

**KEISER®**

**STRENGTH | CARDIO | FUNCTIONAL**



## **KEISER POWER RACK**

**MODELS: 003110BP, 003110XP  
003111BP, 003111XP**

**OPERATION MANUAL**

## **CONTENTS**

### **03 – GENERAL INFORMATION**

03\_INTRODUCTION

03\_REGISTER YOUR PURCHASE

03\_SERIAL NUMBER INFORMATION

### **04 – IMPORTANT SAFETY INFORMATION**

05\_CONVENTIONS USED

05\_SAFETY AND NOTIFICATION LABELS

06\_CONTRAINDICATIONS

### **07 – TECHNICAL SPECIFICATIONS**

07\_EQUIPMENT SPECIFICATIONS

08\_TECHNICAL DATA

### **09 – OPERATION**

09\_SYSTEM OVERVIEW

10\_EQUIPMENT OVERVIEW

11\_POWER DISPLAY

13\_PROPER OPERATION CHECK

14\_HOW TO USE THE POWER RACK

18\_EXERCISE

18\_EXERCISE GUIDELINE

19\_POWER TEST

### **20 – MAINTENANCE**

20\_PREVENTATIVE MAINTENANCE SCHEDULE

21\_BATTERY REPLACEMENT

23\_ANNUAL MAINTENANCE

### **24 – REGULATORY AND COMPLIANCE NOTICES**

24\_SAFETY NOTIFICATIONS

25\_ELECTROMAGNETIC COMPATIBILITY (EMC)

25\_US FCC COMPLIANCE STATEMENT

25\_DISPOSAL

### **27 – WARRANTY STATEMENT**

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## GENERAL INFORMATION

### INTRODUCTION

Congratulations on the purchase of your new Keiser Power Rack and welcome to the Keiser family. Keiser's Dynamic Variable Resistance safely builds strength at any speed, which is key to building maximum power.

For your safety, and to ensure the best experience and maximum gains, it is critical that you read and understand this manual before you begin using the Power Rack. If you have any questions regarding the operation of the Power Rack after reading this manual, our Keiser Customer Support team will be happy to assist by telephone at 1 559 256 8000 and via live chat at [keiser.com/support](https://www.keiser.com/support) (Monday–Friday, 7 am to 5:30 pm PST), or by email at [service@keiser.com](mailto:service@keiser.com).

Yours in Health,  
Keiser Corporation

### REGISTER YOUR PURCHASE

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

Scan the QR Code to the right to access the interactive online warranty registration form or visit:

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



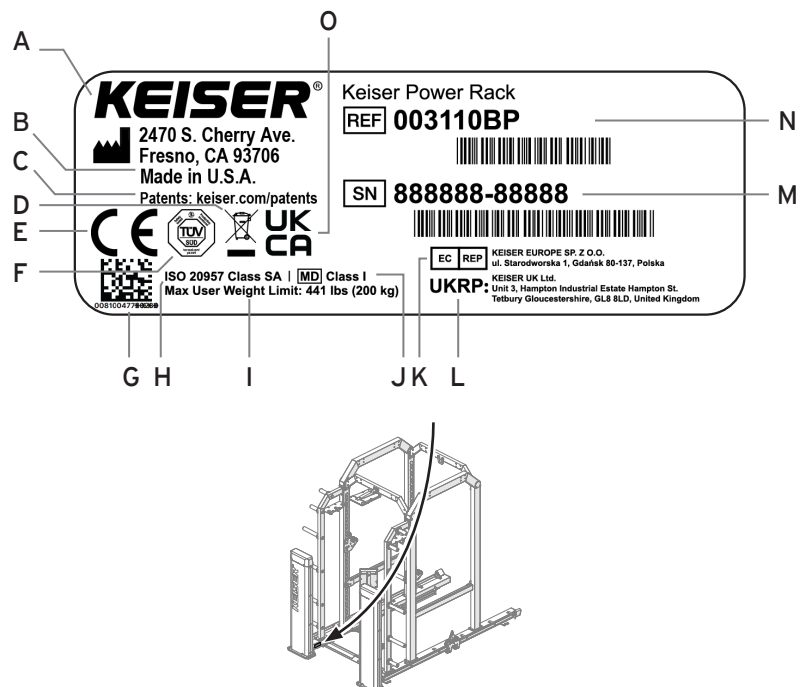
SCAN

### SERIAL NUMBER INFORMATION

Please take a moment at this time to record the serial number in the space provided below.

Serial No.: \_\_\_\_\_

Serial Number Information	
A	Manufacturer name, logo, and address
B	Country of manufacture
C	Patent information notification
D	WEEE mark
E	CE mark
F	TÜV SÜD mark
G	Unique Device Identification (UDI)
H	ISO Accuracy and Usage Classes
I	Maximum User Weight Limit (bench, if equipped)
J	Medical Device Risk Classification
K	European Authorized Representative
L	UK Responsible Person
M	Serial number and date of manufacture
N	Model number and product description
O	UK Conformity Assessed mark





Marking plate illustration is for reference only. Refer to the marking plate attached to the equipment for specific product information.


Figure 1. Serial Number Location and Information

**IMPORTANT SAFETY INFORMATION**

It is the sole responsibility of the purchaser of Keiser Corporation equipment to instruct all individuals, whether they are the end-user or supervising personnel, on proper usage of the equipment. Keiser Corporation recommends that all users of its equipment be informed of the following information before use.

1.  Read these instructions.
2. Heed all warnings.
3. Follow these instructions.
4. Intended use of the Power Rack is for physical activity or Physiotherapy (sometimes referred to as physical therapy).
5. The Power Rack is intended for individuals aiming to maintain and restore maximum movement and functional ability throughout their lifespan, including circumstances where movement and function are limited by aging, injury, pain, disease, disorders, conditions, or environmental factors, especially in case of using the Power Rack in physical therapy.
6. Consult your physician before beginning any exercise program.
7. The Power Rack is intended for use in training areas of organizations where access and control are specifically regulated by a person responsible for determining the suitability of use and maintenance.
8. Maximum user weight limit: 441 lbs (200 kg).
9. Use the Power Rack indoor in a climate-controlled environment only. Keep away from areas of extreme humidity.
10. The use of this Power Rack for any purpose not explicitly specified by the manufacturer in this manual is prohibited.
11. Wear proper exercise clothing and shoes for exercise. Avoid wearing loose clothing that might catch on any moving parts. Tie long hair back.
12. The Power Rack is not a toy. Children shall not play with the Power Rack. Children under 14 years old should not use the Power Rack. Keep children and pets clear from the Power Rack at all times, especially while in use. Cleaning and user maintenance shall not be performed by children.
13. The Power Rack can be used by children age 14 years and above. Persons with mental disabilities, reduced physical, mental, or sensory capabilities, or lack of experience or knowledge should not use the Power Rack without constant supervision by a spotter/supervisor.
14. Proper warm-up required to help prevent injury. This Power Rack should only be used with proper instructions. Always maintain good form and control during exercise. If you feel pain or are unable to maintain good form, stop immediately. Failure to follow these instructions could result in injury.
15. Always maintain control of the cable attachment (e.g. Keiser Lightweight Bar) during exercise. The sudden release of the cable attachment during exercise will cause the cable attachment to recoil uncontrollably and could result in serious injury or property damage. Bring the cable attachment to the start position in a controlled manner to safely end exercise. For bar type exercises, be certain the bar is fully engaged in the bar catch before releasing the load and exiting the equipment. If at any time you are not able to control the amount of resistance during exercise, push the “-” Foot Pedal or Thumb Button to reduce the resistance.
16. Never perform Power Test without a proper warm-up. This high resistance/high-speed test should only be performed with proper instructions (see page 19 “Power Test” for complete instruction). Always maintain good form and control during the test. If you feel pain or are unable to maintain good form, stop immediately. Failure to follow these instructions could result in injury.
17. Never make adjustments to the machine during exercise as this may cause muscle strain. Always return the cable attachment to the start position before making any adjustments to help prevent injury.
18. The highest level of safety can only be ensured if the equipment is regularly inspected for damage and wear. Always check the equipment before use for proper function and any damaged, worn, or broken parts. Immediately replace damaged, worn, or broken parts. Do not use the Power Rack until all repairs have been completed and tested by a Keiser-certified technician.
19. Use only replacement parts supplied/recommended by Keiser Corporation. Attempting to repair or replace any damaged, worn, or broken parts on your own is not recommended. A Keiser-certified technician should be consulted.
20. The use of any exercise equipment, including, without limitation, Keiser’s strength training equipment in which resistance can be changed at any time during the repetition, without proper instruction and supervision violates the terms of the agreement for the purchase of such products. The ability to add resistance anytime during a repetition, including, without limitation, the ability to do a heavy negative may be dangerous, especially for anyone that does not recognize or respect the potential danger.
21. Users, agents, and/or anyone directing the use of the Power Rack shall determine the suitability of the Power Rack for its intended use, and said parties are specifically put on notice that they shall assume all risk and liability in connection herewith.
22. If you do not understand these instructions or have doubts about the safety of the installation, assembly, or use of this product, contact Keiser Customer Support:

