

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

SPECIFICATIONS

MODEL 3105

HEIGHT: 92" / 2337 mm

WIDTH: 71" / 1804 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

KEISER[®] ENGINEERING
HUMAN PERFORMANCE™



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