

**KEISER STRENGTH****POWER RACK****MODELS 3110XX, 3111XX****INSTALLATION REQUIREMENTS**

Verify planned equipment location is a solid, level, and structurally sound surface and meets the following dimensions criteria:

	<b>3110XX</b> 8-foot ceiling	<b>3111XX</b> 9-foot ceiling	
Height Clearance	96 in (2,439 mm)	108 in (2,743 mm)	
Footprint (DxW)	103 in x 71 in (2,616 mm x 1,804 mm)		
Insert Platform configuration (DxW)	108 in x 71 in (2,743 mm x 1,804 mm)		
Olympic Lifting Insert Platform configuration (DxW)	183 in x 100 in (4,648 mm x 2,540 mm)		
Free Space around Equipment (recommended)	Sides* 72 inches (1,829 mm)	Front 48 inches (1,219 mm)	Rear 12 inches (305 mm)
*Multiple Racks may share side Free Space.			

\*Multiple Racks may share side Free Space.



3111XX model

**READ CAREFULLY. KEEP THESE INSTRUCTIONS.**

**Note to Installer:** Be sure to leave Assembly Instructions with the customer.

**Note to Customer:** Keep Assembly Instructions for future reference.

**Skill level:** Professional installation is required by qualified personnel.

Product failure due to improper installation is not covered under warranty.

**CUSTOMER SUPPORT**

If you have any questions regarding the Assembly Instructions after reading this guide, contact Keiser Customer Support:

📞 1 559 256 8000

@ service@keiser.com

🌐 keiser.com/support

**KEISER CORPORATION**

📍 2470 S. Cherry Ave.  
Fresno, CA 93706

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**CONTENTS****02 — GENERAL INFORMATION**

02\_INTRODUCTION

02\_RECORD YOUR SERIAL NUMBER

02\_REGISTER YOUR PURCHASE

**03 — IMPORTANT SAFETY INFORMATION**

03\_SAFETY &amp; SERIAL NUMBER LABELS

**04 — EQUIPMENT SPECIFICATIONS**

04\_TRAINING SPACE

**05 — ASSEMBLY**

05\_BEFORE YOU BEGIN

05\_TOOLS AND MATERIALS REQUIRED

06\_PARTS LIST

07\_UNPACKING

08\_ASSEMBLY PROCEDURE

**19 — FINAL INSTALLATION CHECKLIST****GENERAL INFORMATION****INTRODUCTION**

Congratulations on the purchase of your new Keiser Power Rack and welcome to the Keiser family. For your safety, and to ensure optimal equipment performance, please read and understand this manual before assembly. If you have any questions regarding assembly after reading this manual, our Keiser Customer Support team will be happy to assist by telephone at 1 559 256 8000, online 24/7 at [keiser.com/support](http://keiser.com/support), or by email at [service@keiser.com](mailto:service@keiser.com).

Yours in Health,  
Keiser Corporation

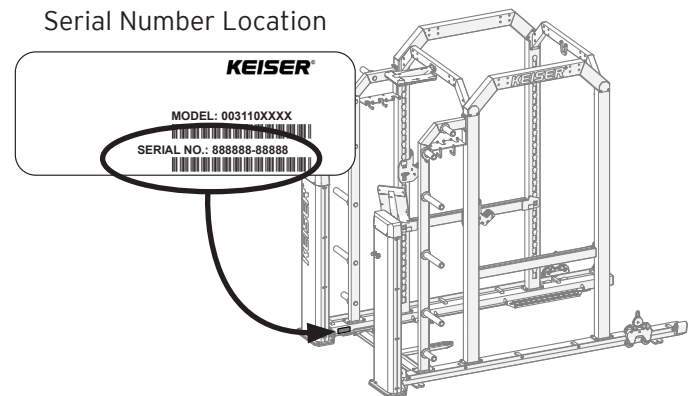
**RECORD YOUR SERIAL NUMBER**

After assembly, please record the serial number in the space provided below.

Extra lines provided for multiple units.

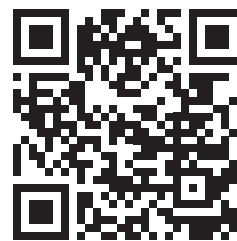
Serial Nos.:


Serial Number Location

**REGISTER YOUR PURCHASE**

Register your product to stay informed of safety notifications and for faster, more accurate warranty service.

Scan the QR Code below to access the interactive online warranty registration.

**SCAN**

<https://www.keiser.com/forms/warrantyregistration>

**KEISER CUSTOMER SUPPORT**

☎ 1 559 256 8000

@ [service@keiser.com](mailto:service@keiser.com)

🌐 [keiser.com/support](http://keiser.com/support)

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📍 2470 S. Cherry Ave.  
Fresno, CA 93706

## IMPORTANT SAFETY INFORMATION

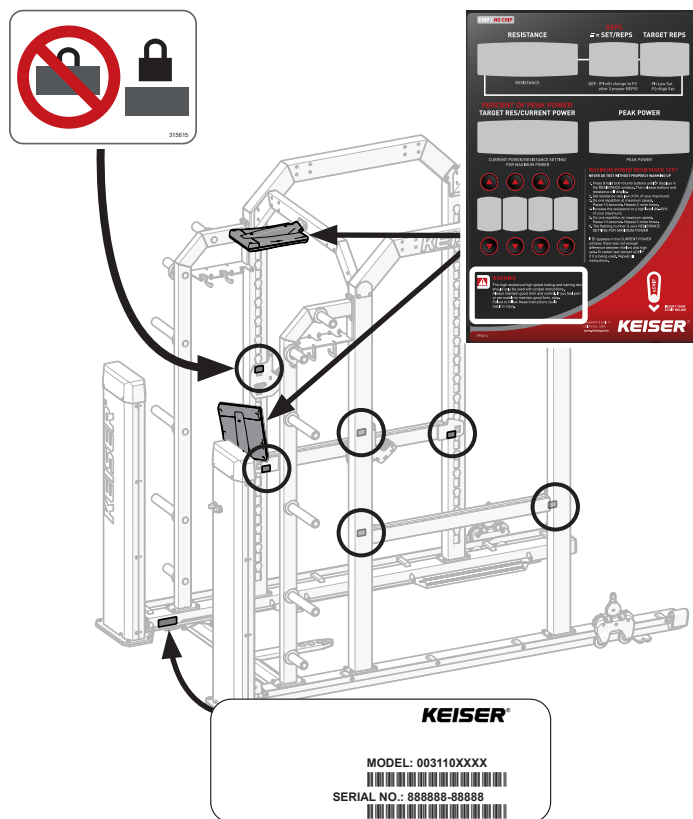
1. Read these instructions. Keep these instructions.
2. Heed all warnings. Follow all instructions.
3. Professional installation is required by qualified personnel as dictated by authority having jurisdiction.
4. Safety Glasses required during assembly.
5. For easier installation and personal safety, two people are required to assemble this equipment.
6. All hardware required for assembly of the equipment has been provided by Keiser Corp. Use only hardware specified by Keiser Corp.
7. Tighten all bolts and carefully examine your installation prior to use of the Power Rack to ensure that it is securely fastened in place.
8. Never connect Keiser pneumatic equipment to an air source that is capable of exceeding 120 psi (pounds per square inch) / 8.27 bar. Over pressurizing Keiser pneumatic equipment may cause tubing to burst, breakage of equipment, abnormal operation, or serious injury. Use only clean, dry, regulated compressed air at the rated pressure range of 100-120 psi / 6.89-8.27 bar.
9. Replace damaged, worn, or broken parts immediately using only Keiser supplied components. Keep the Power Rack out of use until repaired.
10. Only use attachments/accessories specified by Keiser Corporation.
11. Failure to perform the final installation checklist before use of the Power Rack will void the warranty and could result in serious injury.
12. Keiser Corporation is not responsible for damage or serious injury caused by incorrect installation, assembly, or use.
13. Use of the Power Rack or any purpose not explicitly specified by the manufacturer will void the warranty and could result in serious injury.
14. It is the responsibility of the facility owner or owner of the Power Rack to instruct users on the safe and proper operation of the equipment.
15. Users, agents, and/or anyone directing the use of the Power Rack shall determine the suitability of the equipment for its intended use, and said parties are specifically put on notice that they shall assume all risk and liability in connection herewith.

## CONVENTIONS USED

This Assembly Instruction contains the following marks:

- WARNING:** Indicates a hazardous situation that, if not avoided, could result in death or serious injury.
- CAUTION:** Indicates a hazardous situation that, if not avoided, could result in minor or moderate injury.
- HEAVY OBJECT:** Indicates help is required during lifting to avoid muscle strain or back injury.
- TWO-PERSON PROCEDURE:** Indicates help is required to safely and successfully complete installation.
- IMPORTANT:** Indicates information considered critical, but not hazard-related.

## SAFETY &amp; SERIAL NUMBER LABELS



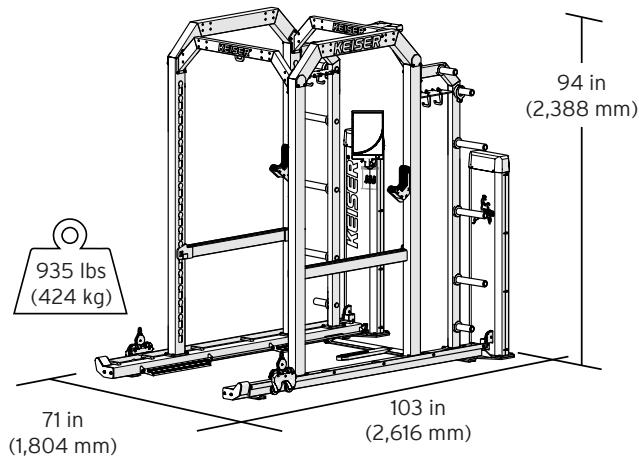
Maintain safety and serial number labels. Do not remove labels for any reason. They contain important information. If unreadable or missing, contact Keiser Corporation for a replacement by telephone at 1 559 256 8000, online 24/7 at [keiser.com/support](http://keiser.com/support), or by email at [service@keiser.com](mailto:service@keiser.com).

