

KEISER STRENGTH

FORCE MACHINE

Model 6070

SPECIALTY



POWER THE LIFESAVING SWING

The Keiser FORCE Machine was originally designed for the Firefighter Combat Challenge® to simulate the chopping motion used in firefighting. It employs the same kinetics and ergonomics as those used with an axe, with the benefit of a safer and resource-free training and conditioning exercise. It is an efficient and durable means of training and testing emergency services personnel who use axes and sledgehammers in their occupations.

KEISER DYNAMIC VARIABLE RESISTANCE

Keiser's **Dynamic Variable Resistance** is designed to provide a smooth consistent Variable Resistance force curve at any training speed. Each machine has its own unique Variable Resistance curve designed and tuned perfectly for the muscles being used in that particular exercise. For users, this means that working out any speed, you'll always be training at maximum efficiency.

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

FEATURES

- Biomechanically correct design
- Polyethylene glides on bottom of I-beam for consistent running service
- Used in the annual Firefighter Combat Challenge
- Certified and endorsed by On-Target

SPECIFICATIONS

HEIGHT: 11" / 280 mm

WIDTH: 37" / 940 mm

LENGTH: 96" / 2439 mm

PLATFORM HEIGHT: 9" / 229 mm

TOTAL WEIGHT: 346 lbs / 157 kg

STRIKING BLOCK WEIGHT: 151 lbs / 69 kg

SLEDGEHAMMER WEIGHT: 9 lbs / 4.1 kg

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

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