

kBox 4 Lite and Pro

The new generation for professional flying wheel training with automatic belt length adjustment mechanism



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 gym, small group PT, traditional PT, by athletes in high performance sports and in clinics with patients. 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 multiexercise device with great durability for a 1/3 of the price of a standard standalong singleexercise weightstack machine.

kBox FEATURES:

- Built-in rotational sensor. Ready to connect to Exxentric kMeter or SmartCoach feedback system <http://www.smartcoach.eu>
- 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. Only 12 sqm needed.
- 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.
- 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 Pro only

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

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

Ready to connect to our Exxentric kMeter or Smartcoach feedback system. Test, follow and develop your patients, athletes and customers and offer the feedback and motivation in their training. Used by many professional teams all over the world in all professional leagues.

COMPARISONS BETWEEN KBOX SYSTEMS

	kBox3	kBox4 Lite	kBox4 Pro
Foot print in cm (inches)			
width	100 (40")	77 (30,5")	98 (38,5")
depth	50 (20")	52 (20,5")	63 (29")
height	23 (9")	21 (8,5")	23 (9")
Top surface in cm (inches)			
width	90 (35,5")	70 (27,5")	90 (35,5")
depth	45 (17,5")	45 (17,5")	55 (21,5")
area [sq.m]	0,40	0,32	0,50
Weight kg (lbs)	15,6 (34)	11,1 (24)	14,8 (33)
Materials			
chassi	aluminium	aluminium	aluminium
flywheel	steel	steel	steel
color	powder coating	powder coating	powder coating
Features			
kMeter ready	yes	yes	yes
drive belt-autoretract	yes	-	yes
quick change flywheel	-	yes	yes
foot support option	yes	-	yes
inertia range kgm ²	0.01 - 0.20	0.01 - 0.10	0.01 - 0.28
inertia factor	x20	x10	x28
change angle of direction*	yes	yes	yes
Flywheel options			
0,01	yes	yes	yes
0,025	yes	yes	yes
0,05	yes	yes	yes
0,07	-	-	yes
Flywheel generation**	gen 2	gen 3	gen 3

*) kBox3 uses the short foot block but with kBox4 this is made with a special accessory.

***) flywheels between generation 2 and 3 ie kBox3 and kBox4 aren't interchangeable.

ACCESSORIES

- Flywheel 0.01, 0.025, 0.05 and 0.07 kgm²
- kGrip (single grip)
- kBar (ultra light bar)
- Foot block (short)
- kMeter feedback system
- Exxentric Ankle Cuff
- Exxentric Squat Hip Belt
- Exxentric Harness (XS, S, M, L, XL)
- Extension cord
- Spare strap
- Calf press foam for kBar