## EQUIPMENT SPECIFICATIONS

### Size and weight specifications:

#### 3110 Power Rack

8-foot ceiling



#### 3111 Power Rack

9-foot ceiling

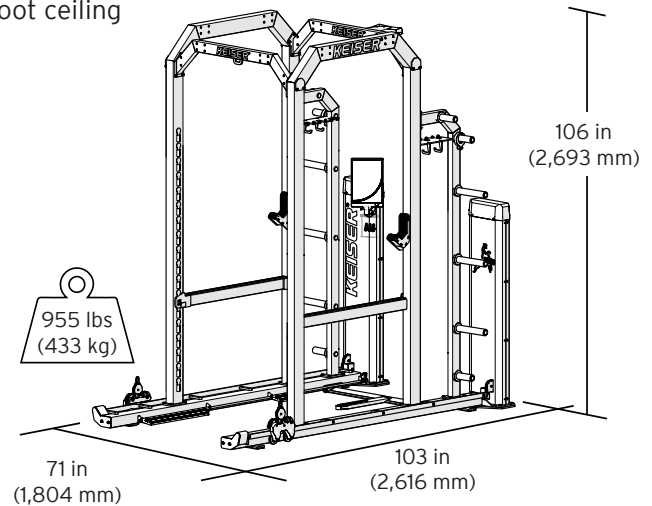


Figure 1. Equipment Size and Weight Specification

### Additional specifications, 3110 & 3111 Power Racks:

Cable Resistance Range: 0 - 200 lbs / 0 - 91 kg

Power: Size D Battery, quantity 2

Frame: Powder-coated steel (matte black finish, standard)

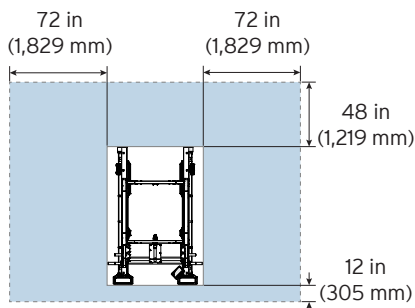
## TRAINING SPACE

The minimum recommended amount of Free Space around the equipment is 72 inches (1,829 mm) for the sides, 48 inches (1,219 mm) for the front, and 12 inches (305 mm) for the rear (see Figure 2). Power Racks arranged side by side may share the Free Space.

#### Power Rack

Footprint (DxW):

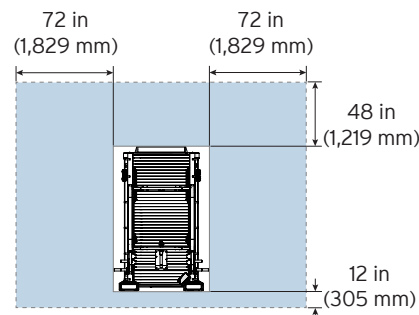
103 in x 71 in (2,616 mm x 1,804 mm)



#### Power Rack with Insert Platform

Footprint (DxW):

108 in x 71 in (2,743 mm x 1,804 mm)



#### Power Rack

#### with Olympic Lifting Insert Platform

Footprint (DxW):

183 in x 100 in (4,648 mm x 2,540 mm)

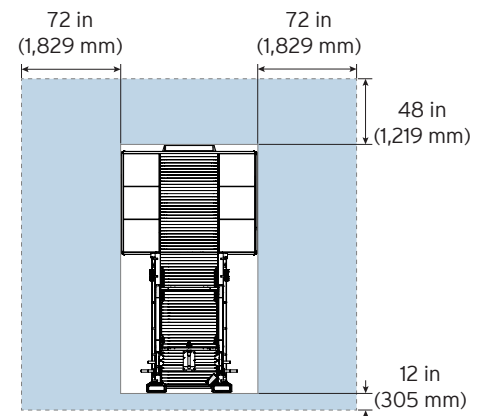


Figure 2. Training Space

NOTE: Optional Accessories (Dip Bar Station, Land Mine, Chin Up Bar) may require additional Free Space, depending on the accessory type and exercise routine. Plan space accordingly to allow for a safe workout, free from obstruction.



## ASSEMBLY

Professional installation is required by qualified personnel. Read through these instructions carefully before assembling the equipment. Heed all warnings and safety information presented in this Assembly Instruction. Do not skip, substitute, or modify any assembly procedure or steps. Doing so could result in serious injury. Product failure due to improper installation is not covered under warranty.

## BEFORE YOU BEGIN

### ❗ IMPORTANT:

- Ensure the floor is a solid, level, structurally-sound surface.
- Clear around and above the assembly area of any obstructions.
- Check location meets the Training Space criteria (see Training Space section, page 4).
- Insert Platform or Olympic Lifting Insert Platform configurations: Assemble platform first as the Power Rack will be assembled and mounted onto the platform.

### EQUIPMENT ANCHORING

The standard Power Rack assembly configuration may be anchored directly onto concrete flooring at the four anchor points (see Figure 3; anchor bolts not supplied). All other assembly configurations (Insert Platform and Olympic Lifting Insert Platform) requires the Power Rack to be bolted onto the platform (hardware supplied by Keiser Corp.).

#### All Anchors Fasteners:

- Use only anchors that are suitable for equipment height and weight.
- Minimum concrete thickness: 5 in (127 mm).
- Anchors must reach minimum embedment as specified by the manufacturer to ensure design values are kept.
- Do not reuse anchors as they are designed for one-time use only.
- Covered floors (wood, carpet, rubber, etc.) – cut out the floor mount plate pattern to mount equipment directly onto concrete. Ensure equipment makes full contact with the concrete floor; no gaps.
- It is the responsibility of the facility owner to adhere to building codes and ordinances.

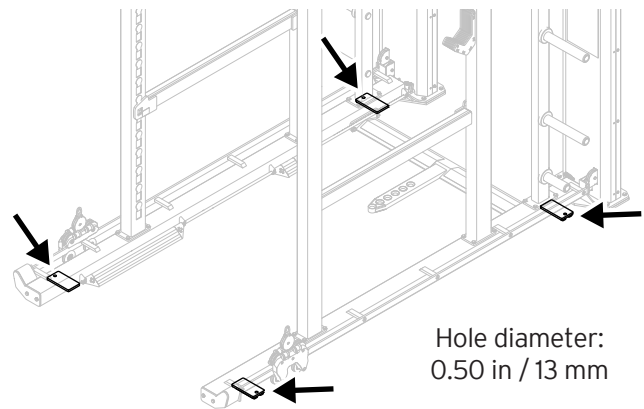


Figure 3. Anchor Points of the Power Rack

All Keiser Racks are designed for stability when used as intended.

## TOOLS AND MATERIALS REQUIRED



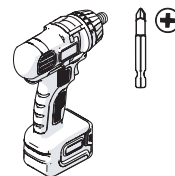
Safety Glasses



Cutting Pliers



Safety Blade



Driver with Phillips Bit  
(Required for closed crate only)



1/2-inch Combination  
Ratcheting Wrench



Ratchet Wrench, Extension  
with 9/16-inch Socket



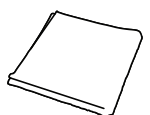
9/16-inch Combination  
Ratcheting Wrench



25 ft-lbs  
(34 Nm)  
9/16-inch Torque Wrench  
(Open-End or Crowfoot attachment)



3/16-inch  
Allen Wrench



Lint-free cloth

❗ **IMPORTANT:** Avoid the use of a power drill/driver for driving bolts during assembly to prevent damaging equipment.

## PARTS LIST

## POWER RACK

3110XX model shown, 3111XX similar.

All hardware required for assembly included and fastened on parts (anchor fasteners not included).

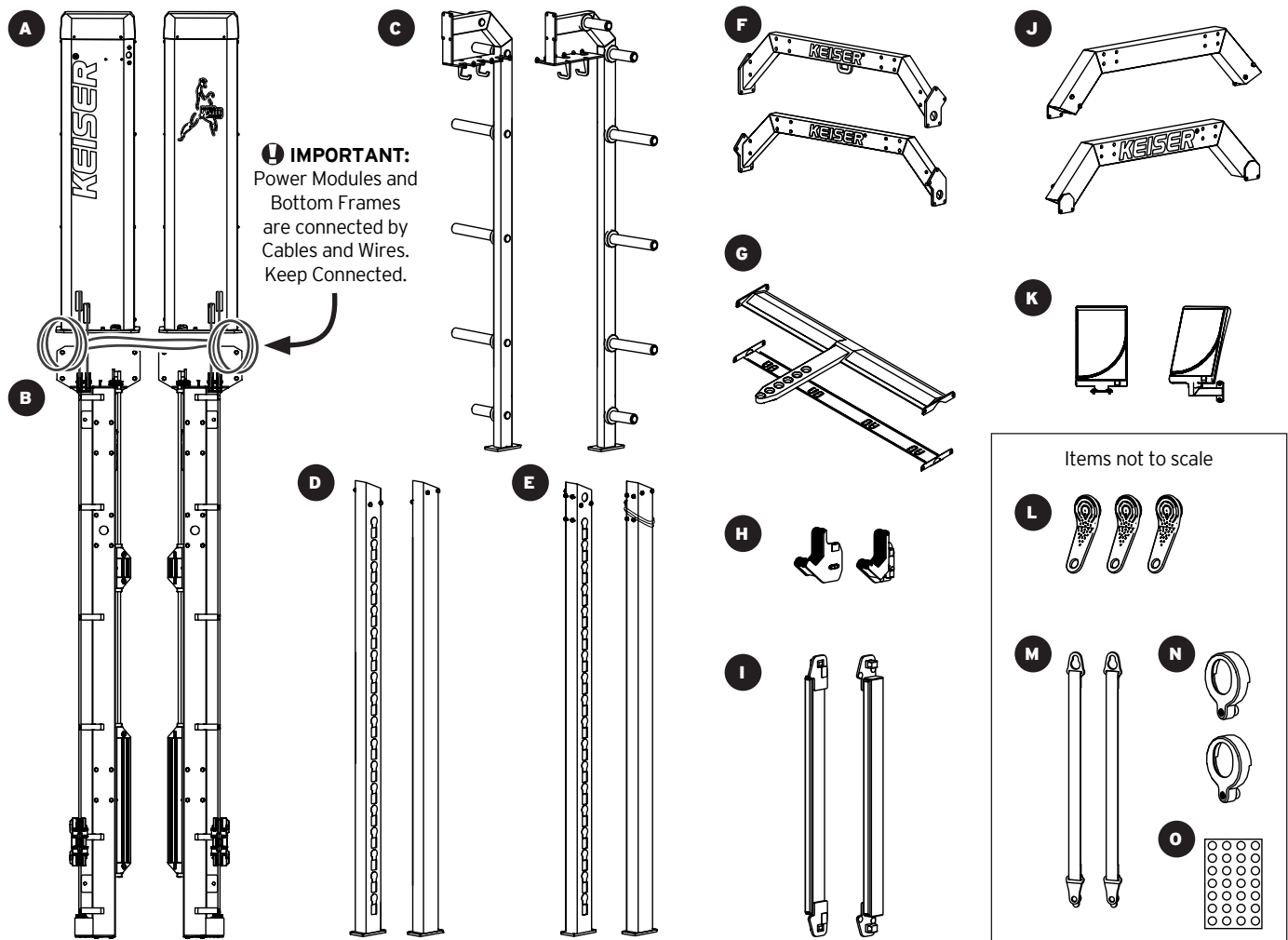


Figure 4. Power Rack Parts List

	Description	Qty
<b>A</b>	Power Modules	2
<b>B</b>	Bottom Frames	2
<b>C</b>	Weight Stacks	2
<b>D</b>	Front Posts	2
<b>E</b>	Rear Posts	2
<b>F</b>	Cross Braces	2
<b>G</b>	Bench Positioner Bar with Cable Tray	1
<b>H</b>	Bar Catch Set	1

	Description	Qty
<b>I</b>	Spotting Bars	2
<b>J</b>	Top Frames	2
<b>K</b>	Power Displays	2
<b>L</b>	eChip Set	1
<b>M</b>	Extension Strap Set	1
<b>N</b>	Barbell Attachment Set	1
<b>O</b>	Weight Stack Decals Set	1

NOTE: Optional Olympic Lifting Insert and Insert Platforms (including optional accessories) not shown. Check for any damage or missing parts. If parts are damaged or missing, contact your local dealer, distributor, or Keiser Customer Support by telephone at 1559 256 8000.

