

# A400 KEISER STRENGTH HALF RACK LONG BASE

Models 3105 and 3106

RACKS



## AMAZING BENEFITS, SMALL FOOTPRINT

To some, it's just half a rack, but it still carries all the punch of the Power Rack with Keiser Dynamic Variable Resistance. The long base provides the same foot operated resistance controls found on the Power Rack. With Keiser's A400 line technology, it tracks real-time performance metrics and seamlessly integrates with the Keiser Metrics App for data-driven training optimization.

## 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
- ADA compliant - Section 44 Disabled Access Tax Credit

## SPECIFICATIONS

### MODEL 3105

**HEIGHT:** 92" / 2337 mm

**WIDTH:** 71" / 1803 mm

**DEPTH:** 93" / 2362 mm

**WEIGHT:** 715 lbs / 324 kg

**RESISTANCE:**

0 - 208 lbs / 0 - 94 kg

### MODEL 3106

**HEIGHT:** 104" / 2642 mm

**WIDTH:** 71" / 1803 mm

**DEPTH:** 93" / 2362 mm

**WEIGHT:** 726 lbs / 329 kg

**RESISTANCE:**

0 - 208 lbs / 0 - 94 kg