

**KEISER STRENGTH**

**RACKS**



**UP TO THREE LIFTING IN ONE RACK**

# **RACK AND A HALF**

Model 3120

**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 RACK AND A HALF

Model 3120

### MAXIMIZE YOUR SPACE

Space is always in short supply in a weight room, so we designed our Rack and a Half for maximum work in minimum space. While large in appearance, the Rack and a Half supports up to three lifters at one time. One benching, squatting, overhead pressing, etc. on the Half Rack end; one in the Power Rack squatting or overhead pressing; and one doing Olympic lifts with our optional Lifting Platform. The Half Rack and Power Rack areas have their own resistance controls. The Rack and a Half is the only Rack that comes standard with the Hardwood Maple Insert.

▶ 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

**HEIGHT:** 107.5" / 2731 mm

**WIDTH:** 83" / 2108 mm

**DEPTH:** 145" / 3683 mm

**WEIGHT:** 1805 lbs / 819 kg

**RESISTANCE RANGE:**

0 - 200 lbs / 0 - 91 kg

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

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