## UNPACKING

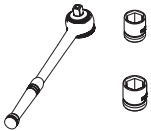
**TWO-PERSON PROCEDURE:** Due to the size of the equipment parts, help is required to safely and successfully complete the assembly procedure.

**HEAVY OBJECT:** Help is required during lifting to avoid muscle strain or back injury.

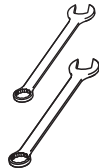
**IMPORTANT:** Crate configuration varies based on customer order and shipping destination. Do not discard shipping crate materials or hardware until assembly is successfully completed.

**UNPACKING:** Position the shipping crate in a cleared area. Open crate to expose the equipment as shown in Figure 5. Remove all parts from the crate by releasing all cable ties, shipping material, and wood screws.

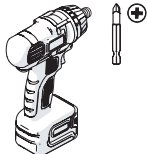
## TOOLS REQUIRED:



Ratchet Wrench with  
1/2 in. and 9/16 in. Sockets



1/2 in. and 9/16 in.  
Combo Ratcheting  
Wrenches



\*Drill Driver with  
Phillips Bit

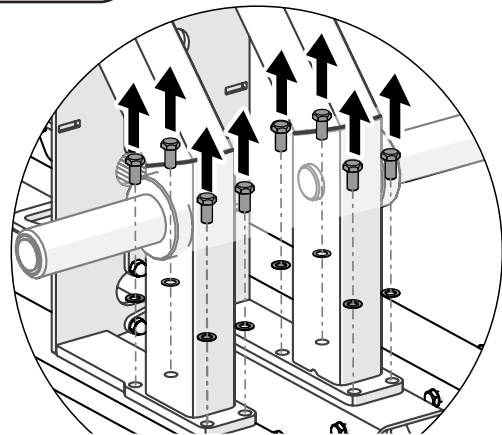
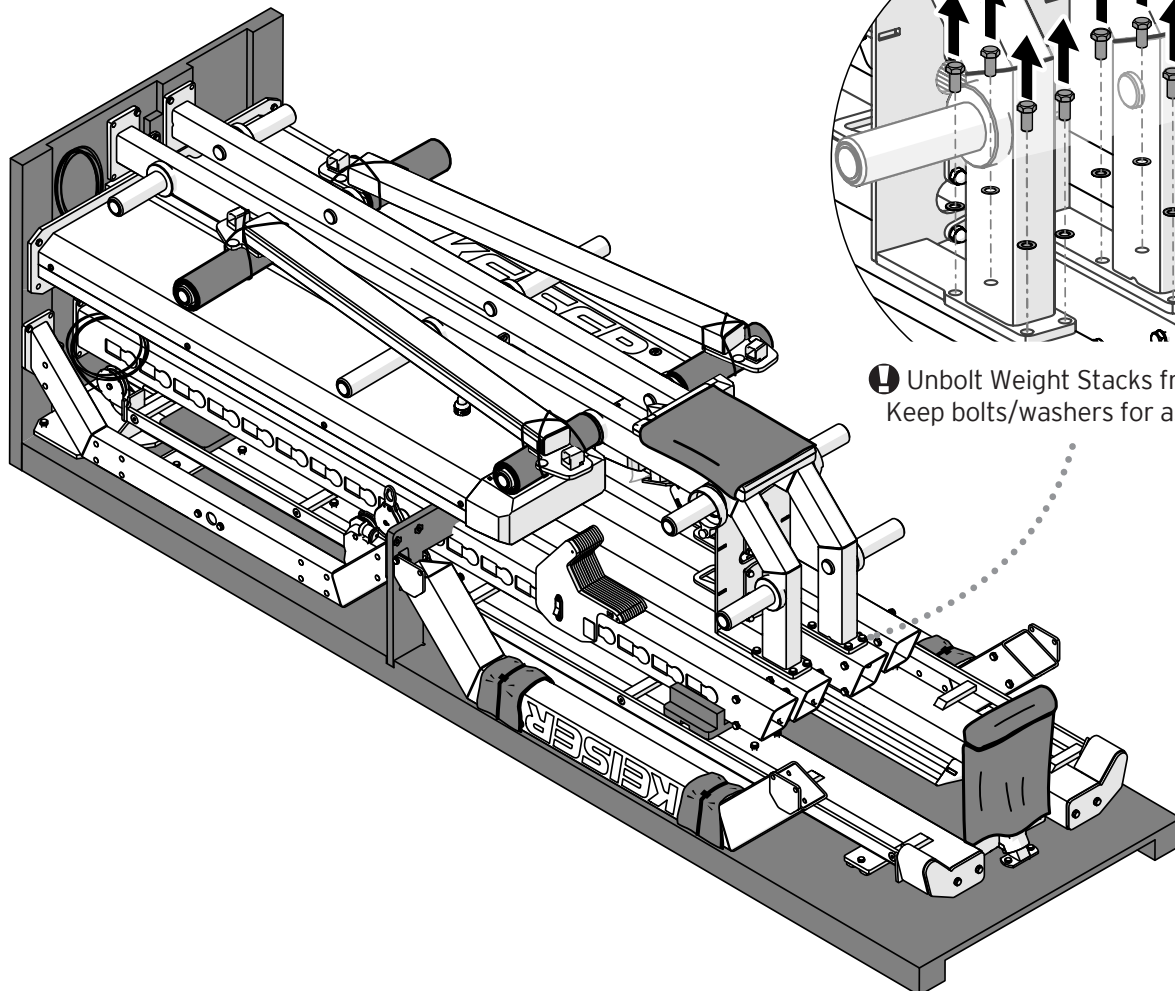


Cutting  
Pliers



Safety  
Blade

*\*Required for closed crate only*



**Unbolt Weight Stacks from Posts**  
Keep bolts/washers for assembly

Figure 5. How to Unpack the Power Rack

## ASSEMBLY PROCEDURE

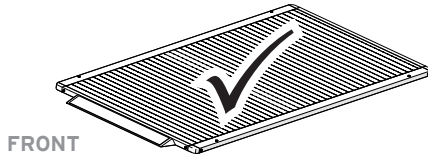
**TWO-PERSON PROCEDURE:** Due to the size of the equipment parts, help is required to safely and successfully complete the assembly procedure.

**HEAVY OBJECT:** Help is required during lifting to avoid muscle strain or back injury.

**ASSEMBLE YOUR INSERT PLATFORM OR OLYMPIC LIFTING INSERT PLATFORM FIRST**

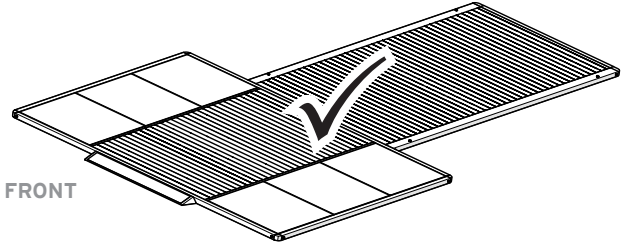
See platform assembly diagram included with the platform.

Insert Platform



FRONT

Olympic Lifting Insert Platform



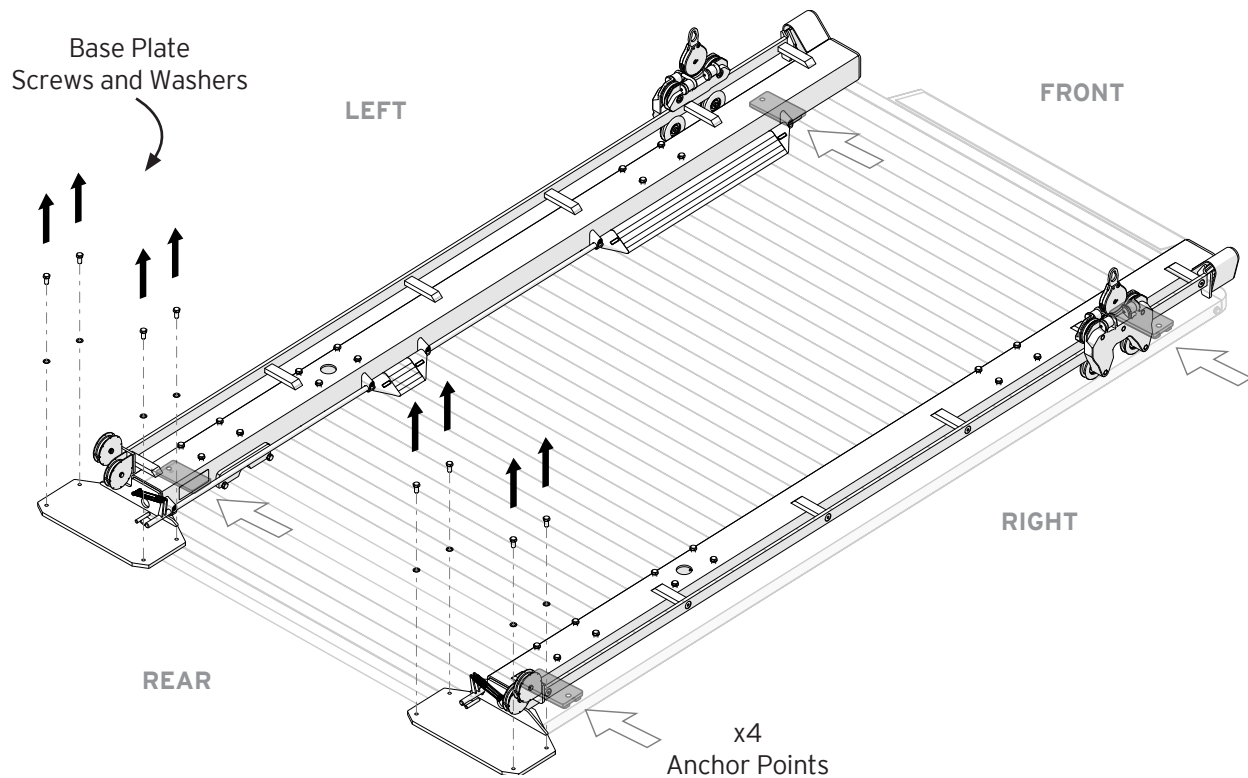
FRONT

Proceed to Step 1 to assemble and mount your Power Rack on your platform type.

