

**KEISER STRENGTH**

**SPECIALTY**



**BETTER KNOWN TO  
FIREFIGHTERS AS “THE KEISER”**

# **FORCE MACHINE**

Model 6070

**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

Only Keiser's **Dynamic Variable Resistance** safely builds strength at any speed, which is the key to building maximum power [Force x Velocity]. Keiser strength machines enable you to develop power, and Power is the key to Performance.

## SPECIALTY FORCE MACHINE

Model 6070



### POWER THE LIFESAVING SWING

The Keiser FORCE Machine was originally designed for the Firefighter Combat Challenge® to simulate the chopping motion used in firefighting. It employs the same kinetics and ergonomics as those used with an axe, with the benefit of a safer and resource-free training and conditioning exercise. It is an efficient and durable means of training and testing emergency services personnel who use axes and sledgehammers in their occupations.

### KEISER DYNAMIC VARIABLE RESISTANCE

Keiser's **Dynamic Variable Resistance** is designed to provide a smooth consistent Variable Resistance force curve at any training speed. Each machine has its own unique Variable Resistance curve designed and tuned perfectly for the muscles being used in that particular exercise. For users, this means that working out any speed, you'll always be training at maximum efficiency.

▶ Visit [keiser.com](http://keiser.com) to learn more.

### 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

### SPECIFICATIONS

**HEIGHT:** 11" / 280 mm

**WIDTH:** 37" / 940 mm

**LENGTH:** 96" / 2439 mm

**PLATFORM HEIGHT:** 9" / 229 mm

**TOTAL WEIGHT:** 346 lbs / 157 kg

**STRIKING BLOCK WEIGHT:** 151 lbs / 69 kg

**SLEDGEHAMMER WEIGHT:** 9 lbs / 4.1 kg

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

**CONTACT A SALES REP TODAY**

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