

**KEISER STRENGTH**



**KEISER RACKS**

# **POWER RACK**

**NOT JUST BETTER MACHINES,  
BETTER SCIENCE**

Keiser is always challenging the status quo of fitness science by exercising the most powerful muscle: the brain. While competition starts and ends within the limits of a machine, Keiser starts with the potential of the human body and develops smarter technology to unknow the limits of speed, efficiency and safety.

**KEISER®**  
BECAUSE...  
**'GOOD  
ENOUGH'  
ISN'T.™**

# KEISER STRENGTH

Introduce precision to your strength training programs. Our machines are equipped with patented Keiser Pneumatic Technology to give everyone from first-time gym members to pro athletes a safer, easier, more efficient way to boost power output, improve core stability and gain overall muscle performance.

## KEISER RACKS

# POWER RACK

**THE POWER RACK WORKS BY INCORPORATING PNEUMATIC STRENGTH COLUMNS, WHICH CAN BE ATTACHED TO THE BAR, ALLOWING KEISER'S PATENTED AIR TECHNOLOGY TO BE USED SOLELY OR IN COMBINATION WITH FREE WEIGHTS**

This allows for a wide spectrum of training, enhancing power and stability for the athlete. Athletes who have trained on the POWER Rack have seen overall strength gains, better speed, control and explosive power. The POWER Rack is a favorite unit for professional sports teams. Our POWER Rack without Air is also available in these same specs.

## KEISER PNEUMATIC RESISTANCE SYSTEM

With Keiser Pneumatic Technology, the muscles remain active and engaged throughout the entire range of motion and velocities, with reduced shock loading to muscles, connective tissues and joints, which allows for workout regimens that can safely improve physical performance in ways not seen with traditional strength training methods.

**READ MORE:  
[WWW.KEISER.COM](http://WWW.KEISER.COM)**



## FEATURES

- Allows training at any speed, from controlled to explosive, for improved power
- Unique hybrid design combines pneumatic 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

## SPECIFICATIONS

**HEIGHT**  
108" / 2743 mm

**WEIGHT**  
892 lbs / 405 kg

**WIDTH**  
73" / 1854 mm

**RESISTANCE RANGE**  
0 - 212 lbs / 0 - 96 kg

**LENGTH**  
103" / 2616 mm

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