 1 559 256 8000

 service@keiser.com

 keiser.com/support

Telephone and Live Chat  
Monday–Friday 7 am to 5:30 pm PST



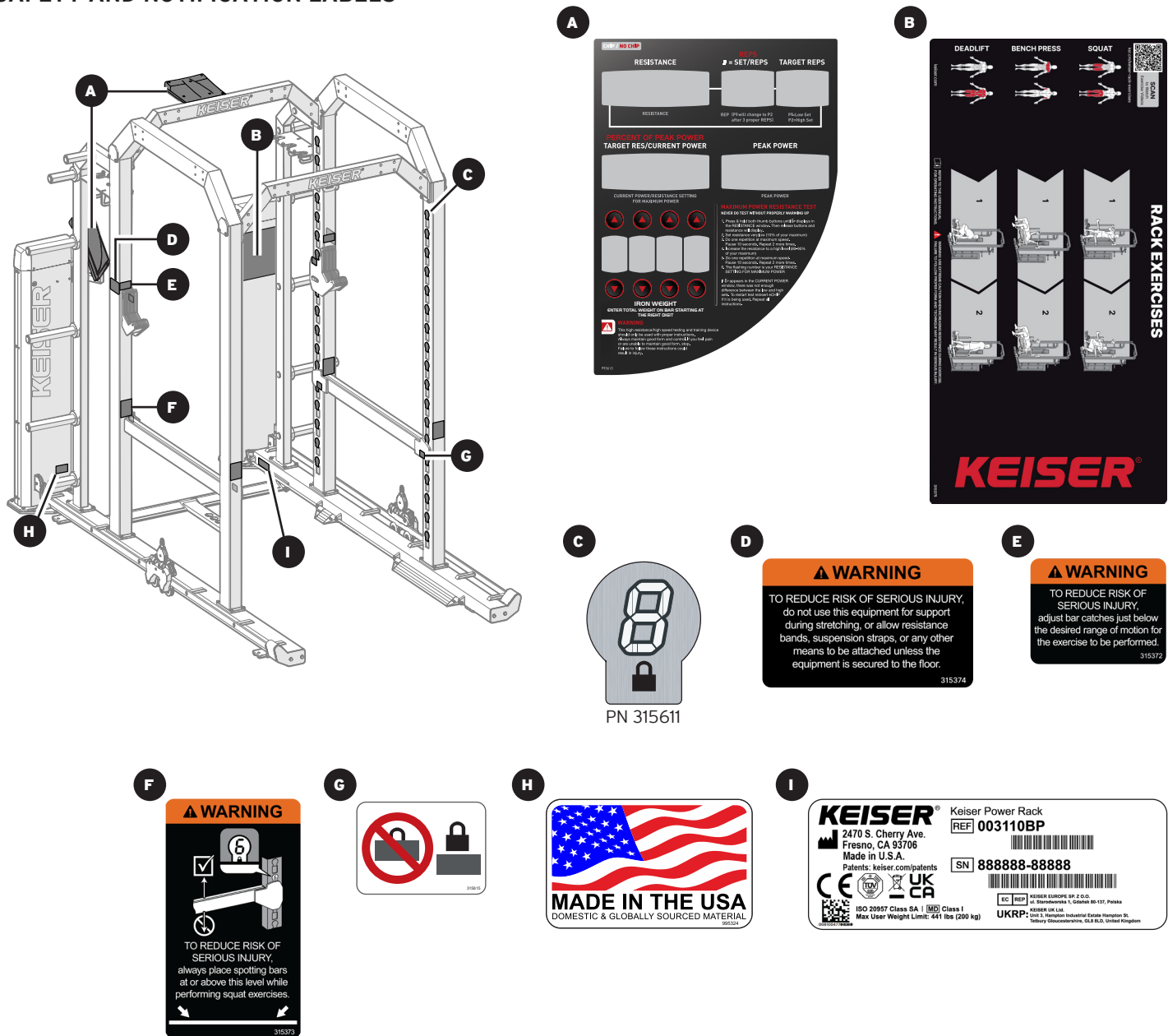
## IMPORTANT SAFETY INFORMATION

### CONVENTIONS USED

This Operation Manual 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.
- ❗ IMPORTANT:** Indicates information considered critical, but not hazard-related.

### SAFETY AND NOTIFICATION LABELS



Maintain and do not remove safety or notification labels for any reason. They contain important information. If unreadable or missing, contact Keiser Corporation for a replacement (see back cover for contact information).

**IMPORTANT SAFETY INFORMATION****CONTRAINDICATIONS**

There are a number of contraindications in the context of the relevant fields of the Power Rack use. In rehabilitation, only the medical staff can determine the form and extent of therapy. Medications can have an influence on the rehabilitation (e.g. neuroleptics, benzodiazepines, barbiturates, anti-epileptics, etc.). In the following cases, Power Rack training may only be carried out after consultation with a doctor:

- Pregnancy
- Acute thrombosis
- Fresh wounds (e.g. after surgery)
- Artificial joints or prosthetics
- Bone fractures
- Spinal disc damage
- Traumatic injury to the spine
- Diabetes
- Epilepsy
- Inflammation
- Acute migraine headache
- Chronic illnesses
- Cancer
- Acute myocardial infarction or unstable angina pectoris (determined by a stress test)
- Cardiovascular diseases e.g. severe high blood pressure at rest, carditis, congestive heart failure, severe valvular heart disease, dangerous heart arrhythmias at rest, or aortic aneurysm

If the patient is experiencing acute illness, febrile condition (i.e. fever), or newly occurring pain, this represents an absolute contraindication for physical stress. In such situations, it is necessary to postpone training until the patient's health has improved sufficiently.

In some situations (especially in patients with coronary heart disease or lung disease) overtraining can lead to an acute intensification of the patient's symptoms. In such situations, an exercise ECG is essential and training is only possible under medical supervision.

The use of the automated operation (pulse automatic, preset programs, external control via computer or other device) is prohibited, unless the strain was authorized by a physician in accordance with the patient's capacity/health.

For applications in endurance training, diagnostics and performance testing of patients, performance diagnostics, and stress tests, the same contraindications apply (among others) as with all physical stress. If there is doubt, it is important that a physician be consulted before using the Power Rack.

## TECHNICAL SPECIFICATIONS

Model Number	Device Full Description
003110BP	8-Foot Power Rack, Black (color), Power (additional display feature)
003110XP	8-Foot Power Rack, Special (color), Power (additional display feature)
003111BP	9-Foot Power Rack, Black (color), Power (additional display feature)
003111XP	9-Foot Power Rack, Special (color), Power (additional display feature)

## EQUIPMENT SPECIFICATIONS

### Maximum Load Capacities and Resistance Range

Bar Catch: 450 lbs (204 kg) per, 900 lbs (408 kg) pair

Spotting Bar: 300 lbs (136 kg) per, 600 lbs (272 kg) pair

Weight Storage Rack: 500 lbs (227 kg) per pin

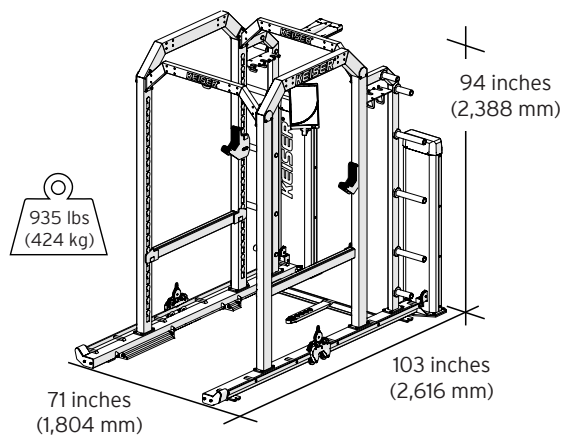
Maximum User Weight Limit: 441 lbs (200 kg) adjustable bench, if equipped

Cable Resistance Range: 0 - 200 lbs (0 - 91 kg) adjustable in 1 lb or 1 kg increments

See Figure 2 below for equipment size and weight specifications.

### 3110 POWER RACK

8-foot ceiling



### 3111 POWER RACK

9-foot ceiling

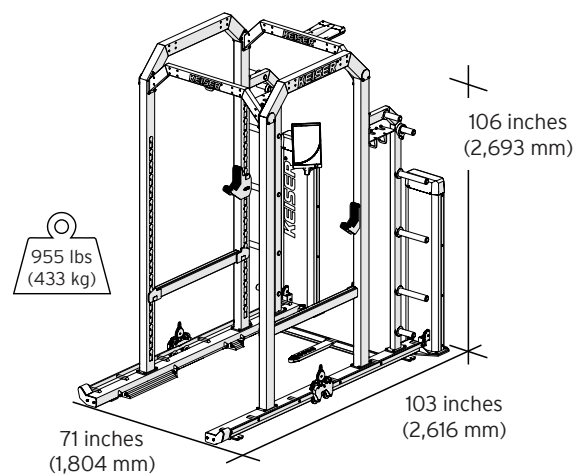


Figure 2. Power Rack Equipment Specifications

## TECHNICAL DATA

**Air Storage Tanks**

The equipment contains two air storage tanks (air accumulator) with the following operating parameters:

Maximum working pressure:	125 psi (8.6 bar)
Maximum working temperature:	104°F (40°C)
Minimum working temperature:	32°F (0°C)
Maximum vessel capacity:	144 in <sup>3</sup> (2.36 L) per tank

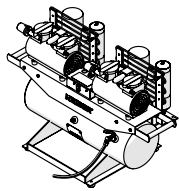
**POWER**

- 1.5V D Alkaline Batteries (quantity 2, Keiser PN 966500)
- 3V CR2032 Lithium Coin Cell Battery (quantity 1)  
*Permanently attached, not serviceable. Contact Keiser Customer Support for service.*

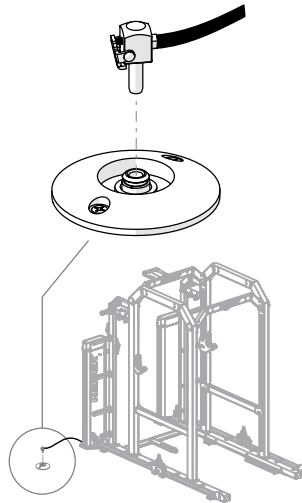
## OPERATION

## SYSTEM OVERVIEW

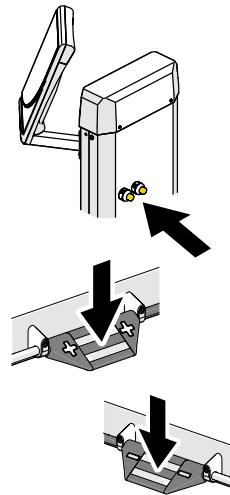
**Keiser Air Compressor** supplies the equipment/ system with air



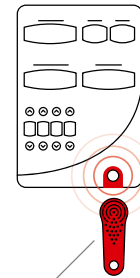
**Quick-Disconnect** delivers air directly from the compressor (or air outlet) to the Equipment



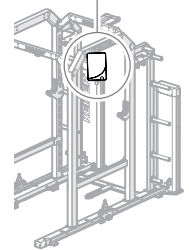
**Thumb Buttons and Foot Pedals** control the resistance



**Power Display** shows Resistance, Peak Power, and Percentage of Peak Power



**Keiser eChip** (optional) a digital workout card that displays your previous workout data



## KEISER PNEUMATIC RACK FEATURES:

- Ability to combine Keiser Dynamic Variable Resistance and iron weight resistance.
- Train at any speed, from controlled to explosive, developing Power and Stability.
- Change resistance in 1 lb or 1 kg increments.
- Perform heavy negatives at the touch of a Thumb Button or Foot Pedal.
- Keiser Power Test – a six-rep test that tells you the resistance where you generate your greatest power.
- Keiser eChip (optional) – Your electronic workout card. Remembers and displays your previous workout Resistance, Sets, and Reps, including iron weight added to the barbell.
- Keiser Integrated Technology (optional) – With the use of the Chip System, you can download your workout on your phone, tablet, or computer.