1

**BOTTOM FRAME PLACEMENT**

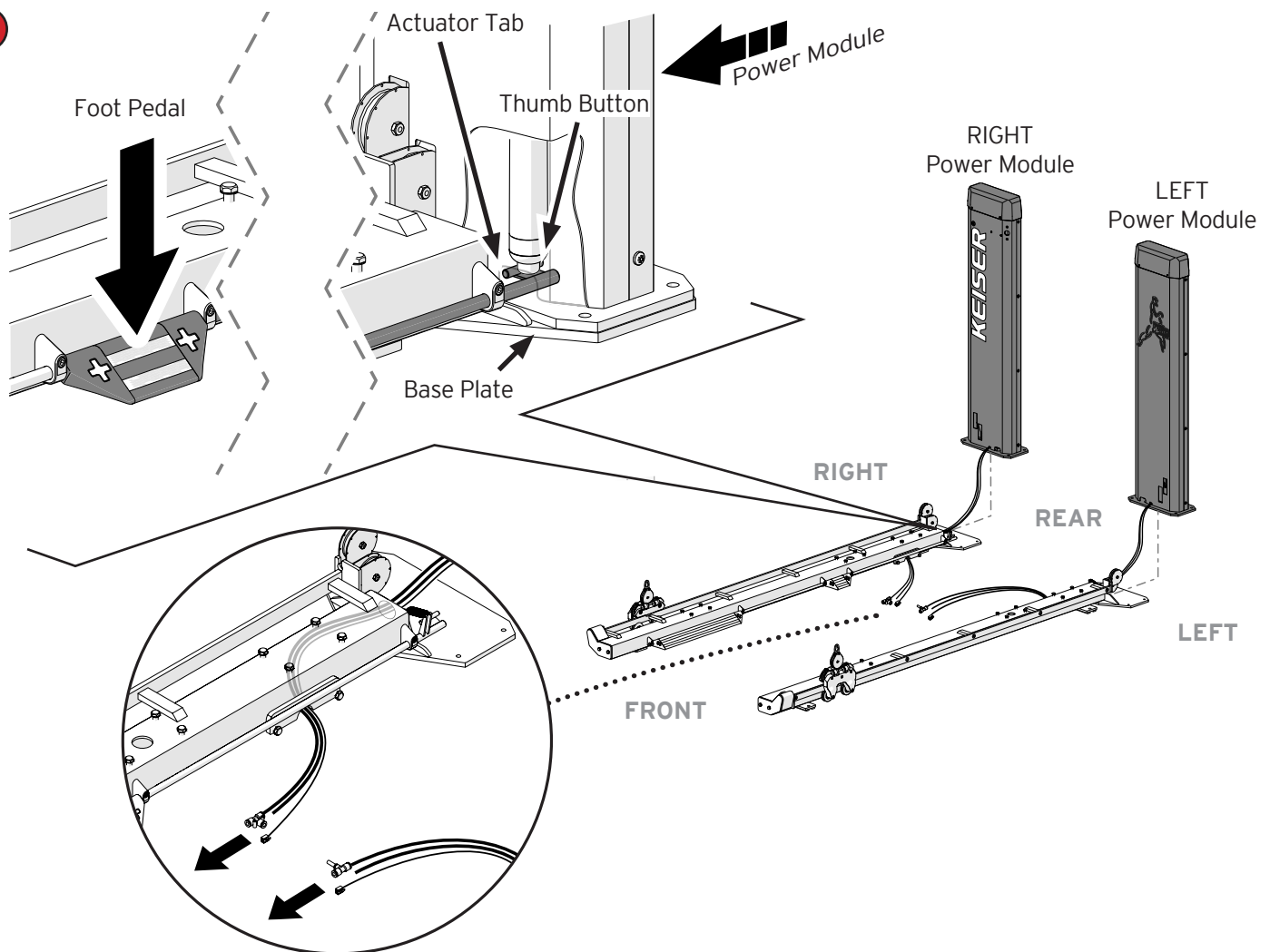
Lay the Bottom Frames at the desired location. Remove Base Plate Screws and Washers.



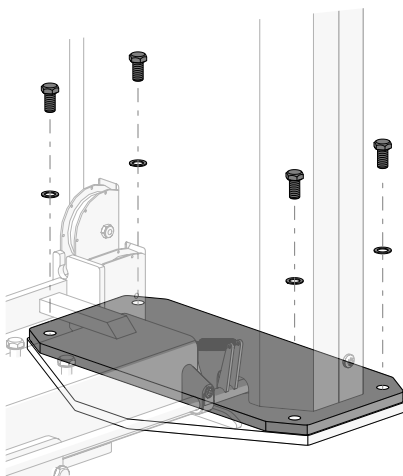
**PLATFORM CONFIGURATIONS:** Set the Bottom Frames on the Platform. Align the four Anchor Points to the Platform mount holes. **DO NOT INSTALL MOUNTING HARDWARE SCREWS** (included with the Platform) until after Steps 2 through 4 have been completed.

**2 INSTALL POWER MODULES AND DISPLAY**

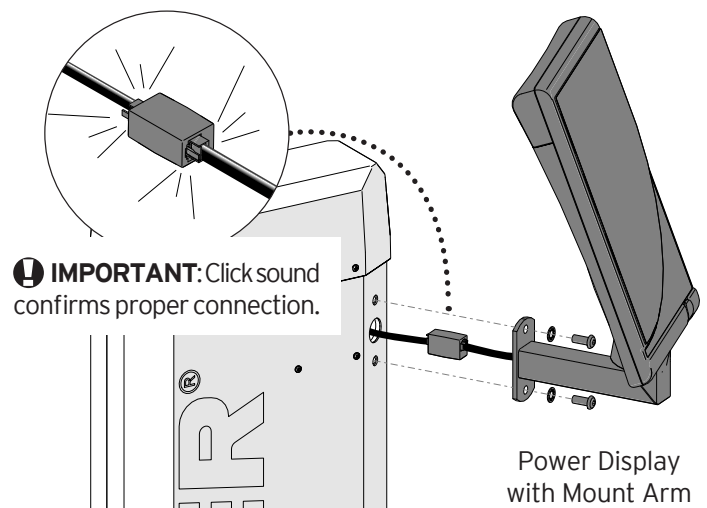
Have your helper raise the Actuator Tab (press Foot Pedal) as you begin to position the Power Module on the Base Plate. Release the Foot Pedal before the Actuator Tab enters the Power Module; pull the wire and air lines through the Bottom Frame. Position the Actuator Tab to rest under the Thumb Button. Repeat the process for the opposite side.



**B** Align mount holes and attach the Power Module using the Screws/Washers removed in Step 1. Repeat the process for the opposite side.

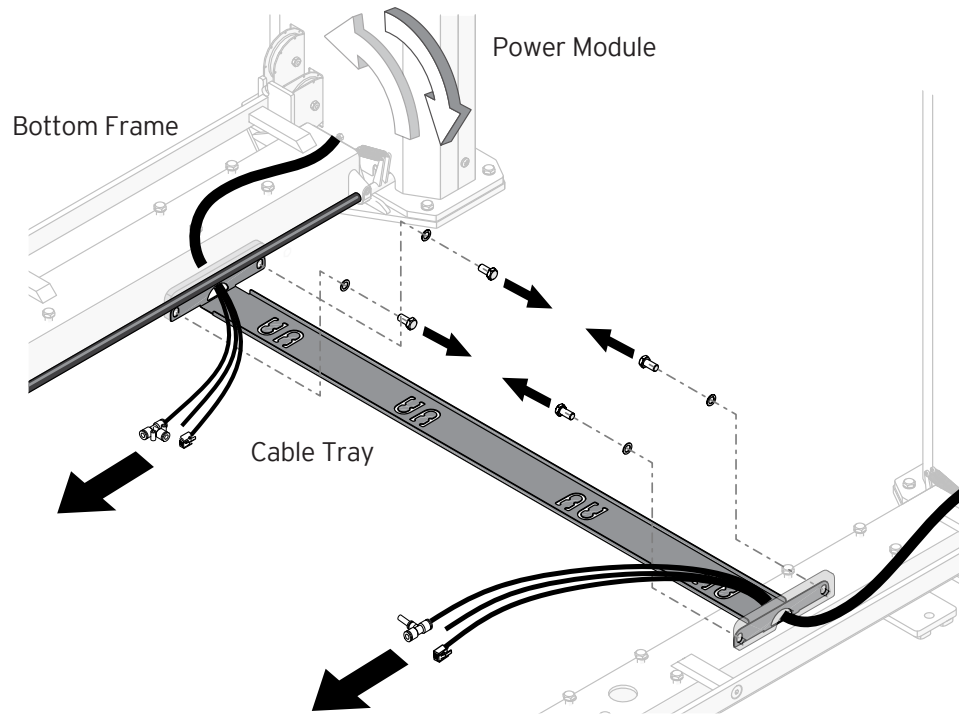


**C** Connect and install the Power Display.



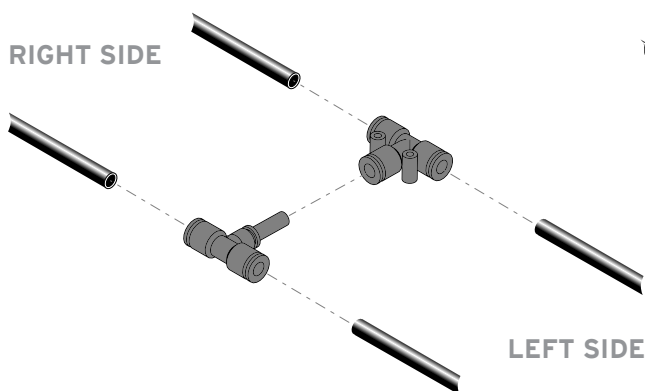
### 3 CONNECT AIR LINES AND COMMUNICATION WIRE

- A** Remove the Bolts and Washers at the Bottom Frame. Tilt a Power Module with Bottom Frame to position the Cable Tray. Then, route the Air Lines / Communication Wires and install the Cable Tray.

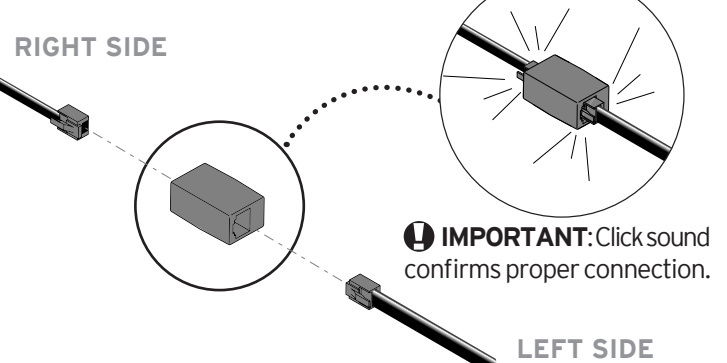


- B** Connect the Air Lines and Communication Wires.

#### AIR LINES AND PUSH-IN FITTINGS



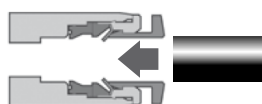
#### COMMUNICATION WIRES



#### Push-in Fittings Method of Assembly:



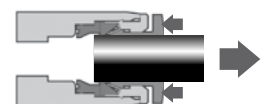
1. Check that the end tube is cut square and is free from burrs.



