




# Prodict Catalos

  
EXXENTRIC

A man with short, light brown hair, wearing a red t-shirt, is shown in profile from the chest up. He is looking down and to the right, appearing to be focused on a task. The background is a blurred industrial setting with various mechanical parts and structures. The lighting is dramatic, highlighting the contours of his face and shirt.

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Exxentric  
Product Catalog  
2022-06-03

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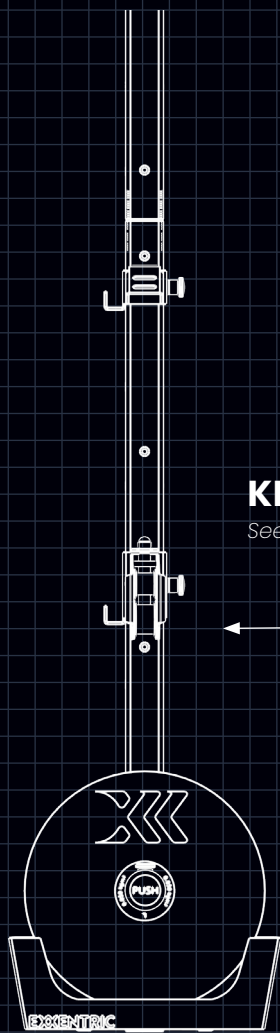
# Welcome to Exxentric