Figure 3. Keiser Rack System Overview

## OPERATION

## EQUIPMENT OVERVIEW



Figure 4. Power Rack

1	Power Displays	10	Spotting Bars
2	Power Module	11	Bar Catch Set
3	Suspension Trainer Attachment	12	Weight Storage
4	Position Settings	13	Accessory Hooks/Bar Storage
5	Increase/Decrease (+/-) Foot Pedals	14	Barbell Attachment Set
6	Bottom Frame	15	Increase/Decrease (+/-) Thumb Buttons
7	Pulley Carriage	16	Quick Disconnect (QD) with Tube
8	Pulley Link	17	Extension Strap Set
9	Bench Positioner	18	Instruction Placard (not shown)

Model 003110BP 8-foot Power Rack is shown above. All other pneumatic Power Rack models have similar parts and appearance.

## POWER DISPLAY

## DISPLAY FEATURES

Resistance, Reps, and Power workout data output on the Power Display are shown below.

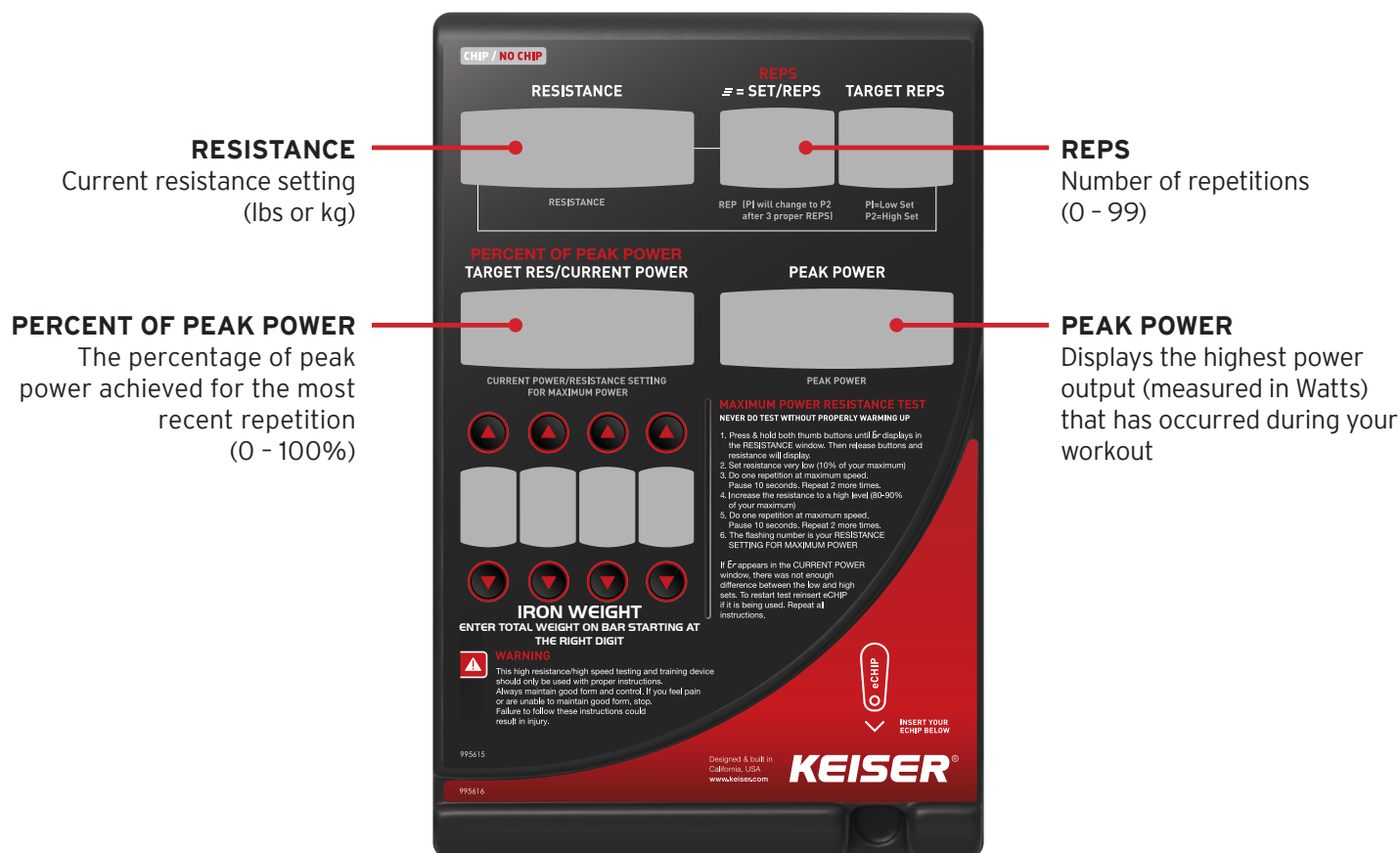


Figure 5. Power Display Overview

## OPERATION

## How to Adjust the Resistance

- Increase the resistance using the Positive “+” Thumb Button or Foot Pedals.
- Decrease the resistance using the Negative “-” Thumb Button or Foot Pedals.

## How to Reset/Clear Workout Data (Reps, Percent of Peak Power, and Peak Power)

- Press and hold the Thumb Buttons/Foot Pedals simultaneously, release when “CLER” appears in the RESISTANCE window.
- eChip Users: “CLER” also deletes the current workout data from the eChip.

## System Messages (appear in the RESISTANCE window)

- “OFF” = low-power consumption sleep mode.  
Sleep mode occurs after 60 seconds of machine inactivity to help prolong battery life. To wake, press any Thumb Button or Foot Pedal and resume operation.
- “Lo-bA” (Low Battery) = weak batteries, replace soon.  
If the batteries are dead (depleted), the Power Display remains blank. See page 21 “Battery Replacement” section for procedure.



## POWER DISPLAY

## POWER DISPLAY FEATURES WITH eCHIP

The Keiser eChip\* is an optional digital workout log that records and recalls your workout data. Additional workout data made available when using the Power Display with an eChip are shown below.

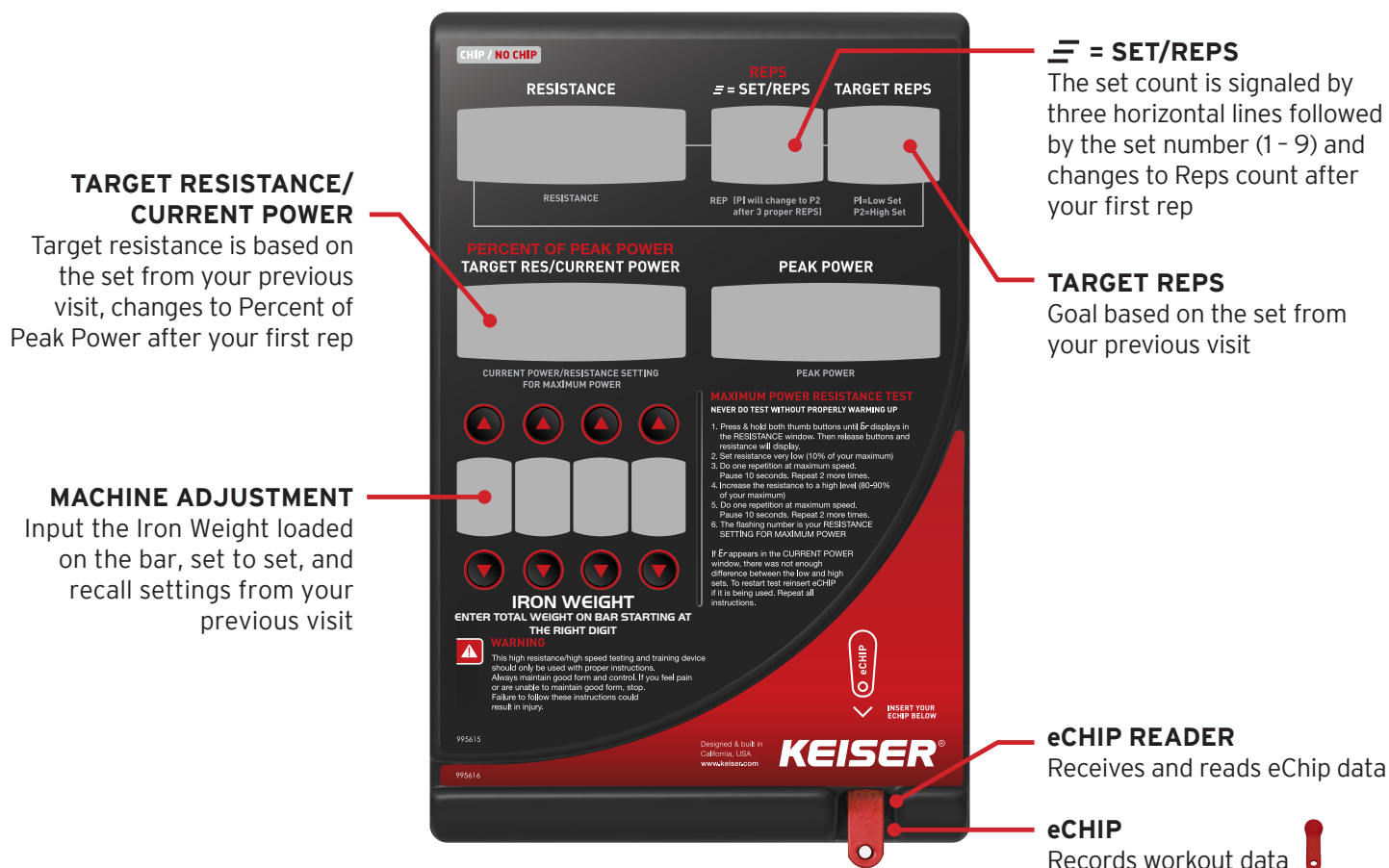


Figure 6. Power Display with eChip Overview

## OPERATION

## How to Record Workout Data on the eChip

1. Insert the eChip into the eChip Reader.
2. Prepare the machine for your workout:
  - Set the Resistance using the "+/-" Thumb Buttons or Foot Pedals.
  - Input Machine Adjustment (Iron Weight loaded on the bar) using the buttons on the display.
3. Start your exercise:
  - Minimum 3 reps required to record a set.
  - Remove and re-insert the eChip to change Set number.

