



contact

You are welcome to contact us anytime for further information, or to order your new kBox & kPulley flywheel training system. You can also learn more about flywheel training, its scientific support and watch videos of all exercises on our website.

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kBox & kPulley

Flywheel Training

The **kBox4** & the **kPulley** are **multi-exercise flywheel training devices**. Instead of lifting a weight against gravity, you accelerate a flywheel. This means the load depends on how hard you pull or push and it will adjust to your strength to create **optimal resistance**, which has proven to increase the effectiveness of your training. Both devices are used in all different types of training settings: rehabilitation, fitness and performance.

The kPulley is the **ideal solution** for improving strength by offering flywheel training for rotational and pull exercises in the horizontal plane. Its versatile wall mounted design allows for the height of the attachment point to be quickly adjusted almost from floor to ceiling for a variety of movements.



Flywheel training also offers **eccentric overload**, which is potent in late stage rehab or in injury prevention. It's also a powerful stimulus to elicit muscle CSA, strength, power, tendon CSA and tendon stiffness. Our physiotherapy users are seeing some of the best ACL rehab scores ever since they started using the kBox.

The **variable resistance** allows for:

- Max load over the whole range of motion without sticking points
- Fast and seamless transitions between users and exercises
- Varying loads over the range of motion of any particular drill
- Individual load based on user's level of strength, pain and intensity

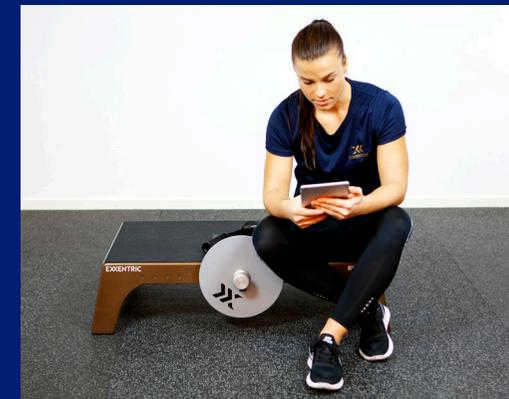
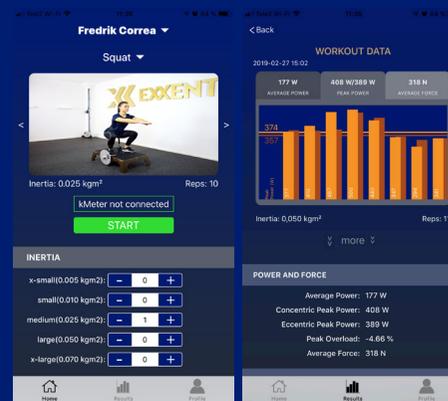
Concentric, eccentric and isometric actions to target the adaptations you want

kMeter II Feedback System

The kMeter II feedback system is built-in for the kBox4 Pro, kBox4 Lite and the kPulley and compatible with the kBox4 Active. The kMeter app is downloaded from your app store and provides real time metrics on peak and average power, force and velocity

Feedback creates motivation and accountability

- **Scientifically validated**
- **Real-time feedback**
- **Coach functionality**
- **Multiple metrics**
- **Free cloud storage**



Major Sports Leagues

Used by elite athletes in the major Pro Leagues worldwide, including Olympic and National teams.

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Countries with users of Exxentric Flywheel Devices

Research has shown that adding flywheel squats in an in-season training program for athletes with a lot of jumping (basketball, volleyball) in only one session a week could **improve jumping performance** dramatically without eliciting increased rates of patellar tendinitis (*Gúal et al 2015*).

Flywheel training has been shown to be a potent stimulus for gains in strength and mass in athletic populations, healthy untrained, seniors and patients.

Whether the goal is to improve athletic performance, prevent or rehabilitate an injury or improve a client or your own general strength and conditioning, flywheel training and Exxentric training devices offer a number of **important advantages**:

- **ease of use**
- **wide range of exercises**
- **small footprint** (less than 7 sqft)
- **lightweight & portability.**