2. Push the tube through the release ring button and grab ring into the fitting.



3. Push the tube firmly through the 'O' ring until it bottoms on the tube stop, then pull back.



4. To disconnect, push the tube into the fitting, hold down the release button and withdraw the tube.

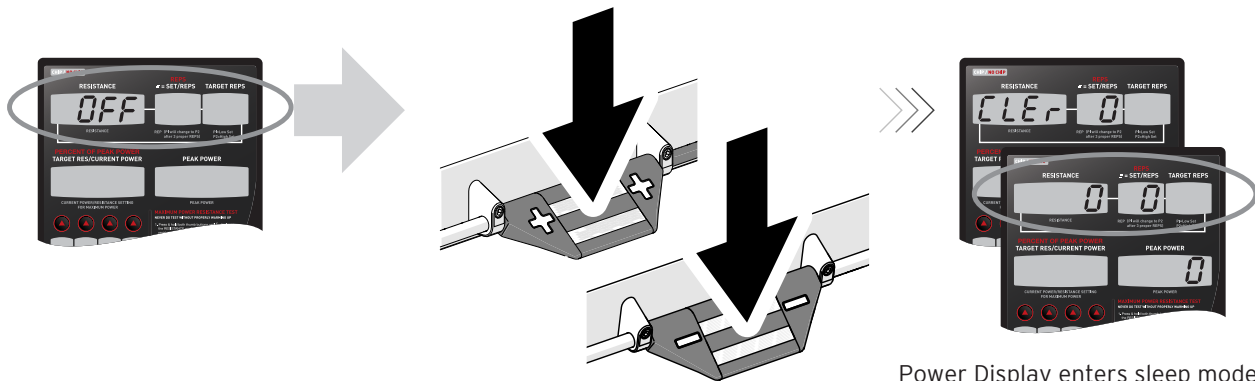


#### 4 POWER DISPLAY CONNECTION CHECK AND BENCH POSITIONER INSTALLATION

**A** NOTE: Air Compressor not required to turn on the Power Display.

Turn on the Power Display by momentarily pressing both **+** and **-** Foot Pedals.

**RESISTANCE** window change from **OFF** to **CLER > 0** = proper connection.

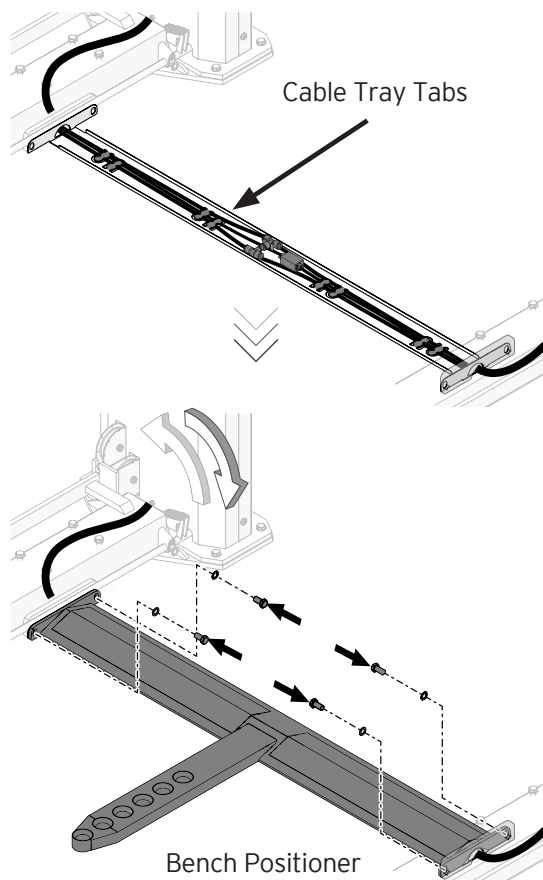


Power Display enters sleep mode (OFF) after 1 minute of inactivity.

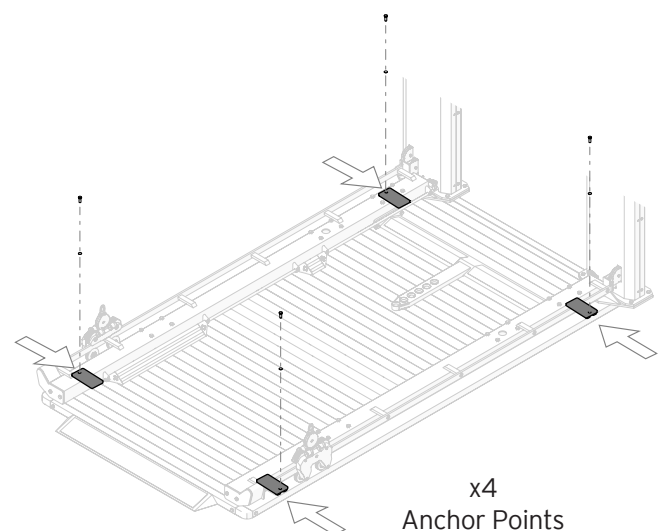
If the Power Display does not turn on, check Communication Wire connection points (refer to STEP 2C and STEP 3B).

**B** Once proper connection to the Power Display has been confirmed, neatly organize the Air Lines and Communication Wires using the Cable Tray Tabs; push any excess lines back into the Bottom Frames.

Tilt a Power Module with Bottom Frame for clearance to position and install the Bench Positioner.

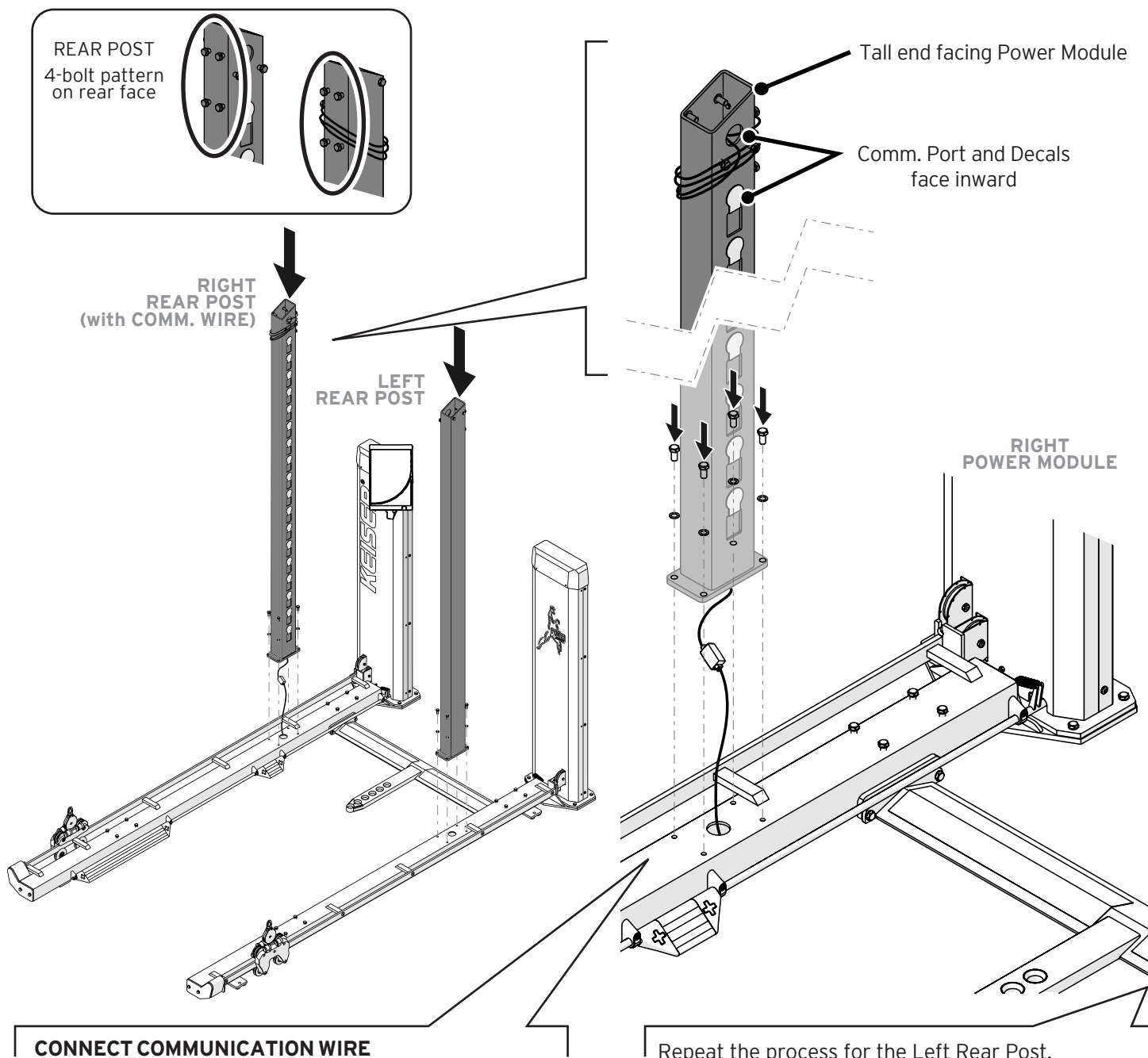


**! PLATFORM CONFIGURATIONS:** You may now install the mounting hardware screws at the four Anchor Points (included with Platform).