## System Notes

- eChip Storage: Up to 24 machine models, up to 240 separate workout sets. Set count range is 1-9, rep count range is 0-99 per machine per visit. A visit is defined as multiple workouts that occur within a four-hour period.
- No workout data ("---") indicates the eChip was not previously utilized on the machine.
- Machine Adjustment: No Machine Adjustment data indicates no data was input to record. Settings can only be changed immediately after the eChip is inserted and before your third rep. After three reps are performed, the setting cannot be changed until the eChip is removed and reinserted. Settings are not saved in Power Tests (Keiser 6-Rep test) mode.

\* eChip not included. Contact Keiser Customer Support for order information.

**PROPER OPERATION CHECK**

Check all fasteners around the frame and posts are properly secured. Check equipment condition and function before every workout:

- A Display\*** – press the Thumb Buttons or Foot Pedal to power on\* the Display; check the Resistance window displays the current resistance.
- B Thumb Buttons and Foot Pedals** – press to check for proper “+ / -” operation.
- C Bar Catches and Spotting Bars** – engage and lock properly into the post; free of excessive wear or damage.
- D Pulley Links and Cables** – cables extend/retract with no binding and free of fray/tears, excessive wear, or damage.
- E Pulley Carriages** – free of damage and move freely along the track; cables route properly around the pulleys with no binding.
- F Air Leaks** – no air leaks audible in the system.

Immediately replace damaged, worn, or broken parts. Do not use the equipment until all repairs have been completed and tested by a Keiser-certified technician.



Figure 7. Proper Operation Check Illustration

**Check and Clean Upholstery**

Check the adjustable bench (if equipped, not shown) for excessive wear, rips/tears. Remove dirt/perspiration from upholstery daily with mild soap and water solution in a spray bottle. Spray upholstered surfaces lightly and wipe dry with a clean cloth.

**Inspect Attachments and Accessories**

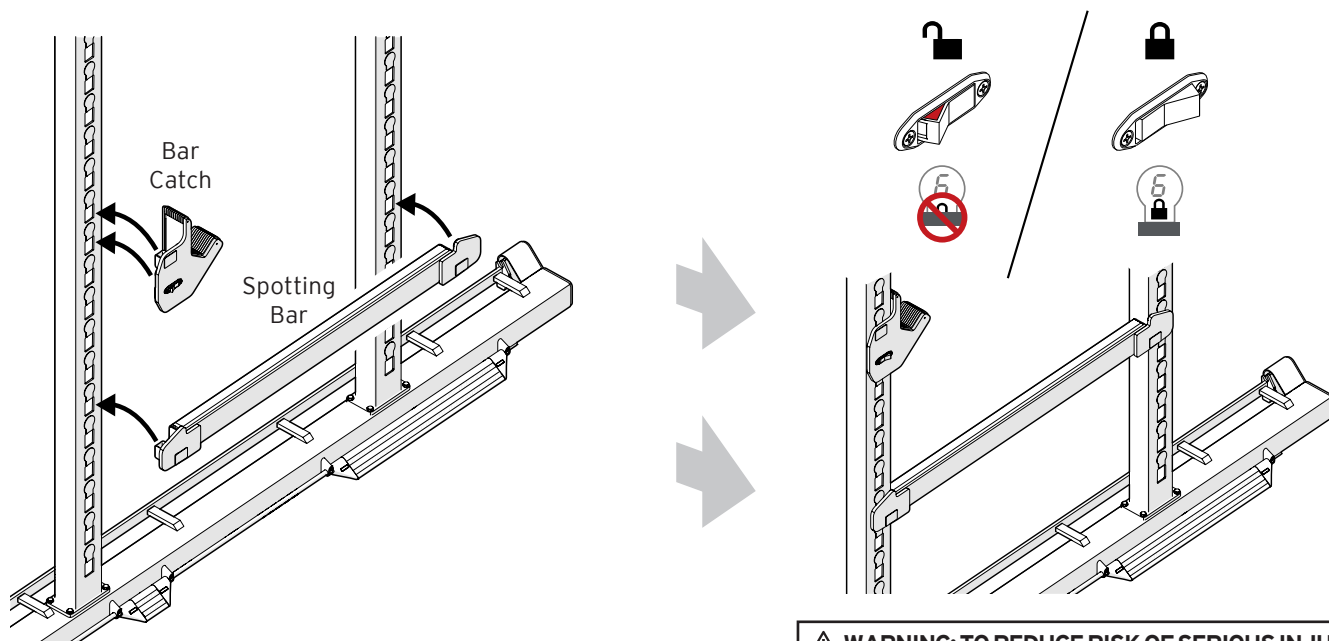
Check accessories for excessive wear or damage. Ensure all attachments fasten/engage properly to the equipment.

\* “Lo-bA” = Batteries are low, replace immediately. If batteries are dead (depleted), the Power Display remains blank (see page 21 “Battery Replacement” section for procedure).

## HOW TO USE THE POWER RACK

### Bar Catch and Spotting Bars

Set the left- and right-hand side catches/bars to the desired position in 4-inch (102 mm) increments. Ensure the corresponding catches/bars are set at the same height on the opposing post.

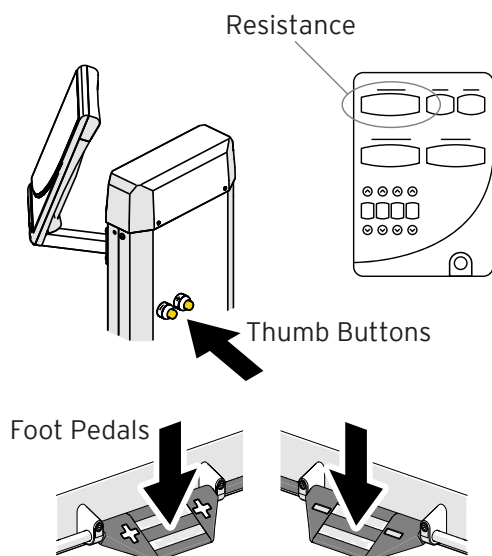


**⚠ WARNING: TO REDUCE RISK OF SERIOUS INJURY, adjust bar catches just below the desired range of motion for the exercise to be performed. When performing squats, always place spotting bars at or above the arrow mark indicator (see decal on machine).**

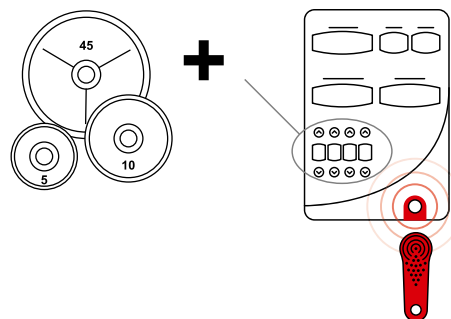
Figure 8. How to Set the Bar Catch and Spotting Bars

### Resistance and Iron Weight

Control the resistance using the Thumb Buttons or Foot Pedals.



### Iron Weight



When using an eChip (optional equipment), iron weight can be entered manually on the Power Display. Use the window arrow buttons to enter the total weight on the bar, beginning at the far right-hand side.

Figure 9. How to Set the Resistance and Input Iron Weight

## HOW TO USE THE POWER RACK (CONTINUED)

**⚠ WARNING: DECREASE THE RESISTANCE TO "0" BEFORE ATTACHING THE LINKS TO PREVENT INJURY.**

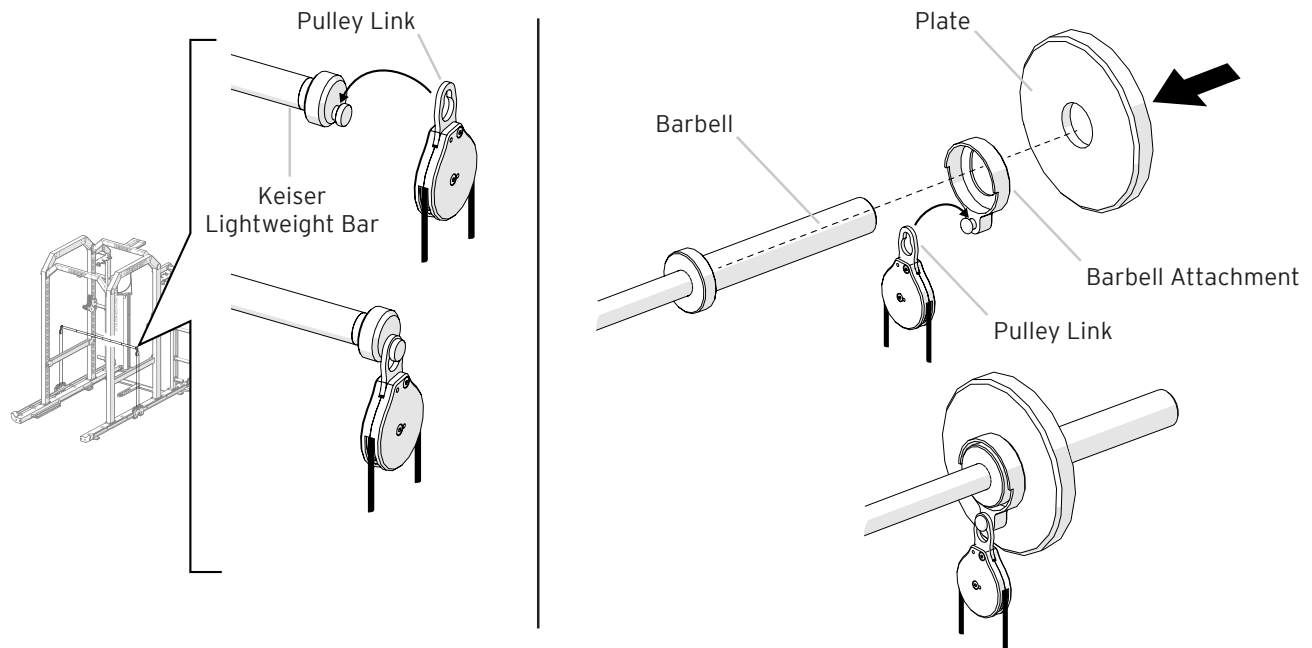
**Pulley Links and Barbell Attachments**

