

Product REVIEWS

Keiser — Power Rack

800 888-7009, www.keiser.com

If you're over 40 like I am, you probably remember Keiser as offering "the air machines for old people," and mistakenly think that it just recently entered the performance category. The fact is, Keiser has been working with world-class athletes for more than 25 years (and boasts of helping long jump world record holder Mike Powell, way back in 1988). Because Keiser's Pneumatic Technology allows anyone to train safely at any speed at any given resistance, users develop strength and speed — and, therefore, power. And research shows that power is the key to human performance; whether users are elite athletes or older adults.

Members can use the Keiser Power Rack to perform any exercise they'd do with a standard power rack. (An optional bench expands users' options even more.) The difference is that, with the Power Rack, users attach collars to the Olympic bar. The collars connect to pneumatic strength columns to provide additional air resistance. With the easy access foot pedals, users can add resistance in 1-pound increments up to the 212-pound maximum. They may choose to use the patented air technology alone or in combination with additional weights on the barbell.

The Keiser Power Rack allows users to train through the entire velocity spectrum for better power development. There's no excessive shock to joints or connective tissues, because air resistance results in a smooth variable-resistance curve regardless of the speed of movement (unlike free weights). Keiser, along with more than 70 peer-reviewed research studies, reports that athletes who have trained on the Power Rack make superior gains in strength, speed, control and explosive power.

Don't be persuaded that the Keiser Power Rack is only for highly trained athletes, though. Power and performance are important for everyone. For example, research studies prove that power is a better predictor of an older adult's ability to perform the activities of daily living than pure strength is. The low-impact loading of pneumatic resistance is easier on joints and, therefore, should decrease injury rates for older individuals and decrease recovery times in rehab. Thus, air resistance is a viable training option for virtually every population. **FM**



Product Specs

Power Rack

Height: 108"

Width: 73"

Length: 103"

Weight: 892 lbs.

Half Rack

Height: 108"

Width: 73"

Length: 93"

Weight: 640 lbs.