

A300 KEISER STRENGTH HALF RACK

Models 3103 and 3104

RACKS



AMAZING BENEFITS, SMALL FOOTPRINT

The Half Rack does begin to tighten things up, especially the amount of floor space it requires. We still provide a short version of the foot operated resistance controls provided on the Power Rack and Half Rack Long Base. It's a great way to get the explosive benefits of Keiser in a smaller footprint.

FEATURES

- Allows training at any speed, from controlled to explosive, for improved power
- Unique hybrid design combines smooth Keiser **Pure Resistance Technology™** and free weight resistance to emphasize not only strength training but also speed and stability training
- All in one system to accomplish more in less space
- Customizable workouts for all users
- A rack to fit every need
- Dual displays to satisfy both user and trainer
- ADA compliant - Section 44 Disabled Access Tax Credit

SPECIFICATIONS

MODEL 3103

HEIGHT: 92" / 2337 mm

WIDTH: 71" / 1803 mm

DEPTH: 61" / 1549 mm

WEIGHT: 655 lbs / 297 kg

RESISTANCE:

0 - 200 lbs / 0 - 91 kg

MODEL 3104

HEIGHT: 104" / 2642 mm

WIDTH: 71" / 1803 mm

DEPTH: 61" / 1549 mm

WEIGHT: 666 lbs / 302 kg

RESISTANCE:

0 - 200 lbs / 0 - 91 kg