Figure 10. How to Attach the Pulley Links/Barbell Attachments

**Extension Straps**

For overhead exercises, compatible with the Keiser Lightweight Bar and Olympic/Standard Barbell.

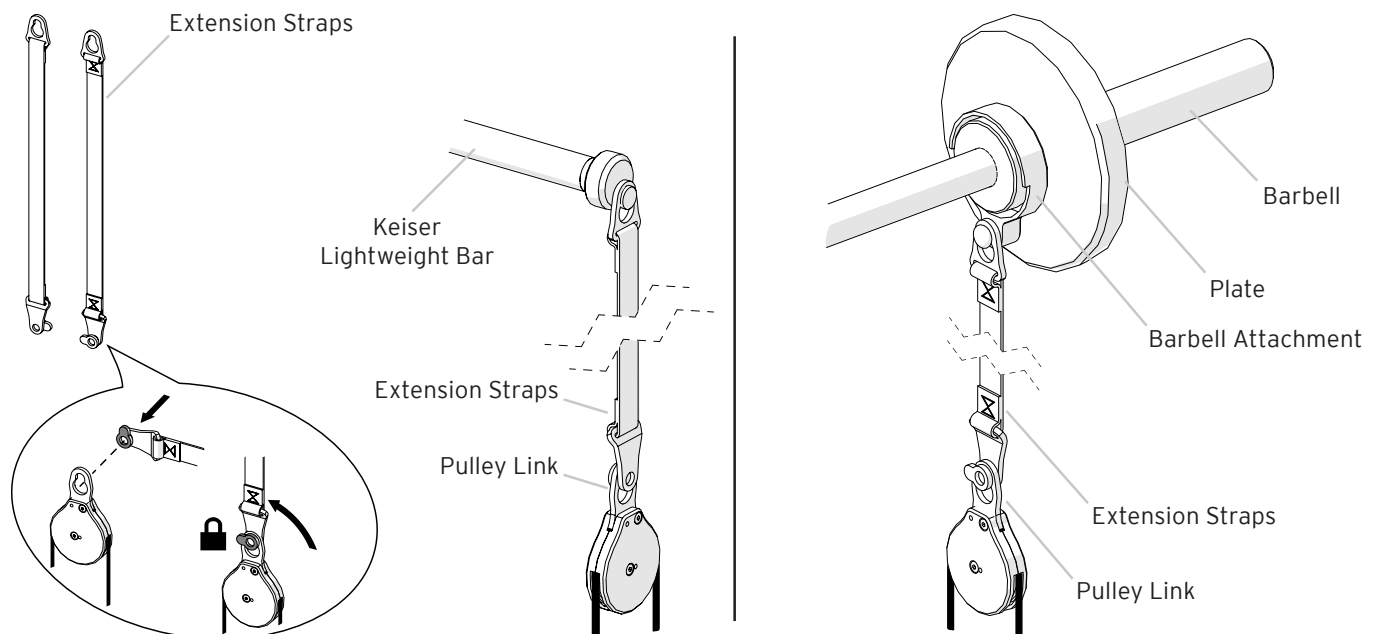
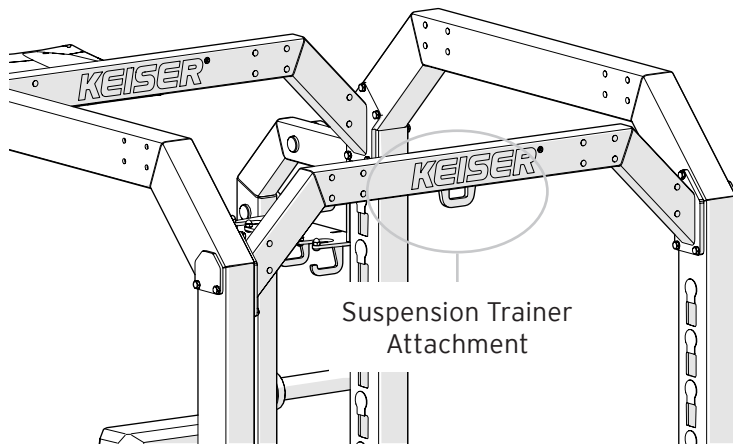


Figure 11. How to Connect the Extension Straps

## HOW TO USE THE POWER RACK (CONTINUED)

## Suspension Trainer Attachment



**⚠ WARNING: TO REDUCE RISK OF SERIOUS INJURY, do not use this equipment for support during stretching, or allow resistance bands, suspension straps, or any other means to be attached unless the equipment is secured to the floor.**

Figure 12. Suspension Trainer Attachment Location

## Storage

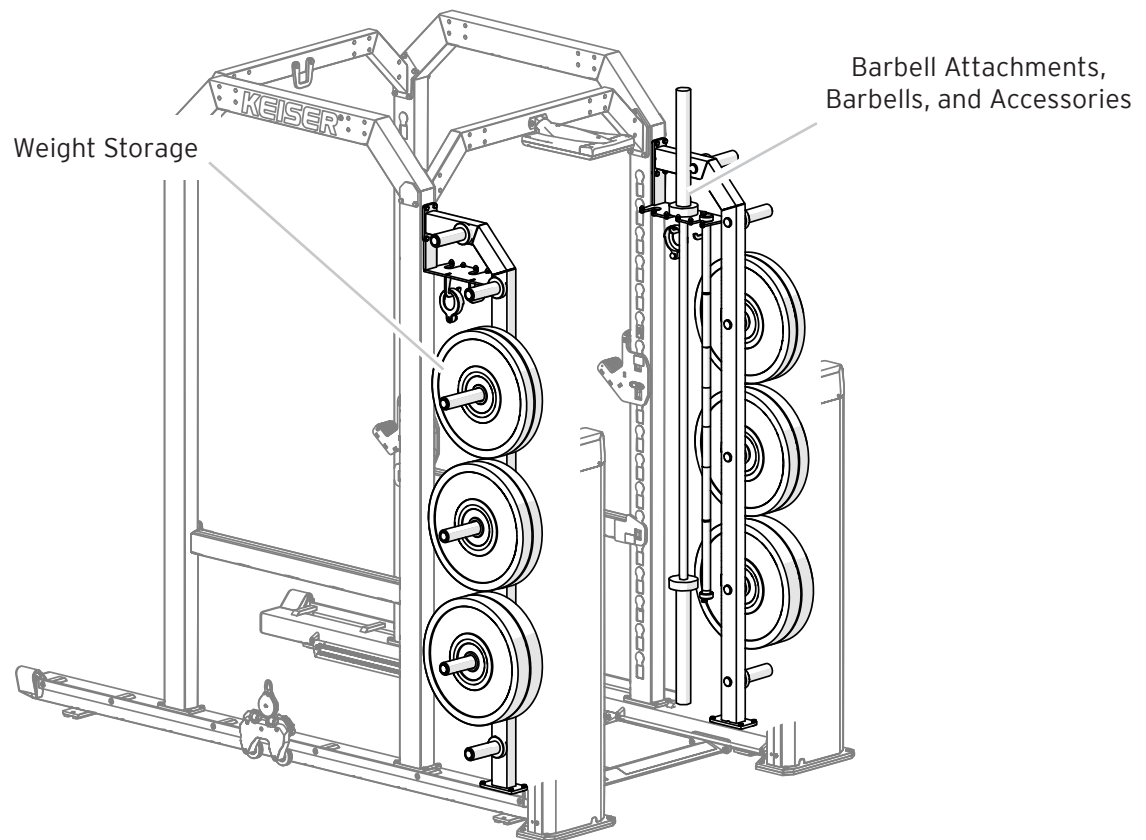


Figure 13. Equipment Storage Location

## HOW TO USE THE POWER RACK (CONTINUED)

**Adjustable Bench**

(Optional equipment)

