KEISER STRENGTH



SIX PACK

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.



FUNCTIONAL TRAINING

What's the key to Keiser's success with groups like firefighters, NASA, professional athletes and the military? It's an approach built on functional training, which lets them train at the speed they perform their jobs in the real world. True functional training requires training at speed - something you can ONLY do with our machines, as Keiser pneumatic resistance isn't slowed down by gravity.



The Six Pack takes the Performance Trainer and transforms it into a space-saving, hexagonal-shaped training zone that can accommodate up to six users at once. Today's gyms are incorporating areas dedicated to cable and functional training protocols, where multiple machines are required to service the needs of customers. The Six Pack features six single-column, high-low pulley systems incorporating all the benefits of the Performance Trainer.

FEATURES

- Complete control of resistance levels
- Smooth pneumatic resistance to reduce shock loading to connective tissues and joints
- Takes up less space with a small footprint and maximizes time with multi-user pieces that allow for group training
- Unlimited possibilities for training any load, any speed, any plane
- Versatility that allows you to customize your workout
- ADA Compliant Section 44 Disable Access wwTax Credit

LEARN MORE AT KEISER.COM



SPECIFICATIONS

HEIGHT

87" / 2210 mm

WIDTH

48" / 1219 mm

LENGTH

48" / 1219 mm

WFIGHT

720 lbs / 327 kg

RESISTANCE RANGE

0 - 80 lbs / 0 - 36 kg

CABLE LENGTH

108" / 2743 mm



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