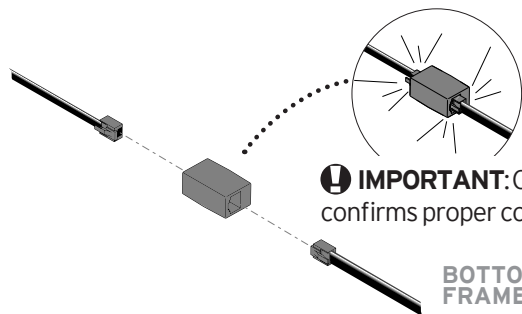


# 5 SET REAR POSTS

**IMPORTANT:** DO NOT TIGHTEN BOLTS UNTIL FINAL INSTALLATION. PARTS MUST BE ABLE TO ADJUST FOR EASY BOLT HOLE ALIGNMENT.



RIGHT REAR POST



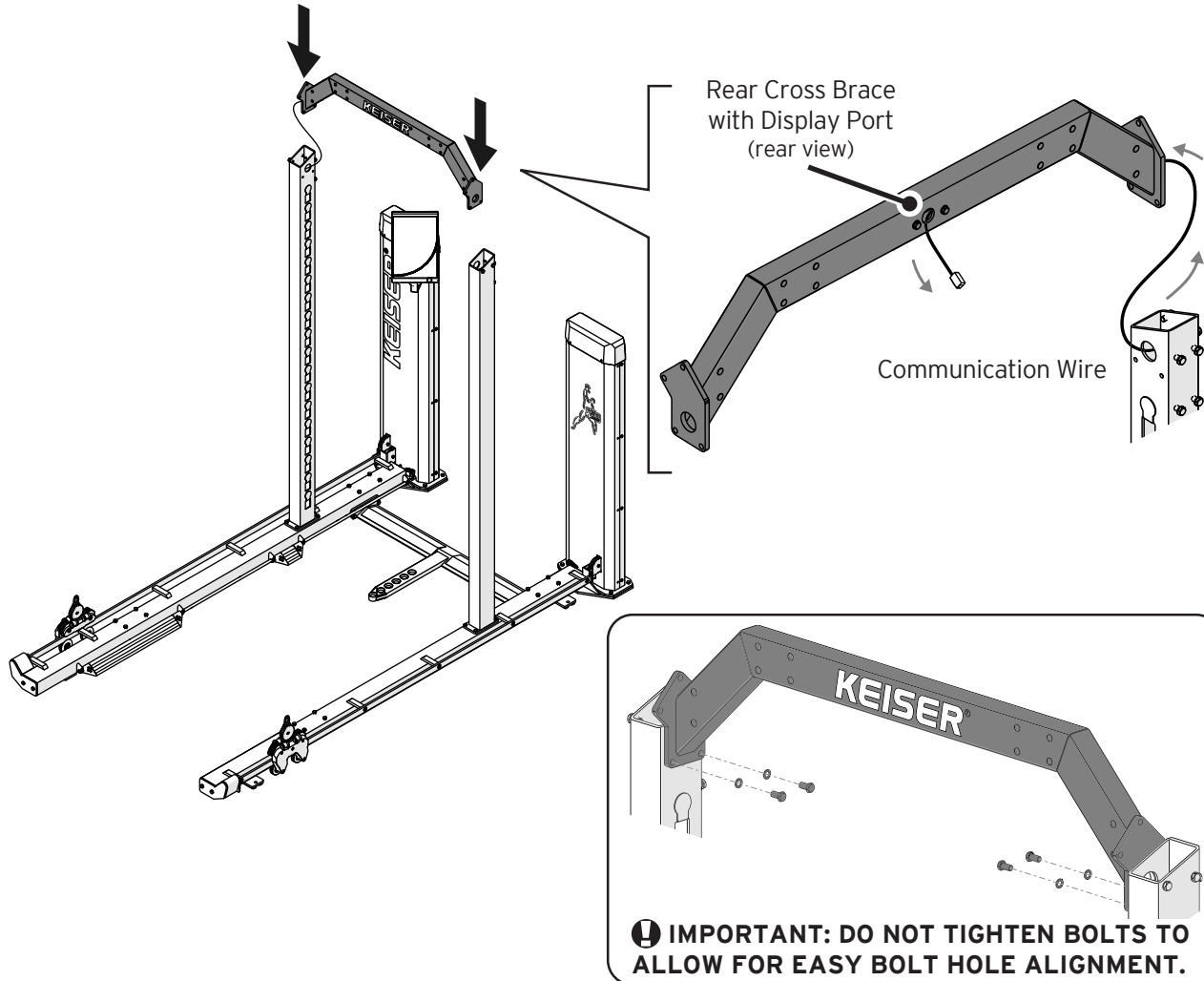
NOTE: There is no Communication Wire connection at the Left Rear Post.

Push excess line back into the Bottom Frames.

**6** INSTALL REAR CROSS BRACE AND TOP POWER DISPLAY

**⚠ IMPORTANT: BEFORE INSTALLATION, CHECK BOLTS AT THE BASE OF THE POSTS ARE NOT FULLY TIGHTENED TO ALLOW FOR EASY BOLT HOLE ALIGNMENT.**

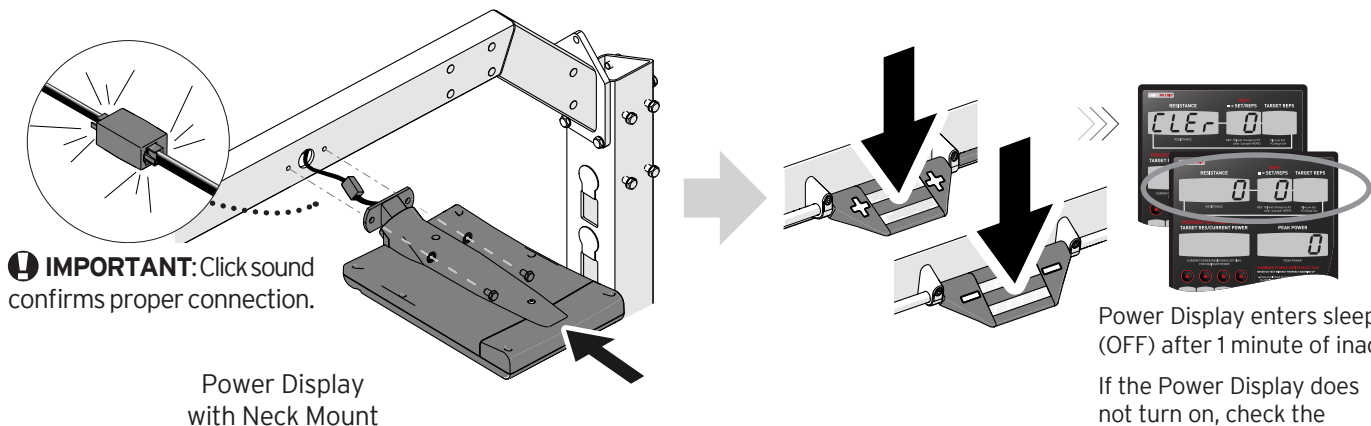
**A** Route Communication Wire with Coupler through Display Port and install the Rear Cross Brace.



**B** Connect and install the Top Power Display. Check for Proper Connection. NOTE: Air Compressor not required to turn on the Power Display.

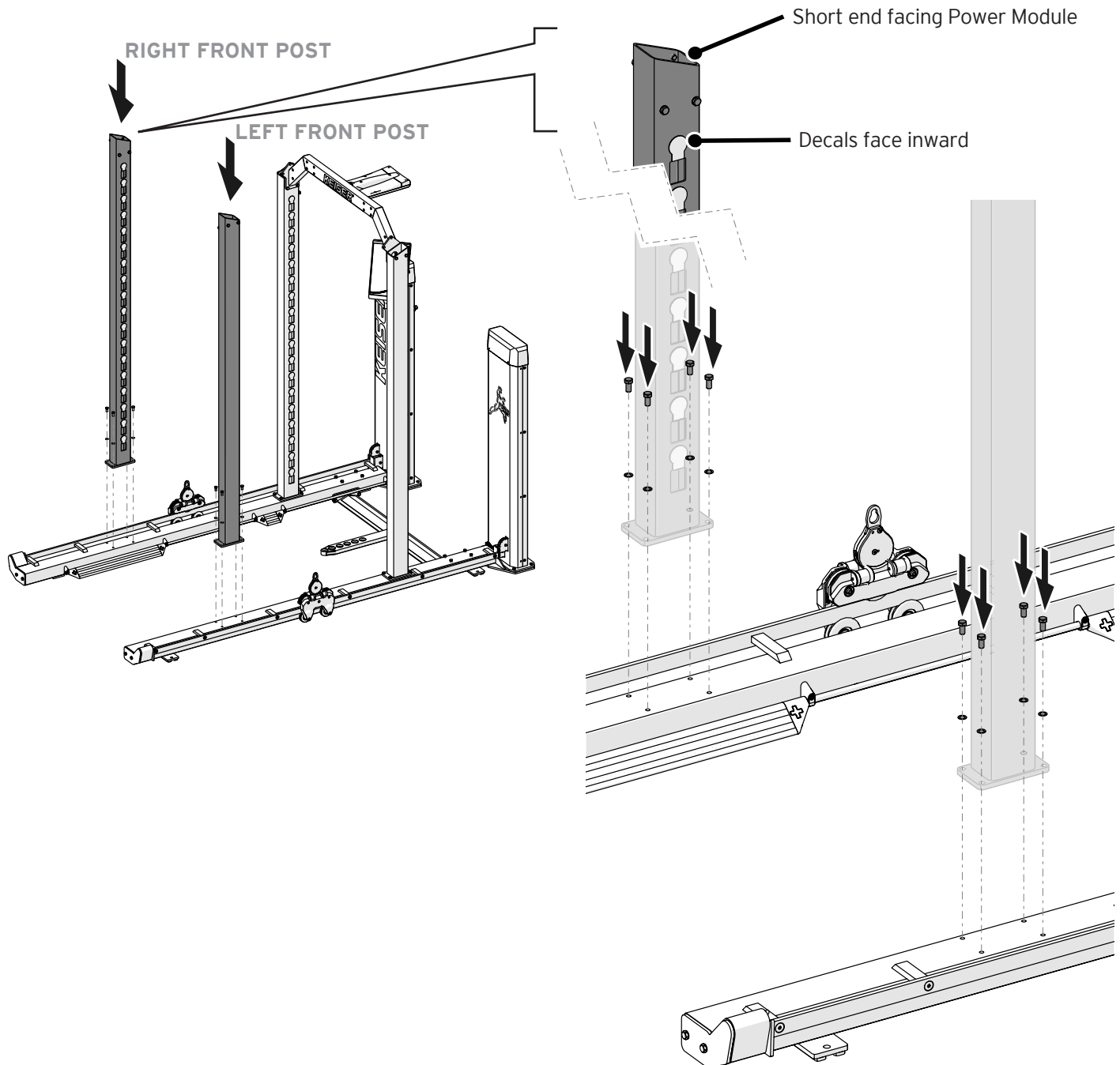
Turn on the Power Display by momentarily pressing both + and - Foot Pedals.