**Exxentric believes in building devices that enable people to become stronger and have the strength they desire.**

**We innovate in order to provide effective tools and methods which allow people to succeed when it matters.**

**Because strength matters,  
in all parts of life.**



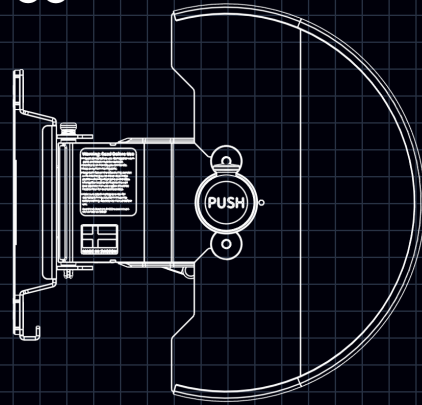


**KPULLEY2**

See page 26

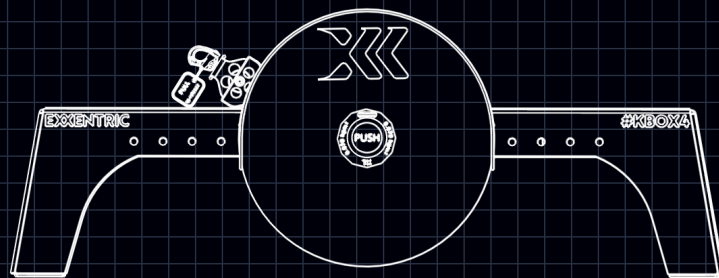
**KPULLEY GO**

See page 28



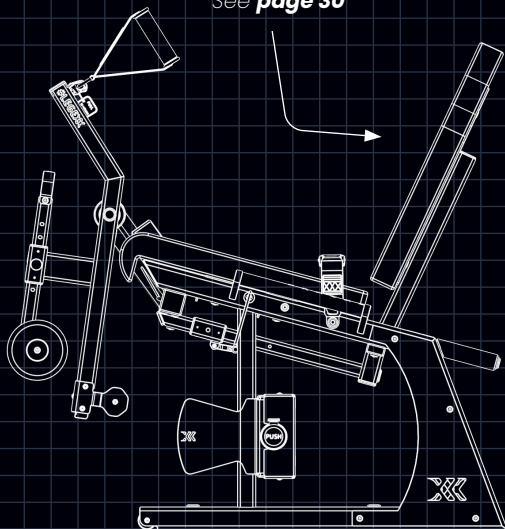
**KBOX4 PRO**

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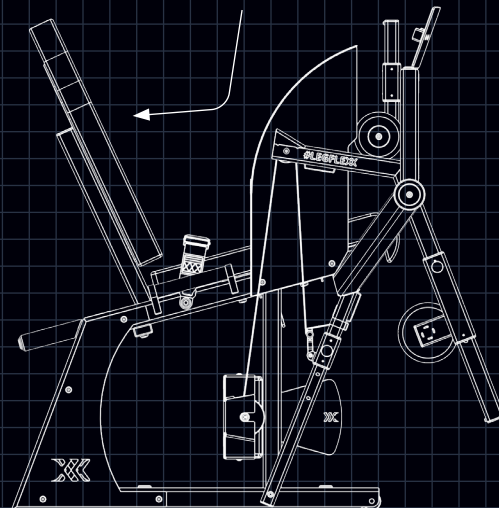
**LEGEXX**

See page 30



**LEGFLEXX**

See page 34



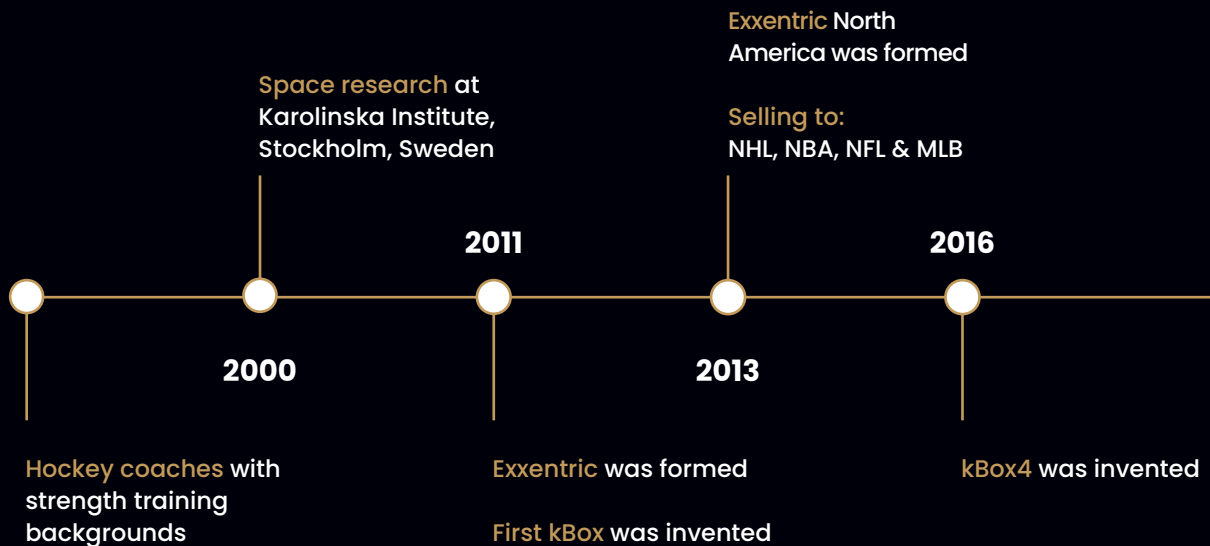
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# Our Story

Since its foundation in 2011, Exxentric has exponentially grown its partner network and continues to provide strength training devices in **70+ countries** worldwide.





First kPulley was  
invented

2018

2020

LegExx was invented

100K Followers  
70 Countries  
40 Sales Partners  
30 Employees  
6 Continents

2021

kPulley Go was invented

10 Year Anniversary

LegFlexx was  
invented

2022



## Made in Sweden

Founded in 2011 in Stockholm, Sweden, Exxentric is now the leading Flywheel Training company in the world.

### Scandinavian Design Approach

Exxentric embodies Scandinavian Design, focusing on simplicity and functionality within the whole product family.

### Unique Design

Exxentric products stand out among the crowd. The Exxentric design language is unlike any of our competitors.

### Environmentally Friendly

Sweden is known for its sustainability and low carbon dioxide emissions. Exxentric is no exception to this as we constantly look to improve on our environmental impact and carbon footprint.





# Sustainability

**At Exxentric, we believe in engineering our products with consideration to our impact on the environment.**

## Guaranteed Exxentric Quality



Exxentric produces high quality products designed for durability and ease of maintenance. All Exxentric products come with an exclusive 2-year warranty.



