Rack and the user's belt to customize the weight resistance for a variety of exercises. While other machines have previously offered the ability to add weight resistance to an exercise, Keiser's Pulley Assist System is the only system to provide counterweight technology, making strength training possible for both the beginner and the professional.



Rack Platform

This unique low profile platform is trimmed in steel tubing with cast-rounded corners to reduce risk of athletic injury. It is constructed of quality materials to 1½" thickness, and topped with First Grade Maple (sanded, sealed, and triple varnished) with space for team or club logos. The platform also features impact-absorbing rubber to significantly reduce noise.

STRENGTH SERIES

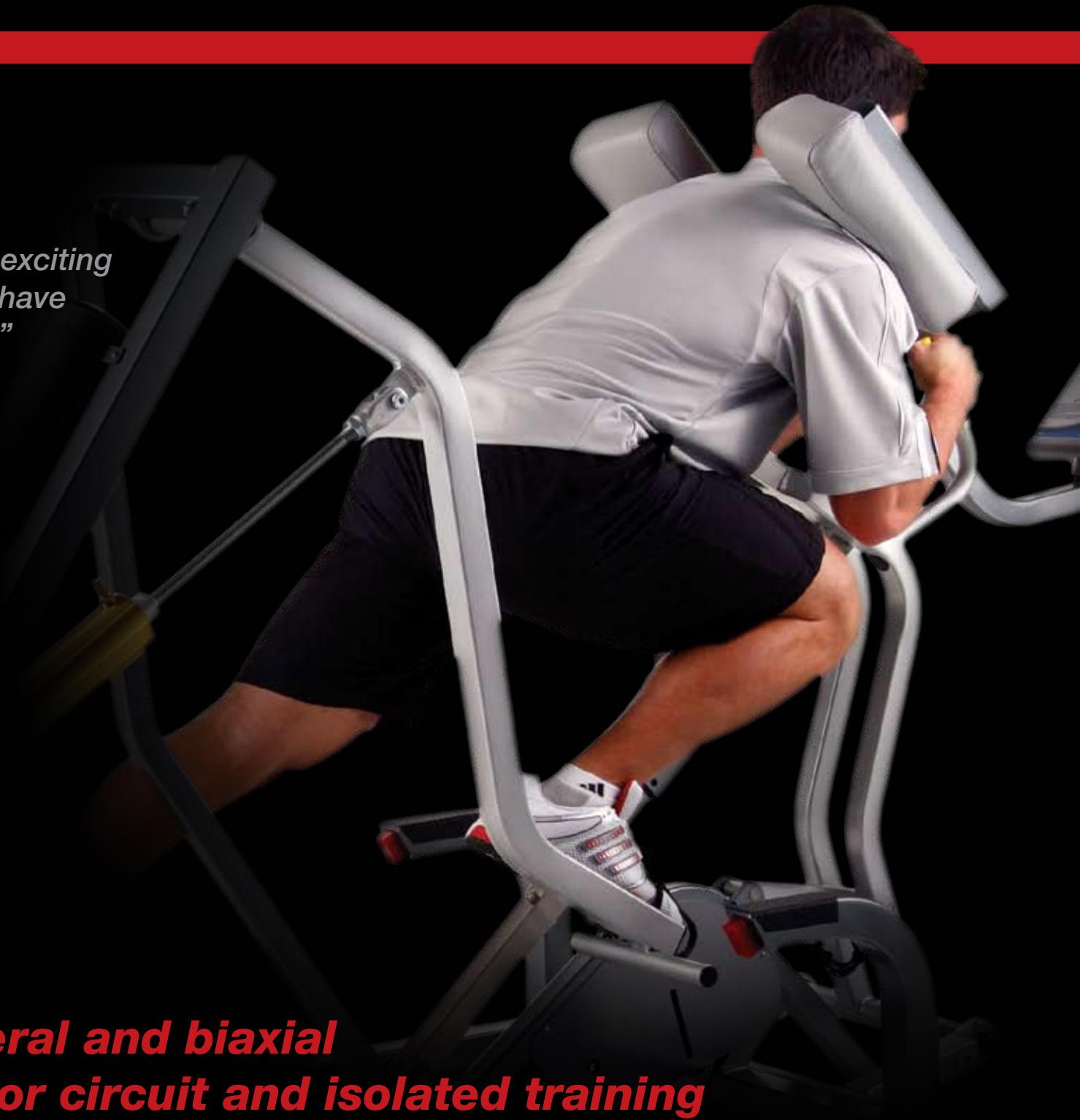


The Keiser Strength Series consists of multiple easy-to-use single stations, designed to isolate and train target muscle groups. The series uses Keiser's patented pneumatic technology to provide a safe and effective workout, with consistent resistance, unaffected by the speed of exercise.

Designed with the user in mind, the equipment offers a variety of user-friendly features. Conveniently-located push button controls allow the user to adjust resistance in one pound increments at any time, even during a movement. The accompanying digital display tracks repetition count, resistance and other useful information that can be utilized during training. Each machine comfortably adjusts to suit a variety of users regardless of age, body type or fitness level.

Function Strength Training

Muscles Used Various Targeted Muscle Groups



“...without doubt the most exciting strength equipment that I have seen in over twenty years.”

- Jim Henry,
Strength Coach, Premier League UK

***unilateral, bilateral and biaxial
single stations for circuit and isolated training***



AIR300 Squat

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

The AIR300 Squat enhances explosive Power – the key to superior athletic performance. The machine features conveniently positioned thumb button resistance controls on the hand-grips, allowing the user to increase or decrease resistance without leaving the machine. The equipment suits a wide variety of users with its self-adjusting shoulder pads and a sturdy base. For added safety, a range-limiting feature helps to prevent ligament and knee injury.



AIR300 Leg Curl

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

The AIR300 Leg Curl features a supine workout position for superior muscle isolation. This provides a higher maximum resistance range, and 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.



AIR300 Runner