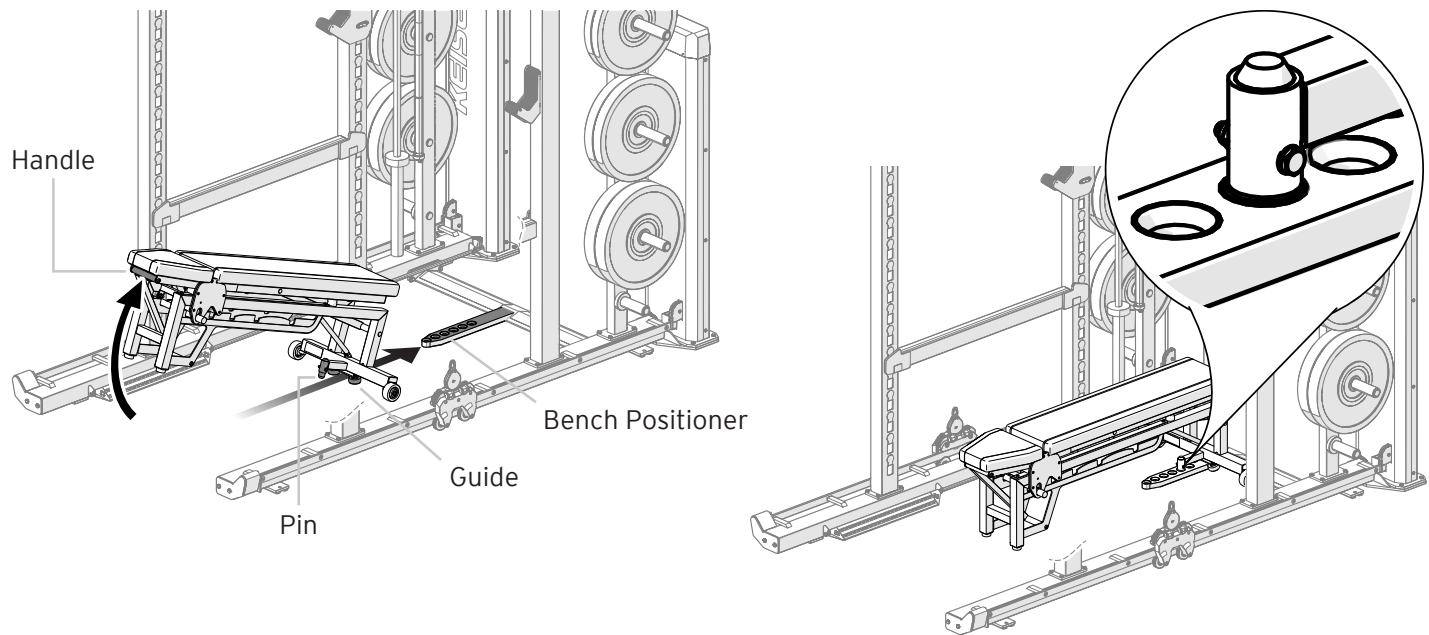


Figure 14. How to Position the Bench

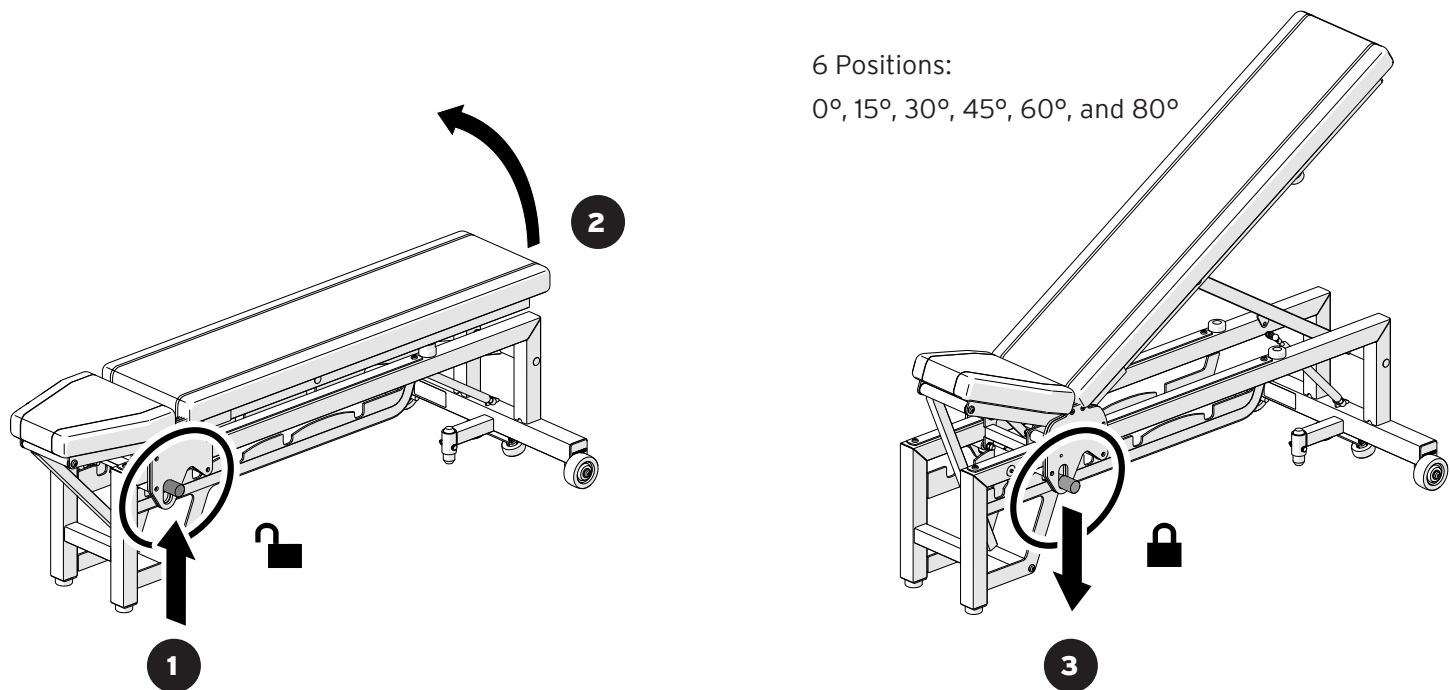


Figure 15. How to Adjust the Bench

## EXERCISE

Scan the QR Code  
to watch  
Power Rack  
exercise videos



WATCH NOW

<https://ksr.cm/keiser-rack-exercises>

Exercise on the equipment using pneumatic resistance (air) or free-weight (iron).

Blend air with iron and train at any speed, from controlled to explosive, to develop power and stability.



## EXERCISE GUIDELINE

- 1. Warm-up:** Proper warm-up before you begin your workout helps to get your muscles ready for exercise and can help prevent serious injury.
- 2. Control resistance:** Always work with resistance that you can handle through a full range of motion. Know your limitations.
- 3. Breathe:** Keep your breathing at a constant but steady pace. Avoid holding your breathe as this may cause physical harm.
- 4. Keep your form and control:** Learn and know how to perform the exercise correctly. Keep a steady/fluid motion throughout your workout. Engaging your abdominal muscles will help keep balance and protect your spine.

**⚠ CAUTION**

- Consult your physician before beginning any exercise program.
- This equipment should only be used with proper instructions.
- Proper warm-up required to help prevent serious injury.
- Always maintain good form and control during exercise.
- If you feel pain, faintness, or are unable to maintain good form, stop immediately.
- Use caution when increasing/decreasing resistance during exercise.
- Never make adjustments to the machine during exercise. Failure to do so could result in serious injury.



**WARNING: USE CAUTION WHEN INCREASING/DECREASING RESISTANCE DURING EXERCISE.**



**WARNING: NEVER MAKE ADJUSTMENTS TO THE MACHINE DURING EXERCISE. FAILURE TO DO SO COULD RESULT IN SERIOUS INJURY.**



## POWER TEST

**⚠ CAUTION:** Test should only be performed with proper instruction. Never perform Power Test without proper warm-up.

The purpose of the Power Test (KEISER 6-Rep Test) is to determine your RESISTANCE SETTING FOR MAXIMUM POWER. Use your RESISTANCE SETTING FOR MAXIMUM POWER as a baseline measurement to program safe and effective training sessions. The test consists of two sets:



Three repetitions  
Low resistance, high speed  
10% of your maximum



Three repetitions  
High resistance, high speed  
80-90% of your maximum

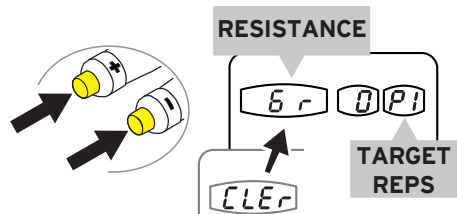
Speed is essential in power output. Perform all repetitions at maximum speed at the given resistance.

## POWER TEST PROCEDURE

**Before you begin:** Warm-up and estimate your maximum resistance setting. During testing, you can adjust the resistance in either Set before rep "3" if needed (REPS resets to "0"). Note: Test may be performed with or without the eChip inserted.

**1 START TEST**

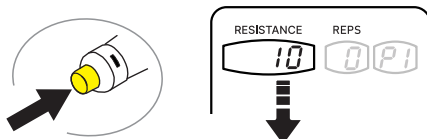
Press and hold both Thumb Buttons or Foot Pedals, release when "6 r" appears in the RESISTANCE window.



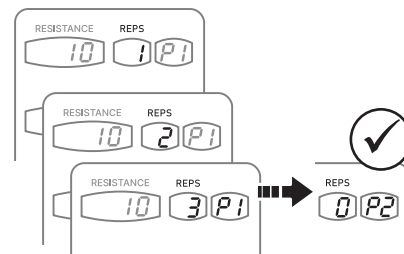
"P1" in the TARGET REPS window indicates Power Test, Set 1 initiated.

**2 SET RESISTANCE, LOW LEVEL**

Set the resistance to a low level (10% of your maximum).

**3 POWER TEST, SET 1 ("P1")**

Perform one repetition at maximum speed. Pause briefly, then perform two repetitions at maximum speed.



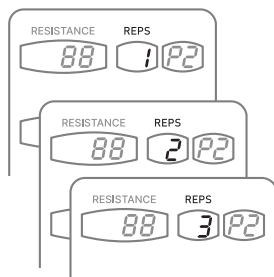
Note: Test advances to "P2" (Power Test, Set 2).

**4 SET RESISTANCE, HIGH LEVEL**

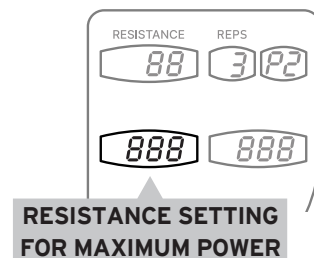
Increase the resistance to a high level (80-90% of your maximum).

**5 POWER TEST, SET 2 ("P2")**

Perform one repetition at maximum speed. Pause briefly, then perform two repetitions at maximum speed.

