

# A400 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. 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 3103

**HEIGHT:** 92" / 2337 mm

**WIDTH:** 71" / 1803 mm

**DEPTH:** 61" / 1549 mm

**WEIGHT:** 657 lbs / 298 kg

**RESISTANCE:**

0 - 208 lbs / 0 - 94 kg

### MODEL 3104

**HEIGHT:** 104" / 2642 mm

**WIDTH:** 71" / 1803 mm

**DEPTH:** 61" / 1549 mm

**WEIGHT:** 668 lbs / 303 kg

**RESISTANCE:**

0 - 208 lbs / 0 - 94 kg