

# KEISER STRENGTH HALF RACK

Models 3103 and 3104



## AMAZING BENEFITS, SMALL FOOTPRINT

The Half Rack does begin to tighten things up, especially the amount of floor space it requires. We still provide a short version of the foot operated resistance controls provided on the Power Rack and Half Rack Long Base. It's a great way to get the explosive benefits of Keiser in a smaller footprint.

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

## 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 3103

**HEIGHT:** 92" / 2337 mm

**WIDTH:** 71" / 1804 mm

**DEPTH:** 61" / 1550 mm

**WEIGHT:** 655 lbs / 297 kg

**RESISTANCE RANGE:** 0 - 200 lbs / 0 - 91 kg

### MODEL 3104

**HEIGHT:** 104" / 2642 mm

**WIDTH:** 71" / 1804 mm

**DEPTH:** 61" / 1550 mm

**WEIGHT:** 666 lbs / 302 kg

**RESISTANCE RANGE:** 0 - 200 lbs / 0 - 91 kg

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

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