**6 TEST RESULT**

After your last rep, your **RESISTANCE SETTING FOR MAXIMUM POWER** value is displayed.



**TEST COMPLETE.** Exit Power Test to resume normal operation.

**How to exit the Power Test:** Press and hold the Thumb Buttons or Foot Pedals simultaneously, release when "CLER" appears in the RESISTANCE window (eChip users: Remove the eChip).

**Troubleshoot:** "Er" 1 - 4 indicates not enough difference in resistance between the low and high sets. Try again with a greater difference in resistance between the low and high sets. To restart the Power Test at any time, begin at Step 1 (eChip users: Remove and reinsert the eChip before attempting to restart the test).

## MAINTENANCE



**CAUTION: SERVICE AND REPAIR SHALL ONLY BE PERFORMED BY KEISER-CERTIFIED TECHNICIANS.**  
Failure to follow these instructions can result in serious injury.

## PREVENTATIVE MAINTENANCE SCHEDULE



**CAUTION: THE HIGHEST LEVEL OF EQUIPMENT SAFETY CAN ONLY BE ENSURED IF THE EQUIPMENT IS REGULARLY INSPECTED FOR DAMAGE AND WEAR.** Immediately replace damaged, worn, or broken parts. Do not use the Power Rack until all repairs have been completed and tested by a Keiser-certified technician.

Daily	<ul style="list-style-type: none"> <li>• Check for safe and proper function of the equipment (perform “Proper Operation Check,” page 13).</li> <li>• Clean the chrome and paint where applicable.</li> <li>• Wipe down the equipment with a clean cloth. If necessary, use water and mild soap (neutral, non-caustic). Target areas that come in contact with sweat. Wipe dry the equipment.</li> </ul>
Weekly	<ul style="list-style-type: none"> <li>• Check parts most susceptible to wear are not damaged or broken: <ul style="list-style-type: none"> <li>– Cables, Pulley Links, Bar Catches, Spotting Bars, and Thumb Buttons/Foot Pedals, including Adjustable Bench Upholstery and Insert/Lifting Platform if equipped.</li> <li>– All cable attachments/accessories.</li> </ul> </li> <li>• Wax chrome and paint where applicable; wax upholstery.</li> </ul>
Monthly	<ul style="list-style-type: none"> <li>• Check externally visible screws are fastened properly with no looseness.</li> <li>• Inspect Air Line for kinks, tears, or breaks.</li> <li>• Inspect Frame for any weakening in weld areas, and other connected areas.</li> </ul>
Quarterly	<ul style="list-style-type: none"> <li>• Verify compressor(s) cycle on/off between 100-120 psi (6.89-8.27 bar).</li> </ul>
Annually and other Required Maintenance	<ul style="list-style-type: none"> <li>• For complete instructions, see page 23 “Annual Maintenance.”</li> <li>• Battery Replacement. The low battery signal (“Lo-bA”) will appear on the Power Display when it is time to replace the batteries. Refer to page 21 “Battery Replacement” for complete instructions.</li> </ul> <p>NOTE: Your Keiser Air Compressor (not included with your Power Rack) requires basic annual maintenance. Contact Keiser Customer Support for Air Compressor operator manual or download at <a href="http://keiser.com/support">keiser.com/support</a> (search: Air Compressor manuals).</p>

**⚠ IMPORTANT:** Do not use household or industrial cleaners as they contain caustic chemicals that can destroy the paint finish and cause corrosion. Use only mild soap/detergent (neutral, non-caustic) to clean.

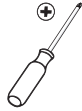
Contact Keiser Customer Support for replacement parts order, or for any matters regarding the safe operation of your Power Rack (see back cover for contact information).

## BATTERY REPLACEMENT

### TOOLS & MATERIALS REQUIRED



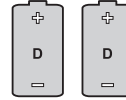
5/64-inch (2 mm)  
Ball-end Hex Driver



#1 Phillips  
Screwdriver



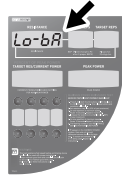
#3 Phillips  
Screwdriver



2  
D Batteries

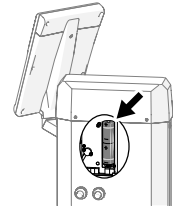
**"Lo-bA"** = Batteries are low, replace immediately.

NOTE: If batteries are dead (depleted), the Power Display remains blank.



### BATTERY TYPE AND LOCATION

Two D Batteries, located inside the Power Module (the tower with Thumb Buttons).

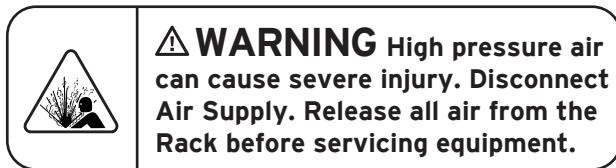


### BATTERY REPLACEMENT PROCEDURE

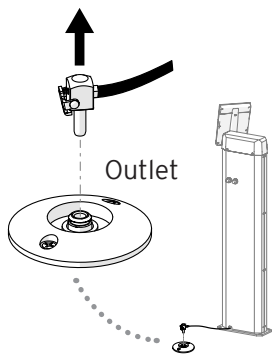
Do not operate the equipment during battery replacement procedure. To replace the batteries, follow the instructions below.

#### 1 Disconnect air supply and release all air from the Rack

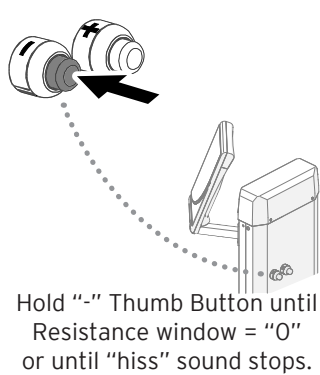
#### 2 Remove Thumb Buttons



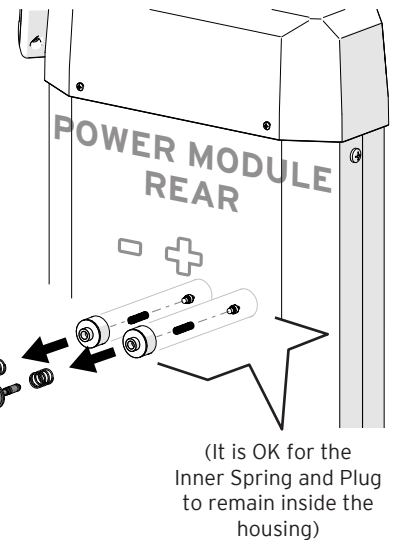
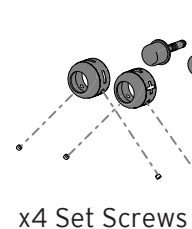
#### ⚠ Disconnect Air Supply



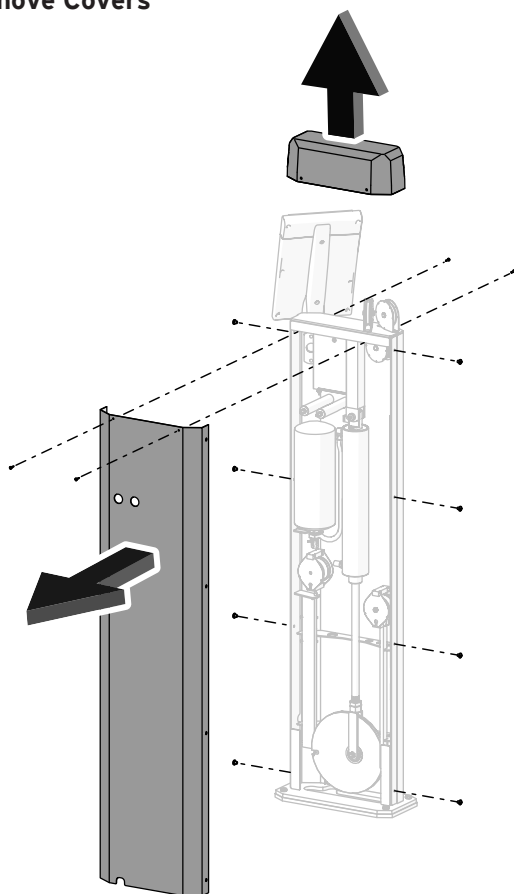
#### ⚠ Release All Air



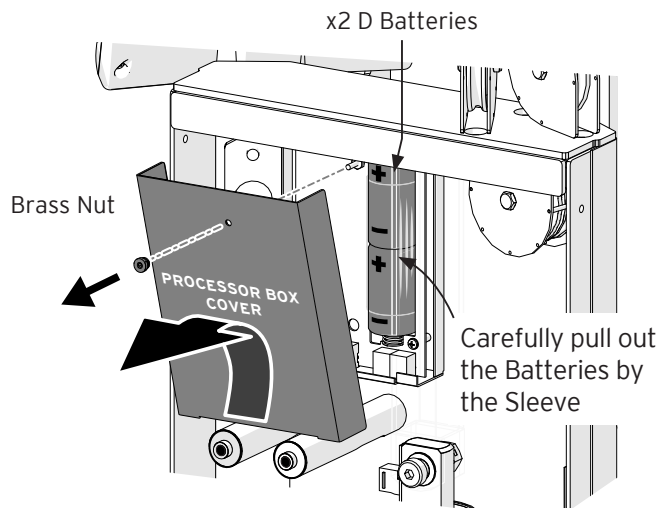
#### 2 Thumb Button Assemblies



(continue on next page)

**BATTERY REPLACEMENT (CONTINUED)**
**3 Remove Covers**

**4 Open Processor Box to remove old Batteries**

Unscrew the Brass Nut and remove the Processor Box Cover by pulling up, then out.



**⚠ WARNING:** Battery leakage is extremely caustic and contact with bare skin should be avoided. Do not disassemble or dispose of batteries in fire. Check local government guidelines for battery disposal/recycling in your area. Follow battery manufacturer's recommendations for care and use.

