

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.

## 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

**WIDTH:** 71" / 1804 mm

**DEPTH:** 93" / 2362 mm

**WEIGHT:** 713 lbs / 324 kg

### RESISTANCE:

0 - 200 lbs / 0 - 91 kg

### MODEL 3106

**HEIGHT:** 104" / 2642 mm

**WIDTH:** 71" / 1804 mm

**DEPTH:** 93" / 2362 mm

**WEIGHT:** 724 lbs / 329 kg

### RESISTANCE:

0 - 200 lbs / 0 - 91 kg

**KEISER**<sup>®</sup> ENGINEERING  
HUMAN PERFORMANCE™



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