## Carbon Footprint Comparison

Our flywheel technology emits less CO<sup>2</sup> in comparison to traditional training equipment.

1 Half Rack paired with 150kg weights is equivalent to 7.7 kBox4 Pros and 23.1 Large Flywheels

## Refurbished Devices

Our Refurbished Devices scheme provides a more affordable option for you while reusing older models of our kBox and kPulley devices.

For more info, please scan the QR code or go to <https://exxentric.com/refurbished-devices>





EXXENTRIC

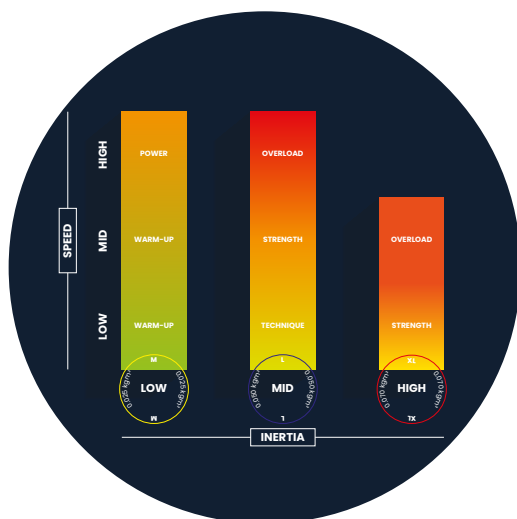
#KBO

# Flywheel Technology

Exentric integrates flywheel technology in its devices as flywheel training offers many advantages over traditional strength training, especially in variable resistance.

There is no upper limit to how much kinetic energy you can generate with flywheel training. This means that you can always use a higher force and accelerate the flywheel more. Resistance is variable such that if you pull less, the flywheel will resist less.

## Training



**Warm-up** Low Intensity and Low to Mid Inertia

**Power** Max Intensity at Low Inertia

**Technique** Mid Inertia at Low Intensity

**Strength** Mid to High Intensity at Mid to High Inertia

**Higher Inertia** More Eccentric Overload

## Benefits

Whether your goal is to improve athletic performance, prevent or rehabilitate an injury, or improve your general health and fitness, Exentric training devices offer a number of important advantages.

### Performance

- Eccentric Overload
- Hypertrophy
- Variable Resistance
- Consistent Resistance
- Injury Prevention
- Strength & Conditioning

### Rehabilitation

- Eccentric Overload
- Variable Resistance
- Consistent Resistance
- Overuse Injury Rehab
- Acute Injury Rehab
- Return-to-Play Rehab

### General Fitness

- Variable Resistance
- Consistent Resistance
- Strength Training
- Cardio Training
- Mobility Training
- Power Training



# kMeter System

We believe in helping build your strength over time. Our products are designed with an in-built feedback system to help you see your progress and set future goals.

## Monitor Performance and Progression

The Exxentric kMeter II is our wireless science-based feedback system for flywheel training. The kMeter comes built-in with all LegExx, kPulley2, kBox4 Pro and kBox4 Lite devices since May 2018.

It is also available for purchase as an add-on to the kBox4 Active.



## Our Apps:

### Exxentric kMeter



### Flywheel Training





# Our Product Family

**Designed for Multiple Applications**

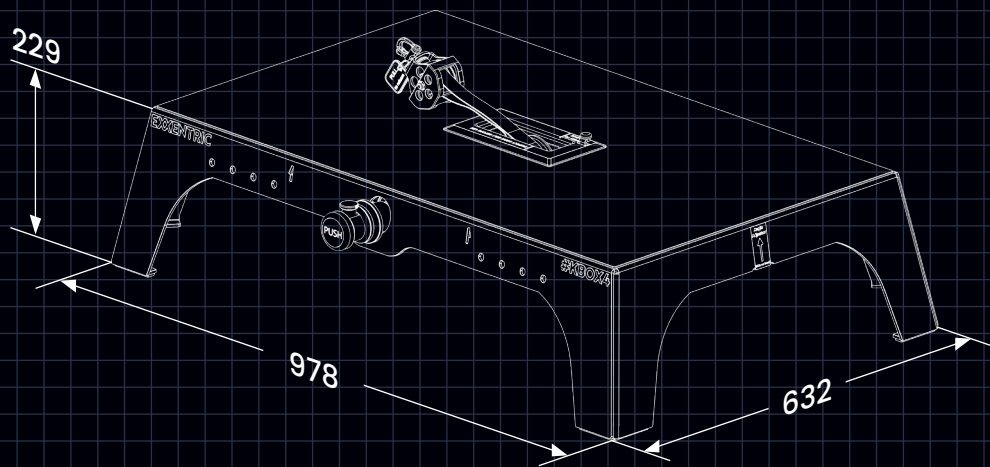
**Exxentric's line of equipment for flywheel training brings variety in portability, exercises, features and styles to match your goals and ability.**



