

**KEISER STRENGTH**

**RACKS**



**THE ONLY TRUE “POWER” RACK**

# **POWER RACK**

Models 3110 and 3111

**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 POWER RACK

Models 3110 and 3111

### ENDLESS POSSIBILITIES

Keiser put the Power in Power Rack. A Rack is just that, a rack to hang things on, until you add Keiser's patented system to it. Then it goes from ordinary to explosive. Use it as an ordinary Rack for free weight lifting or blend the iron and the air. Instead of benching 100 kg [220 lbs] of iron, strip off 50 kg of iron and add 50 kg of air. Now, it is a whole other experience. Once you've mastered balancing that, strip off more iron and add more air for the next level of training. The possibilities never end.

 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

## SPECIFICATIONS

### MODEL 3110

**HEIGHT:** 94" / 2388 mm    **WEIGHT:** 935 lbs / 424 kg  
**WIDTH:** 71" / 1804 mm    **RESISTANCE RANGE:**  
**DEPTH:** 103" / 2616 mm    0 - 200 lbs / 0 - 91 kg

### MODEL 3111

**HEIGHT:** 106" / 2693 mm    **WEIGHT:** 955 lbs / 433 kg  
**WIDTH:** 71" / 1804 mm    **RESISTANCE RANGE:**  
**DEPTH:** 103" / 2616 mm    0 - 200 lbs / 0 - 91 kg

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

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