**RESISTANCE** window change from **OFF** to **CLER > 0** = proper connection.



**7 SET FRONT POSTS**

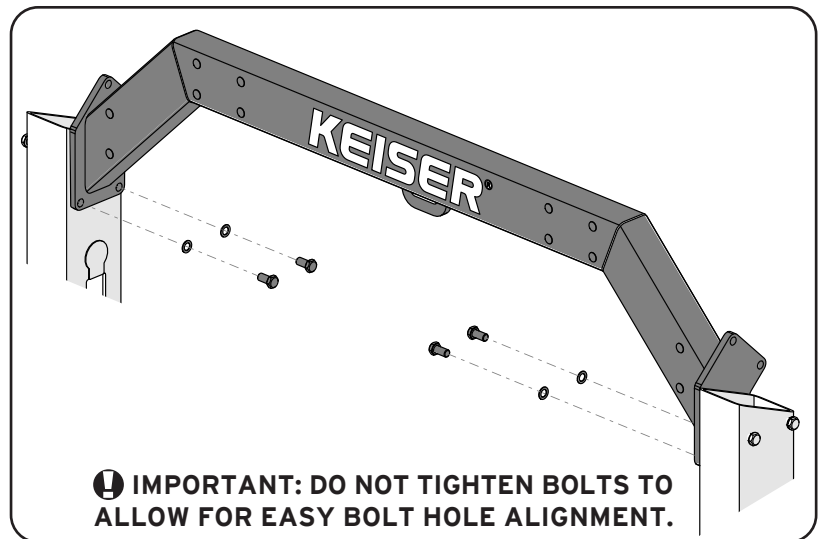
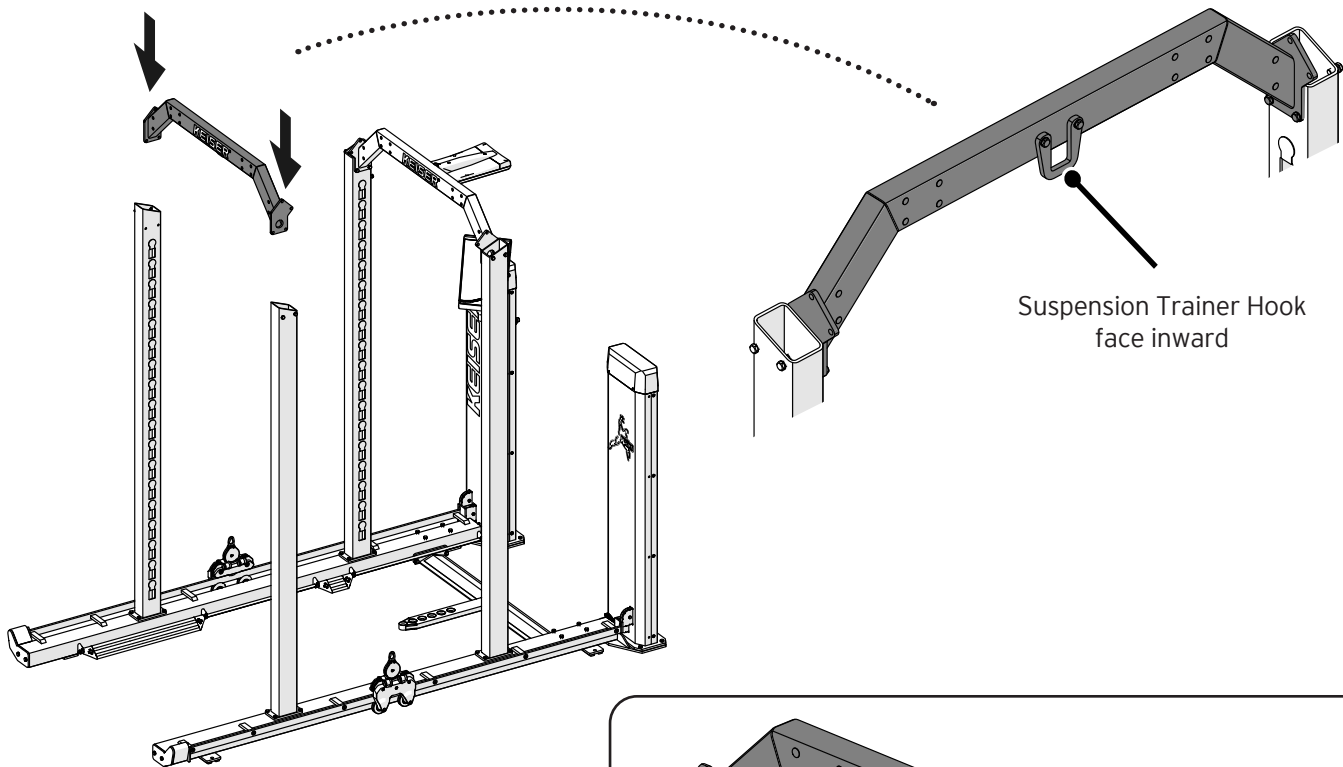
**⚠ IMPORTANT: DO NOT TIGHTEN BOLTS UNTIL FINAL INSTALLATION. PARTS MUST BE ABLE TO ADJUST FOR EASY BOLT HOLE ALIGNMENT.**



8

## INSTALL FRONT CROSS BRACE

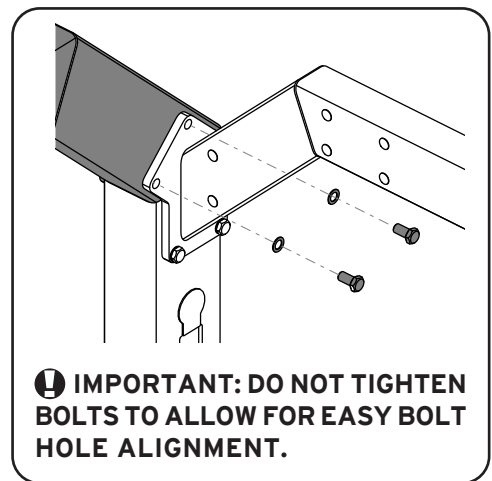
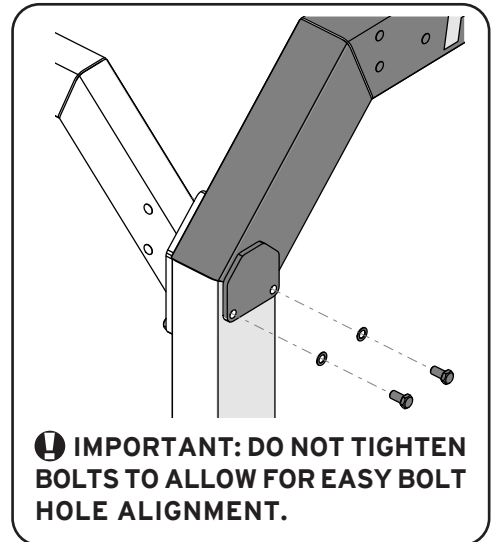
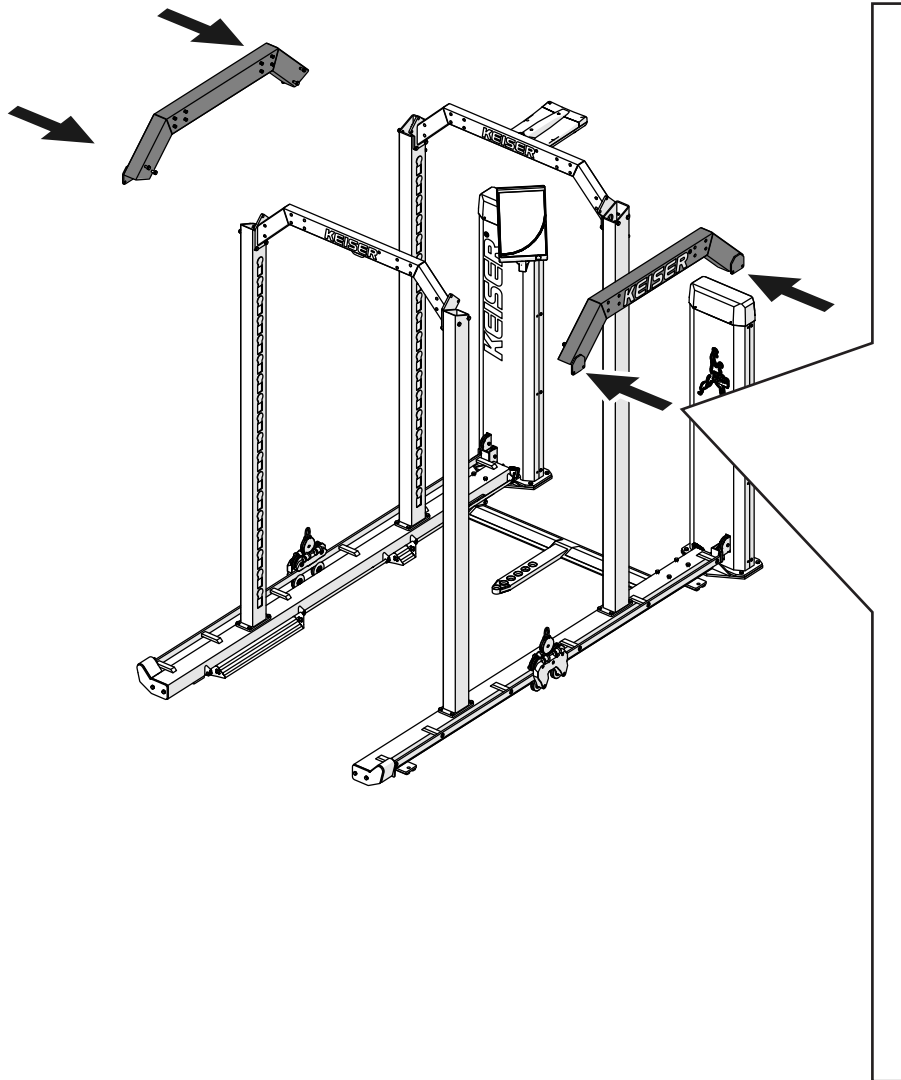
**⚠ IMPORTANT: BEFORE INSTALLATION, CHECK BOLTS AT THE BASE OF THE POSTS ARE NOT FULLY TIGHTENED TO ALLOW FOR EASY BOLT HOLE ALIGNMENT.**



9

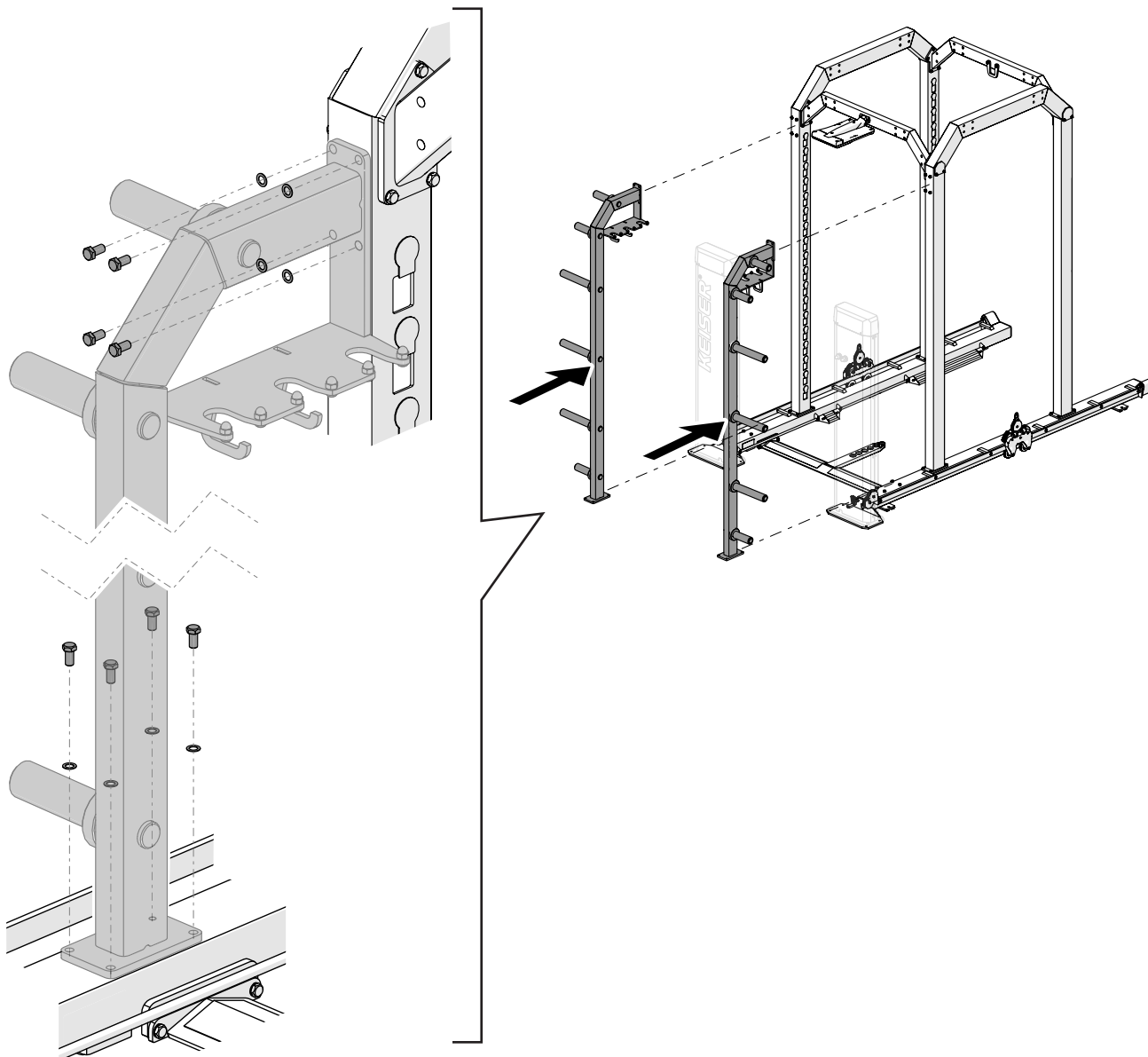
## INSTALL TOP FRAMES

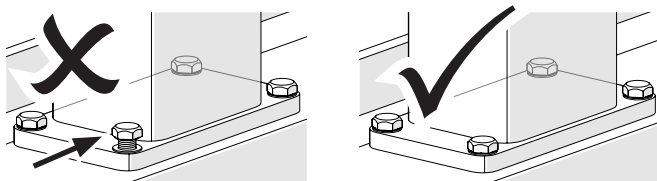
**⚠ IMPORTANT: BEFORE INSTALLATION, CHECK BOLTS AT ALL POST CONNECTION POINTS ARE NOT FULLY TIGHTENED TO ALLOW FOR EASY BOLT HOLE ALIGNMENT.**