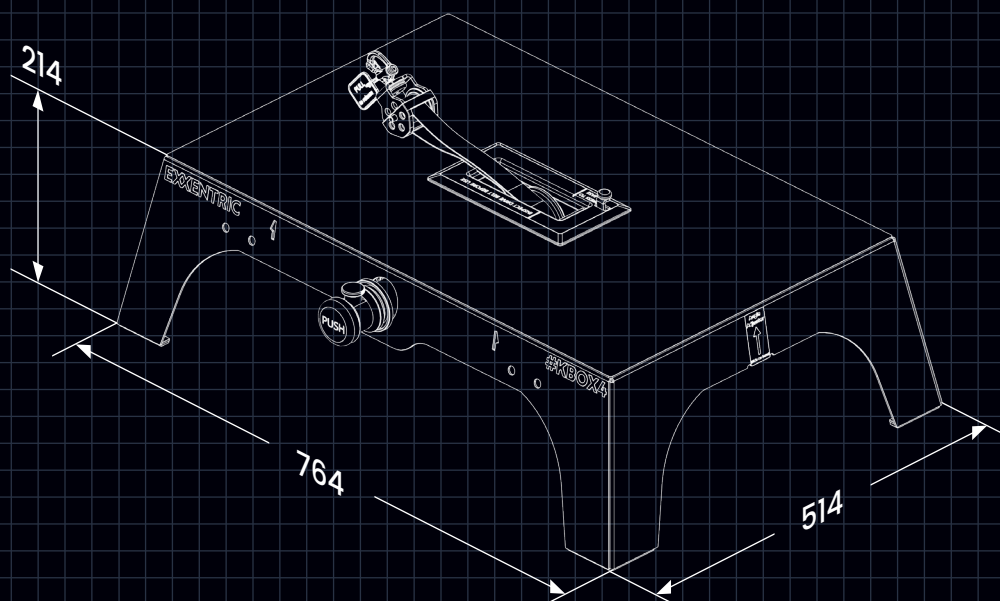
# kBox

The kBox is a series of premium devices for flywheel training, based on sound scientific support

## KBOX4 PRO



## KBOX4 LITE/ ACTIVE



All dimensions in millimeters





# ACTIVE

**Color**  ANODIC BRONZE



## kBox4 Active

Kickstart your Flywheel Training with our entry-level kBox model, the kBox4 Active. The perfect device for strength training, rehabilitation, injury prevention, and training in general. Available with our free Flywheel Training App to design all your kBox workouts.

### Ideal for:

- Home Gyms
- Personal Trainers
- Group Classes

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## Systems



### Starter

The kBox4 Active Starter System is the ideal entry level flywheel training system.