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

A unique and innovative product, the AIR300 Runner allows athletes to train the lower body for Power by using the components of speed and resistance. 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.



AIR300 Seated Calf

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

Originally designed for world record holders Willie Banks (triple jump) and Mike Powell (long jump), the AIR300 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.



AIR250 Standing Hip

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

An essential piece for developing strength and Power, the Standing Hip allows athletes to train at explosive speeds. The machine offers hip flexion, extension, adduction and abduction. Additionally, it provides the clearance needed to prevent possible knee hyper-extension with a lightweight foot plate that is easy to position at the correct height for virtually any user.



AIR300 Leg Press

Function Unilateral, Bilateral, Multifunction

Muscles Used Training Options for The Entire Body

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.

Equipment Specifications

Keiser Racks



POWER Rack

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



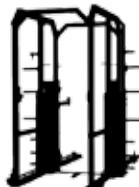
Half Rack Short

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



Rack and a Half

Height: 108" / 2743 mm
Width: 73" / 1854 mm
Length: 140" / 3556 mm
Weight: 1340 lbs / 608 kg
Pneumatics: 0-212 lbs / 0-96 kg



Rack Platforms

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

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

Infinity Series



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 per handle



Functional Trainer (Base)

Height: 93" / 2362 mm
Width: 94" / 2388 mm
Length: 48" / 1219 mm
Weight: 300 lbs / 136 kg
Resistance: 0-53 lbs / 0-24 kg per handle



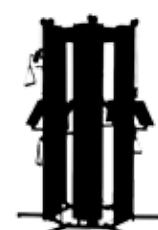
Functional Trainer (Floor)

Height: 93" / 2362 mm
Width: 94" / 2388 mm
Length: 30" / 762 mm
Weight: 130 lbs / 59 kg
Resistance: 0-53 lbs / 0-24 kg 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



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 per handle

Strength Series



AIR300 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



AIR300 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



AIR300 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



AIR300 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



AIR250 Standing Hip

Height: 68" / 1727 mm
Width: 50" / 1270 mm
Length: 40" / 1016 mm
Weight: 215 lbs / 98 kg
Resistance: 0-132 lbs / 0-60 kg



AIR300 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

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