

KEISER STRENGTH

RACKS



RACK PLATFORMS

PUSHING THE LIMITS OF HUMAN PERFORMANCE

At Keiser, we're constantly innovating to reach the next level of human performance. We're never satisfied with the status quo. Even if it's our status quo. Because... Strong can be stronger. Fast can be faster. Power can be more powerful. Because science is on our side. **Because... 'Good Enough' Isn't.**

KEISER

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All Keiser patented hybrid Racks combine Keiser **Dynamic Variable Resistance** and iron weight resistance. Keiser Dynamic Variable Resistance pulls straight down on the bar [just like gravity] and follows the bar as it moves horizontally. You can train at any speed, from controlled to explosive, developing Power and Stability.



RACK PLATFORMS



PLATFORM INSERT & 6' LIFTING PLATFORM

Model 3170

RACK TYPE:

- 3103 (8' HALF RACK)
- 3104 (9' HALF RACK)
- 3107 (8' HALF RACK NO AIR)
- 3108 (9' HALF RACK NO AIR)

LENGTH: 100" / 2540 mm
DEPTH: 134" / 3404 mm
HEIGHT: 1.5" / 38.1 mm
TOTAL WEIGHT: 560 lbs / 254 kg



PLATFORM INSERT

Model 3174

RACK TYPE:

- 3105 (8' HALF RACK-LONG BASE)
- 3106 (9' HALF RACK-LONG BASE)

LENGTH: 55" / 1397 mm
DEPTH: 94" / 2388 mm
HEIGHT: 1.5" / 38.1 mm
TOTAL WEIGHT: 220 lbs / 100 kg



PLATFORM INSERT & 6' LIFTING PLATFORM

Model 3176

RACK TYPE:

- 3105 (8' HALF RACK-LONG BASE)
- 3106 (9' HALF RACK-LONG BASE)

LENGTH: 100" / 2540 mm
DEPTH: 168" / 4267 mm
HEIGHT: 1.5" / 38.1 mm
TOTAL WEIGHT: 636 lbs / 289 kg



PLATFORM INSERT

Model 3180

RACK TYPE:

- 3110 (8' POWER RACK)
- 3111 (9' POWER RACK)

LENGTH: 55" / 1397 mm
DEPTH: 104" / 2642 mm
HEIGHT: 1.5" / 38.1 mm
TOTAL WEIGHT: 243 lbs / 110 kg



PLATFORM INSERT & 6' LIFTING PLATFORM

Model 3182

RACK TYPE:

- 3110 (8' POWER RACK)
- 3111 (9' POWER RACK)

LENGTH: 100" / 2540 mm
DEPTH: 178" / 4521 mm
HEIGHT: 1.5" / 38.1 mm
TOTAL WEIGHT: 659 lbs / 299 kg



PLATFORM INSERT NO AIR

Model 3183

RACK TYPE:

- 3112 (8' POWER RACK NO AIR)
- 3113 (9' POWER RACK NO AIR)

LENGTH: 55" / 1397 mm
DEPTH: 82" / 2083 mm
HEIGHT: 1.5" / 38.1 mm
TOTAL WEIGHT: 191 lbs / 87 kg

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RACK PLATFORMS



PLATFORM INSERT & 6' LIFTING PLATFORM NO AIR

Model 3184

RACK TYPE:

3112 (8' POWER RACK NO AIR)
3113 (9' POWER RACK NO AIR)

LENGTH: 100" / 2540 mm

DEPTH: 156" / 3963 mm

HEIGHT: 1.5" / 38.1 mm

TOTAL WEIGHT: 610 lbs / 277 kg



PLATFORM INSERT

Model 3190

RACK TYPE:

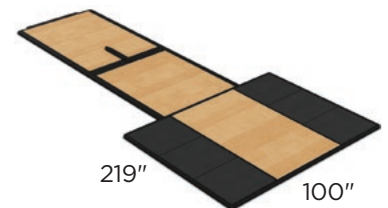
3120 (9' RACK & A HALF)

LENGTH: 55" / 1397 mm

DEPTH: 145" / 3683 mm

HEIGHT: 1.5" / 38.1 mm

TOTAL WEIGHT: 355 lbs / 161 kg



PLATFORM INSERT & 6' LIFTING PLATFORM

Model 3192

RACK TYPE:

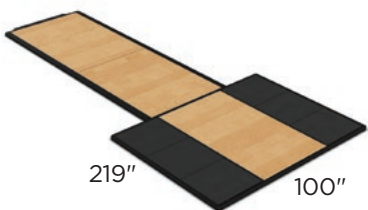
3120 (9' RACK & A HALF)

LENGTH: 100" / 2540 mm

DEPTH: 219" / 5563 mm

HEIGHT: 1.5" / 38.1 mm

TOTAL WEIGHT: 771 lbs / 350 kg



PLATFORM INSERT & 6' LIFTING PLATFORM NO AIR

Model 3194

RACK TYPE:

3121 (9' RACK & A HALF NO AIR)

LENGTH: 100" / 2540 mm

DEPTH: 219" / 5563 mm

HEIGHT: 1.5" / 38.1 mm

TOTAL WEIGHT: 750 lbs / 340 kg



6' LIFTING PLATFORM

Model 3196

LENGTH: 100" / 2540 mm

DEPTH: 76" / 1931 mm

HEIGHT: 1.5" / 38.1 mm

TOTAL WEIGHT: 426 lbs / 193 kg



8' LIFTING PLATFORM

Model 3198

LENGTH: 100" / 2540 mm

DEPTH: 100" / 2540 mm

HEIGHT: 1.5" / 38.1 mm

TOTAL WEIGHT: 556 lbs / 252 kg

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