**5 Install new Batteries**

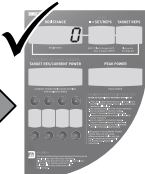
**Battery Polarity Position** – see “+/-” markings in the battery compartment for correct position. Insert two new D Batteries into the Sleeve and install into the Processor Box (refer to Step 4 Illustration).

**Self-test** – observe any connected Power Display during power up. A series of numbers will flash, est. time: 15 seconds. Upon completion, the Power Display will show “0.” Go to Step 6 for Final Installation.

Self-test Sequence



Ready for Use

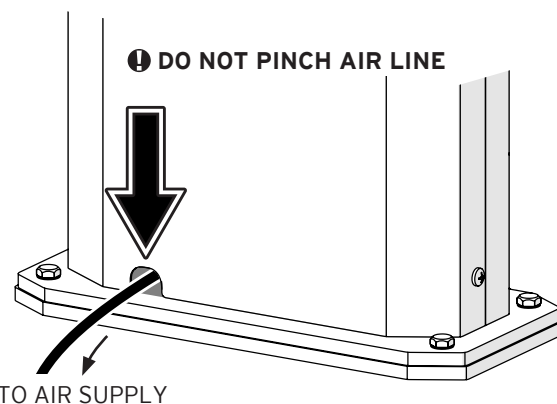


**TROUBLESHOOT** – If Display is blank, press any Foot Pedal to exit Sleep Mode, or test the batteries for proper charge.

**6 Final Installation**

Close the Rack by performing Steps 2 – 4 in reverse sequence.

Connect the Air Supply.

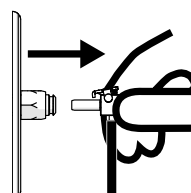


**⚠ IMPORTANT:** Be sure to press either the increase or decrease Thumb Button/Foot Pedal and allow the machine to enter sleep mode (“OFF”) to resume normal operation.

## ANNUAL MAINTENANCE

The following routine maintenance is recommended annually or at the time batteries are replaced:

**⚠ WARNING: HIGH-PRESSURE AIR. DISCONNECT THE EQUIPMENT FROM THE AIR SUPPLY AND RELEASE ALL THE AIR IN THE EQUIPMENT ("—" THUMB BUTTON) BEFORE PERFORMING ROUTINE MAINTENANCE.**



### Check and Inspect the Equipment

Clean the equipment thoroughly with mild soap and water solution in a spray bottle. Spray surfaces lightly and wipe dry with a clean cloth.

If equipped with flooring (Insert/Lifting Platform) use a soft bristle broom or dust brush to clean dust/debris from the surface.

As you clean, inspect the frame for cracks in the welds, rust, or other damage. Check all fasteners are properly secured. Visually inspect:

- Cables for fray/tears, excessive wear, or damage; Pulley Links extend/retract with no binding.
- Bar Catches and Spotting Bars, including attachments and accessories for excessive wear or damage.
- Adjustable Bench for excessive wear, rips/tears. Clean with mild soap and water solution in a spray bottle. Spray upholstered surfaces lightly and wipe dry with a clean cloth.

It is recommended that you inspect the following internal components during battery replacement:

- A Air Filter** - Replace the Air Filter if element is dirty (element turns a bright pink or red color). Tools required: Small Needle Nose Pliers, Cutter Tool (to cut off flared end of tubes).
- B Lubricate Cylinder Rods** - Wipe the Cylinder Rods clean and coat lightly with clean, SAE 30 motor oil, or with a silicon-based spray.
- C Cables** - Check all Cables leading into the Power Modules and around the pulleys for fray/tears, excessive wear, or damage.
- D Mufflers** - Replace the Mufflers if discoloration is present. Tool required: 11/16 inch Wrench or Adjustable Wrench.

NOTE: Reference the Battery Replacement procedure (pages 21-22) for covers removal.

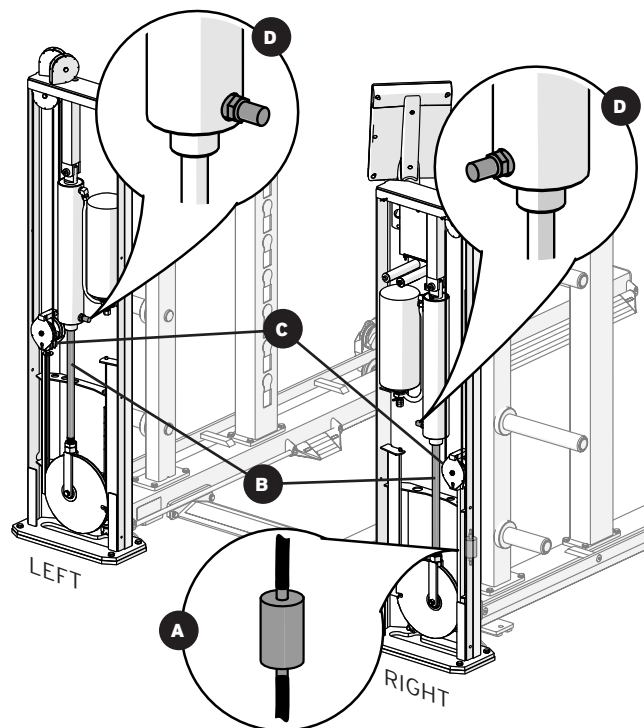






Figure 16. Annual Routine Maintenance Illustration

Contact Keiser Customer Support for replacement part(s) order, or for any matters regarding the safe operation of your Power Rack (see back cover for contact information).



## REGULATORY AND COMPLIANCE NOTICES

Standards	ISO/EN 20957-1 Accuracy Class A (High accuracy) and Usage Class S (Studio, commercial use); IEC/EN 60601-1 and IEC/EN 60601-1-2.
Marks	   

## SAFETY NOTIFICATIONS

**Displayed watts testing parameters:** “Current Power,” “Peak Power,” and “Percent of Peak Power” are not suitable for use in applications where the health and safety of a patient may be dependent on the accuracy of those parameters.

**Clinical Settings Note:** In clinical settings, patients may operate this equipment in accordance with this user manual and the instructions and guidance provided by the healthcare personnel responsible for supervising their treatment and care. However, patients shall not perform preventive maintenance, repairs or replace batteries on equipment installed in clinical facilities.

TYPE/DEGREE OF PROTECTION	CLASSIFICATION/IDENTIFICATION/WARNINGS	SYMBOL
The degree of protection against electric shock	Device is powered by 2 alkaline D cell batteries. Electrical safety evaluation conducted by TÜV SÜD per IEC/EN 60601-1 requirement.	
The degree of protection against the ingress of liquids	Not protected	N/A
The degree of safety in the presence of a flammable anesthetic mixture with air or with oxygen or nitrous oxide	Not suitable	N/A
The mode of operation	Continuous	N/A
Information regarding potential electromagnetic or other interference and advice regarding avoidance	The Power Rack uses electromagnetic and RF energy only for its internal function. Therefore, its EMC and RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.	N/A
EMC Notices, Statement of Compliance	See Electromagnetic Compatibility (EMC) section, page 25.	N/A
ID of specified optional external power supplies or battery chargers	The Power Rack does not require an external power supply.	N/A
ID of any risks associated with the disposal of waste products, residues, including disposal of the equipment itself at the end of its useful life.	The Power Rack contains electronic circuit assemblies, 2 alkaline D cell batteries, and a sealed lithium coin cell battery that may require compliance with specific local disposal or recycling procedures.	
The specification of the environmental conditions of transport and storage	Use indoor in climate-controlled environment only. Keep away from areas of extreme humidity. NOTICE: Equipment not tested at extreme high/low temperatures.	N/A

## ELECTROMAGNETIC COMPATIBILITY (EMC)

### EMC Notices – Statement of Compliance

This product has been determined to be compliant with the applicable standards, regulations, and directives for the countries where the product is marketed.

Compliance documentation, such as Declaration of Compliance for the product, are available upon request by contacting [service@keiser.com](mailto:service@keiser.com). Please include the product, model number identifiers, and serial number and country that compliance information is needed in request.

Korea

이 기기는 가정용(B급)으로 전자파적합등록을 한 기기로서 주로 가정에서 사용하는 것을 목적으로 하며, 모든 지역에서 사용할 수 있습니다.

“This equipment is for home use and has acquired electromagnetic conformity registration, so it can be used not only in residential areas but also other areas.”

## US FCC COMPLIANCE STATEMENT

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

## DISPOSAL



This equipment contains electrical or electronic components, alkaline batteries, and a sealed lithium coin cell battery that must be disposed of properly to comply with the EU Directive on disposal of waste electrical and electronic equipment (EU WEEE Directive 2002/96/EC).

Contact an appropriate waste disposal company upon the equipment's end of service life. Disposal must be in accordance with respective national regulation.

Wear parts: After being replaced, wear parts must be disposed of according to country-specific waste laws.

If you have any questions about equipment disposal, please contact your local dealer or Keiser Customer Support (see back cover for contact information).



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## **WARRANTY STATEMENT**

View or print your Power Rack warranty online at [keiser.com/support/warranty](https://keiser.com/support/warranty).

If you have any questions about your warranty, please contact Keiser Customer Support at 1 559 256 8000 and via live chat at [keiser.com/support](https://keiser.com/support) (Monday–Friday, 7 am to 5:30 pm PST), or by email at [service@keiser.com](mailto:service@keiser.com).

Customers outside the United States may obtain warranty information directly through a Keiser international distributor or dealer in the country of installation, or direct from Keiser's international division.

### **European Authorized Representative**



**KEISER EUROPE SP. Z O.O.**

ul. Starodworska 1  
Gdańsk 80-137  
Polska


### **UK Responsible Person (UKRP)**


**KEISER UK Ltd.**

Unit 3, Hampton Industrial Estate  
Hampton St., Tetbury  
Gloucestershire, GL8 8LD  
United Kingdom

**CUSTOMER SUPPORT**

If you have any questions regarding the operation of the Power Rack after reading this manual, contact Keiser Customer Support:

 1 559 256 8000

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

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

Telephone and Live Chat  
Monday–Friday 7 am to 5:30 pm PST

**Manufactured in the USA**  
**KEISER CORPORATION**

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Fresno, CA 93706