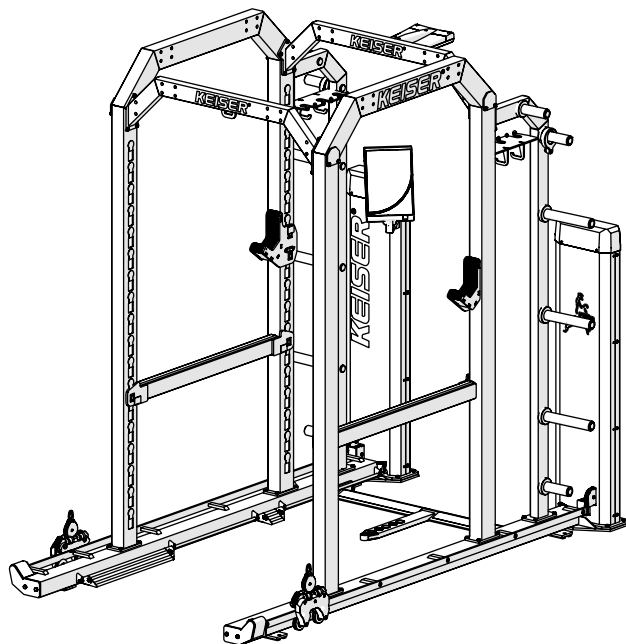


- 10** INSTALL WEIGHT STACK
- ⚠ IMPORTANT: BEFORE INSTALLATION, CHECK BOLTS AT ALL POST CONNECTION POINTS ARE NOT FULLY TIGHTENED TO ALLOW FOR EASY BOLT HOLE ALIGNMENT.**



**11 FINAL ASSEMBLY**
**A**

**IMPORTANT: PROPERLY TIGHTENED ALL BOLTS.**

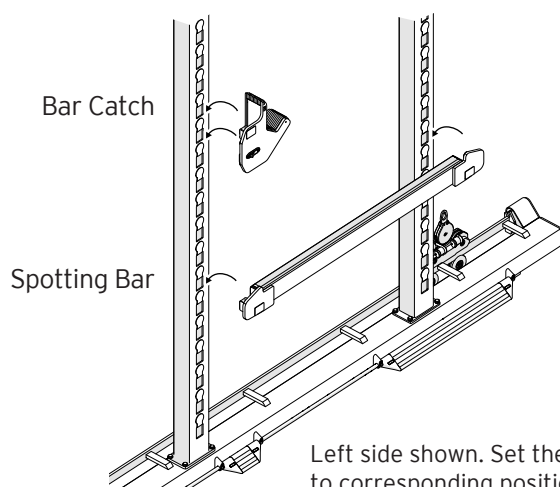
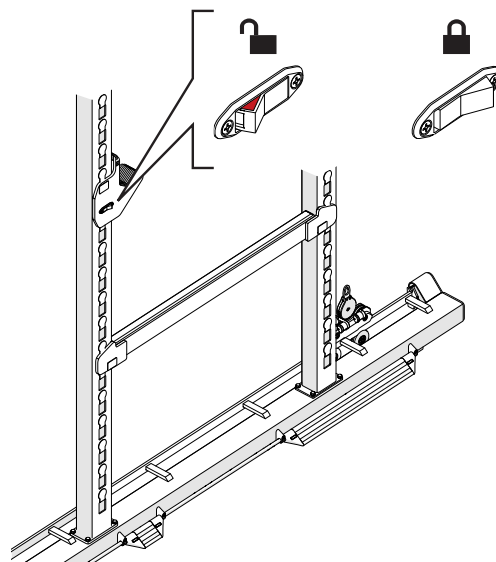
**TORQUE SPECIFICATION  
3/8-16 IN. (FRAME BOLTS):**
**25 ft-lbs (34 Nm)**

 Reference Step 5 through Step 10  
for all frame bolt locations.


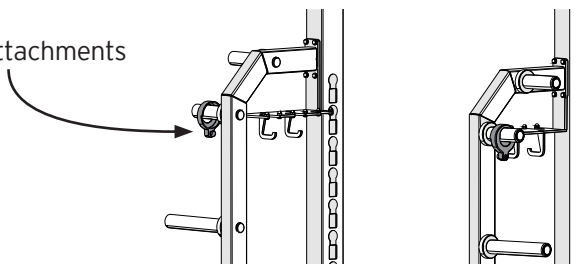
3110 Power Rack (3111 model similar)

**B**

Set Bar Catches, Spotting Bars, and Barbell Attachments.


 Left side shown. Set the right-side components  
to corresponding position setting.


Barbell Attachments


 NOTE: eChip, Extension Strap, and Weight Stack Decal sets  
are packaged in a kit, attached to the Power Module.

## 12 AIR SYSTEM SETUP & FINAL INSTALLATION

1. Connect the Quick Disconnect of the Power Rack to the Outlet (see Figure 6).

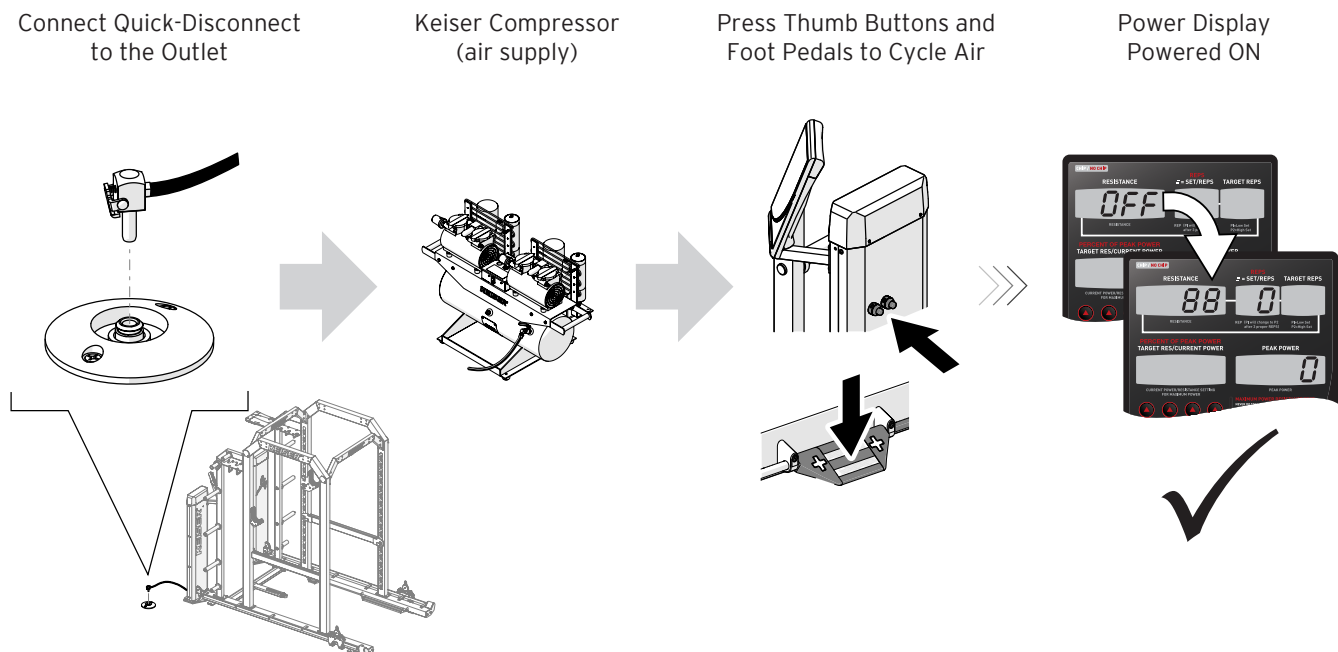


Figure 6. Air System Setup Reference

**⚠ WARNING: Never connect Keiser pneumatic equipment to an air source that is capable of exceeding 120 psi / 8.27 bar.** Over pressurizing Keiser pneumatic equipment may cause tubing to burst, breakage of equipment, abnormal operation, or serious injury. Use only clean, dry, regulated compressed air at the rated pressure range of 100-120 psi / 6.89-8.27 bar.

2. Plug the Compressor into a power source to power the Compressor ON. Allow the Compressor to build up to a minimum of 100 psi / 6.89 bar.
3. Press the + and then the - Thumb Buttons and Foot Pedals a few times to ensure air cycles through and both Power Displays power ON.

Keiser Air Compressor manuals are available at [keiser.com/support](http://keiser.com/support) (search: Air Compressor manuals).


## FINAL INSTALLATION CHECKLIST

1. Make sure the Power Rack has been installed according to the instructions and check all bolts are properly tightened and torqued to specification (see items checklist with reference pages below):
 

<input type="checkbox"/> Power Modules (page 9)	<input type="checkbox"/> Front and Rear Posts (pages 12 and 14)
<input type="checkbox"/> Power Displays (pages 9 and 13)	<input type="checkbox"/> Front and Rear Cross Braces (pages 13 and 15 )
<input type="checkbox"/> Bench Positioner (page 11)	<input type="checkbox"/> Front and Rear Top Frames (page 16)
<input type="checkbox"/> Platform (if applicable, page 11)	<input type="checkbox"/> Weight Stacks (page 17)
2. Ensure the Power Rack is connected to the Compressor/Air Supply and the Compressor/Air Supply is powered ON.
3. Read the Operation Manual before using the equipment (enclosed with the product and also available [keiser.com/support](http://keiser.com/support), search: Power Rack Manual).
4. Store Assembly Instructions for future reference.

## CUSTOMER SUPPORT


If you have any questions regarding the Assembly Instructions after reading this guide, contact Keiser Customer Support:

 1 559 256 8000

 [service@keiser.com](mailto:service@keiser.com)

 [keiser.com/support](http://keiser.com/support)

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