

KEISER STRENGTH



KEISER FORCE MACHINE

**NOT JUST BETTER MACHINES,
BETTER SCIENCE**

Keiser is always challenging the status quo of fitness science by exercising the most powerful muscle: the brain. While competition starts and ends within the limits of a machine, Keiser starts with the potential of the human body and develops smarter technology to unknow the limits of speed, efficiency and safety.

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

KEISER STRENGTH

Designed specifically for firefighter training, the FORCE Machine delivers a progressive-overload workout to develop significant gains in functional strength for the upper body and torso.

KEISER FORCE MACHINE

BUILD FUNCTIONAL STRENGTH FOR FIREFIGHTING

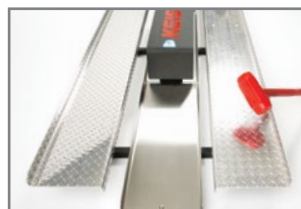
Designed to simulate forcible-entry chopping, the FORCE Machine is developed and manufactured by Keiser specifically for use by firefighters. The machine provides an efficient and durable means of training or testing the user's ability to use axes and sledgehammers as part of their job.

Using the accompanying sledgehammer, it requires an average of 20 to 25 strikes to move the FORCE Machine's I-beam five feet (1.5 m) – a level of effort and movement consistent with forcible-entry situations during firefighting.

FEATURES

- Biomechanically correct design
- Polyethylene glides on bottom of I-beam for consistent running service
- Used in the annual Firefighter Combat Challenge
- Certified and endorsed by On-Target

LEARN MORE AT KEISER.COM



SPECIFICATIONS

HEIGHT
13" / 330 mm

WIDTH
35" / 927 mm

LENGTH
96" / 2438 mm

PLATFORM HEIGHT
9" / 229 mm

I-BEAM WEIGHT
158 lbs / 72 kg

SLEDGEHAMMER WEIGHT
9 lbs / 4 kg

TOTAL WEIGHT
384 lbs / 174 kg

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'GOOD ENOUGH' ISN'T.™

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