

A300 KEISER STRENGTH

POWER RACK

Models 3110 and 3111

RACKS



ENDLESS POSSIBILITIES

Keiser put the Power in Power Rack. A Rack is just that, a rack to hang things on, until you add Keiser's patented system to it. Then it goes from ordinary to explosive. Use it as an ordinary Rack for free weight lifting or blend the iron and the air. Instead of benching 100 kg (220 lbs) of iron, strip off 50 kg of iron and add 50 kg of air. Now, it is a whole other experience. Once you've mastered balancing that, strip off more iron and add more air for the next level of training. The possibilities never end.

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

SPECIFICATIONS

MODEL 3110

HEIGHT: 94" / 2388 mm

WIDTH: 71" / 1803 mm

DEPTH: 103" / 2616 mm

WEIGHT: 935 lbs / 424 kg

RESISTANCE:

0 - 200 lbs / 0 - 91 kg

MODEL 3111

HEIGHT: 106" / 2692 mm

WIDTH: 71" / 1803 mm

DEPTH: 103" / 2616 mm

WEIGHT: 955 lbs / 433 kg

RESISTANCE:

0 - 200 lbs / 0 - 91 kg