

KEISER STRENGTH

RACKS



# RACK ACCESSORIES

## 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.

## RACK ACCESSORIES



### RACK CONNECTOR

Model 310858 and 310859

Linking two Racks, the Rack Connector maximizes space utilization by creating an additional pull-up or suspension station. There are holes every 3" [76 mm] to allow for attaching more accessories. The length of the connector is customizable up to 10' [3048 mm].



### LANDMINE

Model 310851 (Left) and 310852 (Right)

Great for large rotational movements and core, shoulder, and hip workouts. The Landmine comes with a locking mechanism, and can be ordered for either the left or right side of a rack.



### INTERIOR PULL-UP BAR WITH MULTI-GRIPS

Model 310853

Designed at the request of our Special Forces, our Interior Pull-Up Bar offers a variety of grips, including a 2" [51 mm] horizontal grip, a 13/8" [35 mm] parallel grip, and a 13/8" [35 mm] angular grip. This interior placement lets you keep other accessories on the outside of your rack.



### PULL-UP HANDLES

Model 310820

Our Pull-Up Handles can be locked into 14 different positions, from 7" [178 mm] to 41" [1042 mm] apart, allowing you to target specific muscle groups. The handles rotate a full 360 degrees to enhance your training options and decrease wrist strain.



### ADJUSTABLE BENCH

Model 3150

Our patented Adjustable Bench features multiple incline positions, allowing for maximum body and lifting weight support throughout a variety of movements. When in use, the Bench easily locks into your Keiser Rack, with automatic centering and alignment. When not in use, its low profile and transport wheels make it easy to move out of the way and store until needed.



### EXTENSION STRAP-SET

Model 310849

Created to extend the height of the starting point when using Keiser Dynamic Variable Resistance, the Extension Cable strap set increases the starting height 20" [508 mm]. It connects easily and quickly, leaving more time for your workout.



### RACK BAR CATCH SET

Model 310854

Bar catches with 4" [102 mm] vertical increments, which can be used inside or on the front of Keiser Power Racks. With locking mechanisms for increased safety, the Rack Bar Catch Set can be flipped upside down for isometric training.



### TECHNIQUE TRAYS

Model 310847

Ideal for Olympic-style lifting, our Technique Trays let you securely set an Olympic bar with bumper plates at your preferred starting height.

# RACK ACCESSORIES



## BUMPER PLATE STORAGE RACK

Model 310850

Built for easy storage and mobility, the Bumper Plate Storage Rack can fit most of your favorite Olympic-style bumper plate sets with plenty of room to spare.



## LIGHTWEIGHT BAR

Model 310805

Designed specifically for use with Keiser Racks and weighing in at just under six pounds, the Lightweight Bar attaches via ball bearings to the cable attachment allowing for unhindered movement during rotation. The Lightweight Bar conforms to International Power Lifting Federation standards for knurling and diameter. Be prepared for a lesson in balance, speed, and coordination when you lift this lightweight bar against Keiser Dynamic Variable Resistance.



## PULLEY ASSIST STATION

Model 310837 (8') and 310838 (9')

Our Pulley Assist Station was originally designed to assist in doing pull-ups. This is achieved by connecting the outside end of the rope to our resistance system and the inside end to a belt or harness. You then select the amount of assist you want. It can also be used for unweighted treadmill work in rehab, by simply placing a treadmill in the middle of the Rack and connecting the inside end of the rope to a belt or harness as you would do in an assisted pull-up.



## DIP STATION

Model 310804

Our integrated Dip Station offers the added benefit of using the Keiser resistance system for increased resistance. Features a locking mechanism for increased safety and 1 3/4" [45 mm] grip for maximum comfort.



## SUSPENSION TRAINER ATTACHMENT SET

Model 310857

Extend the functionality of your Keiser Racks for suspension training.



## PULL-UP BAR

Model 310824

Our Pull-Up Bar, with its multiple grip positions, integrates seamlessly into any of the Keiser Rack configurations for additional pull work.



## SQUAT HANDLES

Model 310803

When using a safety squat bar, that is safe to use without hands, or using our resistance system attached to a belt, the Squat Handles provide a means of support for added stability and safety.



Visit [keiser.com](https://www.keiser.com) to learn more.