

# A300 KEISER STRENGTH RACK AND A HALF

Model 3120



RACKS

## MAXIMIZE YOUR SPACE

Space is always in short supply in a weight room, so we designed our Rack and a Half for maximum work in minimum space. While large in appearance, the Rack and a Half supports up to three lifters at one time. One benching, squatting, overhead pressing, etc. on the Half Rack end; one in the Power Rack squatting or overhead pressing; and one doing Olympic lifts with our optional Lifting Platform. The Half Rack and Power Rack areas have their own resistance controls. The Rack and a Half is the only Rack that comes standard with the Hardwood Maple Insert.

## 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

**HEIGHT:** 107.5" / 2731 mm

**WIDTH:** 83" / 2108 mm

**DEPTH:** 145" / 3683 mm

**WEIGHT:** 1805 lbs / 819 kg

**RESISTANCE RANGE:**

0 - 200 lbs / 0 - 91 kg