

kBox 4

Active, Lite and Pro (May 2018 models)



The Kinetic Box, kBox, is built on proven and reliable technology and a perfect tool in strength and rehabilitation for upper, lower body and core. kBox is used in gyms, performance facilities and in clinics. Flywheel training with the kBox offers benefits as:

Variable resistance

The harder you pull, the more force you develop. All the momentum you create in the concentric phase you get back in the eccentric one. Go gentle or go hard, you decide. No weights, no problem.

Mobility

Load it in the car, use it in the field, store it. Just pick up and carry. Easy as that.

Eccentric overload in the easiest way possible

Boost your performance, strength and hypertrophy and gain access to all the other benefits of eccentric training validated by science.

Economic

A multi-exercise device with great durability for a 1/3 of the price of a standard stand-alone single-exercise weight stack machine.

kBox4 Features

- Built-in* transducer and rotational sensor (kMeter II) for Pro and Lite model. Active is kMeter II-ready and it can be installed from the factory as optional or bought and installed (plug-n-play) afterwards by customer.
- A special version of the kMeter II can be ordered which includes a connector for the SmartCoach feedback system. Learn more: <http://exxentric.com/smartcoach>
- Light, but strong and durable.
- Motion freedom, do lifting, squatting, lateral movements and rotations.
- Ergonomic. Harness unloading lower back.
- Self-retracting cord, swift changes between users and drills*.
- Low demand for space. Less than one sqm needed (< 10 sq ft).
- Low weight, easy to store and bring with you**.
- Carrying handle for easy transportation.
- Stackable for efficient use of training area.
- Quick change of flywheels.
- Quick attachment to floor via single attachment plate***
- Rubber protected pulley for heavy duty use.
- Silent. No metal-to-metal noise. Easy to communicate with the subject performing the exercises.
- CE-marking as a medical device.
- Perfectly balanced flywheels.
- High friction mat for maximal balance and safety.
- Long shaft made of hardened steel so you can add up to four**** steel flywheels for really high inertia.
- 1 year warranty within EU.
- Designed and assembled in Sweden.

*) kBox4 Lite and Pro only (May 2018 models)

***) For kBox4 Active, Lite and Pro measurements see next page

****) Attachment plate needs to be fixed to floor with two screws.

*****) kBox 4 Lite and Pro only. Active accommodates two heavy flywheels.

Ready to connect to our free Exxentric kMeter feedback system. Test your patients, athletes and customers and offer them feedback and motivation in their training.

Used by many professionals all over the world.

Comparison Between kBox4 Systems

	Active	Lite	Pro
Footprint in cm (inches)			
width	76 (30")	76 (30")	98 (38,5")
depth	51 (20")	51 (20")	63 (29")
height	21 (8.5")	21 (8.5")	23 (9")
Top surface in cm (inches)			
width	68.5 (27")	68.5 (27")	90 (35.5")
depth	43.5 (17")	43.5 (17")	55 (21.5")
area [sq.m]	0.29	0.29	0.50
weight	14.5 kg (32 lbs)	9.5 kg (21 lbs)	15.5 kg (34 lbs)
Materials			
chassi	steel	aluminium	aluminium
flywheel	steel	steel	steel
color	bronze	brown	brown
Features			
kMeter II built-in	optional*	yes	yes
drive belt autoretract	yes	yes	yes
quick change flywheel	yes	yes	yes
foot support option**	yes	yes	yes
no. of flywheels mounted	1-2	1-4	1-4
inertia range kgm ²	0.01 - 0.10	0.01 - 0.20	0.01 - 0.28
inertia factor (min to max)	x10	x20	x28
angle adjuster	***	yes	yes
can attach foot support	yes	yes	yes
Flywheel options			
0.010	yes	yes	yes
0.025	yes	yes	yes
0.050	yes	yes	yes
0.070	-	-	yes

*) Active is kMeter II ready. It can be pre-installed from factory or later by customer.

***) Pro has a larger platform and more positions for individual adjustment of the foot blocks.

***) Angle adjuster for Active will be released later 2018.

ACCESSORIES

Flywheel 0.010, 0.025, 0.050 and 0.070 kgm²

kGrips (two single grips)

kBar (ultra light bar) in standard or heavy-duty version

Foot block (for all models)

kMeter II feedback system (if not built-in from factory)

Exxentric Ankle Cuff (two single pieces)

Exxentric Hip Belt

Exxentric Harness (XXS, XS, S, M, L, XL, XXL)

Exxentric Head Harness

Extension Strap

Spare Drive Belts

Exxentric Accessory Rack

Exxentric flywheel bag

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