

“People have called things power racks before, but they really lacked the Power. Keiser has brought the Power into the Power Rack.”

- Mark Verstegen, Founder Athletes' Performance



POWER Rack



POWER Half Rack



POWER Half Rack Short

POWER RACKS

The **POWER RACKS** work by incorporating pneumatic strength columns, which can be attached to the bar, allowing Keiser's patented air technology to be used solely, or in combination with, free weights. Athletes who have trained on the POWER Rack have seen overall strength gains, better speed, control and explosive power.

Optional Accessories: Chin Up Handles, Chin Up Bar, Pulley Assist, Adjustable Bench, Power Columns, the Squat Assist, and Olympic Bar. Keep an eye out for new POWER Rack accessories coming Fall 2007 including; Technique Trays and Dip Station.

- All inclusive easy to use system with maximum versatility allows for a wide spectrum of training.
- Stable and consistent resistance using Keiser's revolutionary air resistance.
- Weight plate storage, and dual vertical bar storage for easily locating and storing unused bars.
- Foot pedals allow users to adjust resistance as they train to optimize peak power output.
- Pneumatic attachment to collar fits over any standard Olympic bar.
- Adjustable rotating pull-up handles and pulley assist system allow trainers to maximize user effort.
- Cable attachments allow for resisted pull-ups.
- Easy to attach bar catches and spotting bars with secure locking feature.
- Guide rails allow pneumatic pulleys to roll seamlessly with the movement of the bar to maintain the line of pull.
- Bench stays in place with guided locking mechanism for easy movement & features adjustments from 0 – 80°.
- Supine position displays for easy monitoring by user.

KEISER®

THE POWER IN HUMAN PERFORMANCE

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