

**KEISER STRENGTH**

**RACKS**



# **TINY BUT POWERFUL** **HALF RACK**

Models 3103 and 3104

## **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**

# KEISER STRENGTH

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.

## RACKS 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

**WEIGHT:** 655 lbs / 297 kg

**WIDTH:** 71" / 1804 mm

**RESISTANCE RANGE:**

**DEPTH:** 61" / 1550 mm

0 - 200 lbs / 0 - 91 kg

### MODEL 3104

**HEIGHT:** 104" / 2642 mm

**WEIGHT:** 666 lbs / 302 kg

**WIDTH:** 71" / 1804 mm

**RESISTANCE RANGE:**

**DEPTH:** 61" / 1550 mm

0 - 200 lbs / 0 - 91 kg

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

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