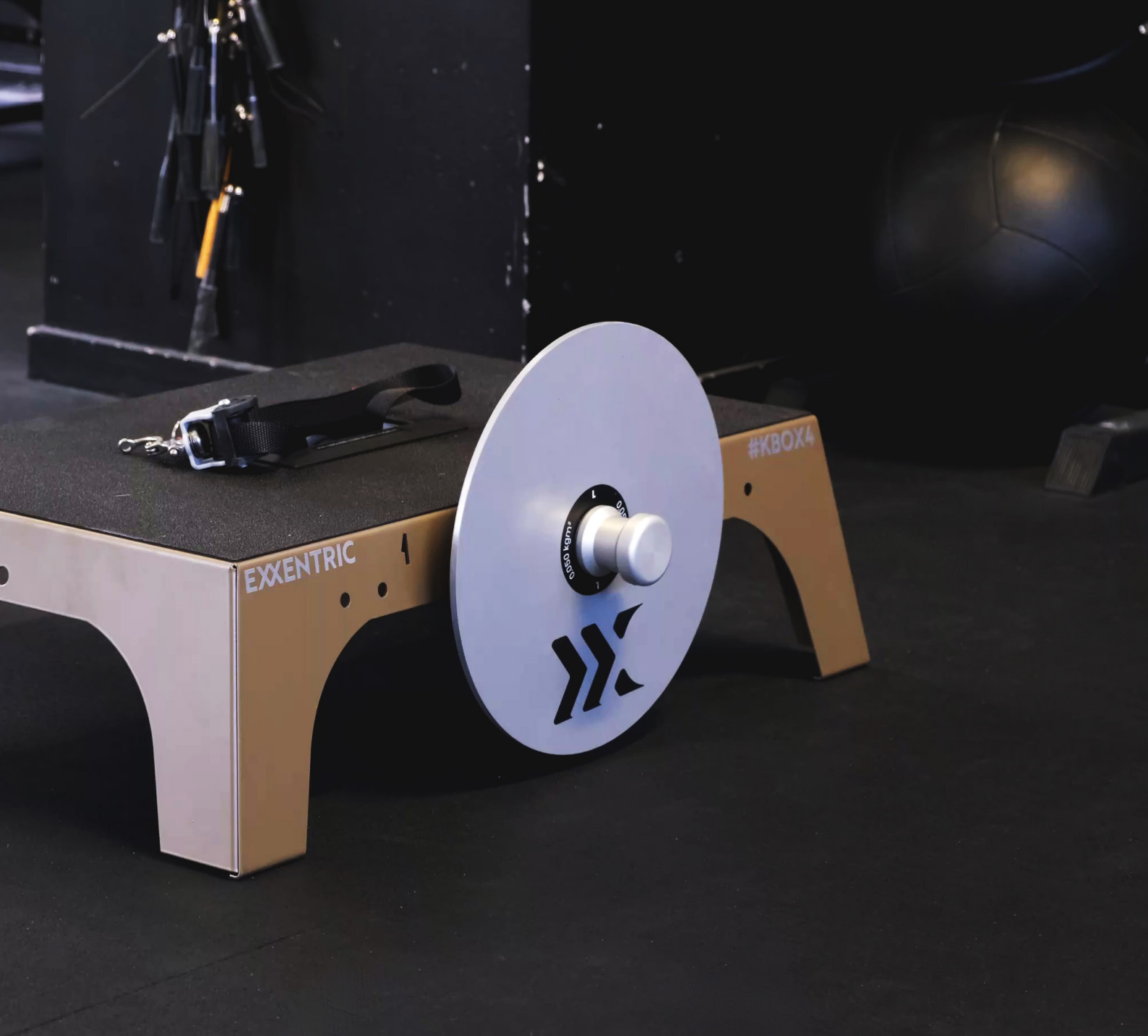
### Advanced

The kBox4 Active Advanced System is optimised for demanding home users and more.



### Advanced Plus

The kBox4 Active Advanced Plus System provides the most complete flywheel training experience.



### Benefits

- Practical, Safe and Easy to Use
- Effective in Building Strength and Mass
- Space Efficient - Easy to Store
- Quick changes between users
- All-in-One Gym

### Main Features

- Steel Chassis
- Auto-Retract Drive Belt
- Variable and Unlimited Resistance
- Quick Change Flywheel



For a full list of system specifications and pricing information follow the link or scan the QR code.

<https://exxentric.com/products/kbox4-active/>

# EXCENTRIC

## Colors



JET BLACK



MIDNIGHT BLUE



## kBox4 Lite

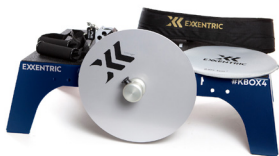
Broader range of resistance provided by the lightest kBox model, practical to pack and bring with you on the move. Its built-in kMeter feedback system allows you to monitor your progress in real-time.

