

KEISER STRENGTH

POWER RACK

Models 3110 and 3111

RACKS



ENDLESS POSSIBILITIES

Keiser put the Power in Power Rack. A Rack is just that, a rack to hang things on, until you add Keiser's patented system to it. Then it goes from ordinary to explosive. Use it as an ordinary Rack for free weight lifting or blend the iron and the air. 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

SPECIFICATIONS

MODEL 3110

HEIGHT: 94" / 2388 mm

WIDTH: 71" / 1803 mm

DEPTH: 103" / 2616 mm

WEIGHT: 937 lbs / 425 kg

RESISTANCE:

0 - 208 lbs / 0 - 94 kg

MODEL 3111

HEIGHT: 106" / 2692 mm

WIDTH: 71" / 1803 mm

DEPTH: 103" / 2616 mm

WEIGHT: 957 lbs / 434 kg

RESISTANCE:

0 - 208 lbs / 0 - 94 kg

KEISER® ENGINEERING
HUMAN PERFORMANCE™



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