

**KEISER STRENGTH**

**RACKS**



**SAME EXERCISES, HALF THE SPACE**

# HALF RACK LONG BASE

Models 3105 and 3106

## **PUSHING THE LIMITS OF HUMAN PERFORMANCE**

At Keiser, we're constantly innovating to reach the next level of human performance. We're never satisfied with the status quo. Even if it's our status quo. Because... Strong can be stronger. Fast can be faster. Power can be more powerful. Because science is on our side. **Because... 'Good Enough' Isn't.**

**KEISER**

# KEISER STRENGTH

All Keiser patented hybrid Racks combine Keiser **Dynamic Variable Resistance** and iron weight resistance. Keiser Dynamic Variable Resistance pulls straight down on the bar [just like gravity] and follows the bar as it moves horizontally. You can train at any speed, from controlled to explosive, developing Power and Stability.

## RACKS HALF RACK LONG BASE

Models 3105 and 3106

### 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.

 Visit [keiser.com](https://www.keiser.com) to learn more.



## FEATURES

- Allows training at any speed, from controlled to explosive, for improved power
- Unique hybrid design combines smooth Keiser **Dynamic Variable Resistance** 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 3105

**HEIGHT:** 92" / 2337 mm **WEIGHT:** 713 lbs / 324 kg

**WIDTH:** 71" / 1804 mm **RESISTANCE RANGE:**

**DEPTH:** 93" / 2362 mm 0 - 200 lbs / 0 - 91 kg

### MODEL 3106

**HEIGHT:** 104" / 2642 mm **WEIGHT:** 724 lbs / 329 kg

**WIDTH:** 71" / 1804 mm **RESISTANCE RANGE:**

**DEPTH:** 93" / 2362 mm 0 - 200 lbs / 0 - 91 kg