### Ideal for:

- Travelling Athletes
- Fitness Studios
- Physiotherapy Clinics

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## Systems



### Starter

Perfect for maintaining your training regimen while you're on the road and easily storable in small spaces.



### Advanced

Provides users with a wide loading spectrum and a variety of accessories for every muscle group.



### Advanced Plus

Benefits users by providing a wider range of exercises with a multitude of accessories.



## Benefits

- Lightweight
- Practical, Safe and Easy to Use
- Effective in Building Strength and Mass
- Space Efficient - Easy to Store
- Quick changes between users
- All-in-One Gym

## Main Features

- Aluminium Chassis
- kMeter Feedback System
- Auto-Retract Drive Belt
- Variable and Unlimited Resistance
- Quick Change Flywheel



For a full list of system specifications and pricing information follow the link or scan the QR code.

<https://exxentric.com/products/kbox4-lite/>

# PRO

## Colors



JET BLACK



MIDNIGHT BLUE



## kBox4 Pro

The premium and best-selling kBox model with the largest performance area. Made for intense workouts and serious strength-building exercises. Its built-in kMeter feedback system allows you to monitor your progress in real-time.

### Ideal for:

- Professional Teams
- Performance Centers
- Physiotherapy Clinics

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## Systems



### Starter

The kBox4 Pro Starter System is a perfect entry level system for the professional user.



### Advanced

Our most commonly bought system. Including a wide set of accessories, it opens up great loading potential.



### Ultimate

The most complete of all our systems, with a large inertia range and our widest set of accessories.



### Benefits

- Practical, Safe and Easy to Use
- Effective in Building Strength and Mass
- Space Efficient - Easy to Store
- Quick changes between users
- All-in-One Gym

### Main Features

- Aluminium Chassis
- Larger Platform
- kMeter Feedback System
- Auto-Retract Drive Belt
- Variable and Unlimited Resistance
- Quick Change Flywheel

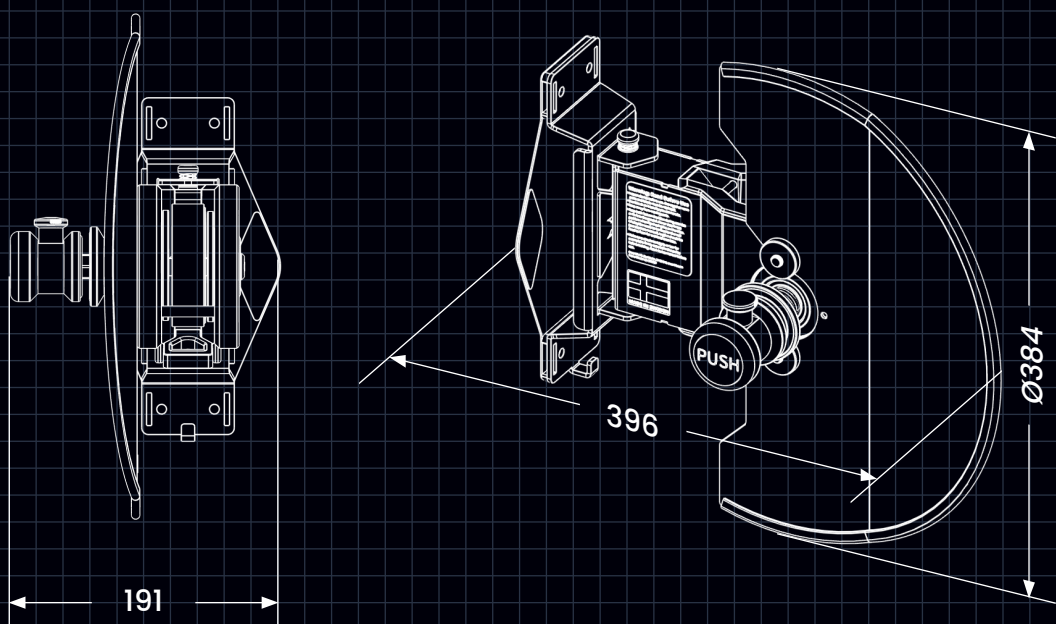
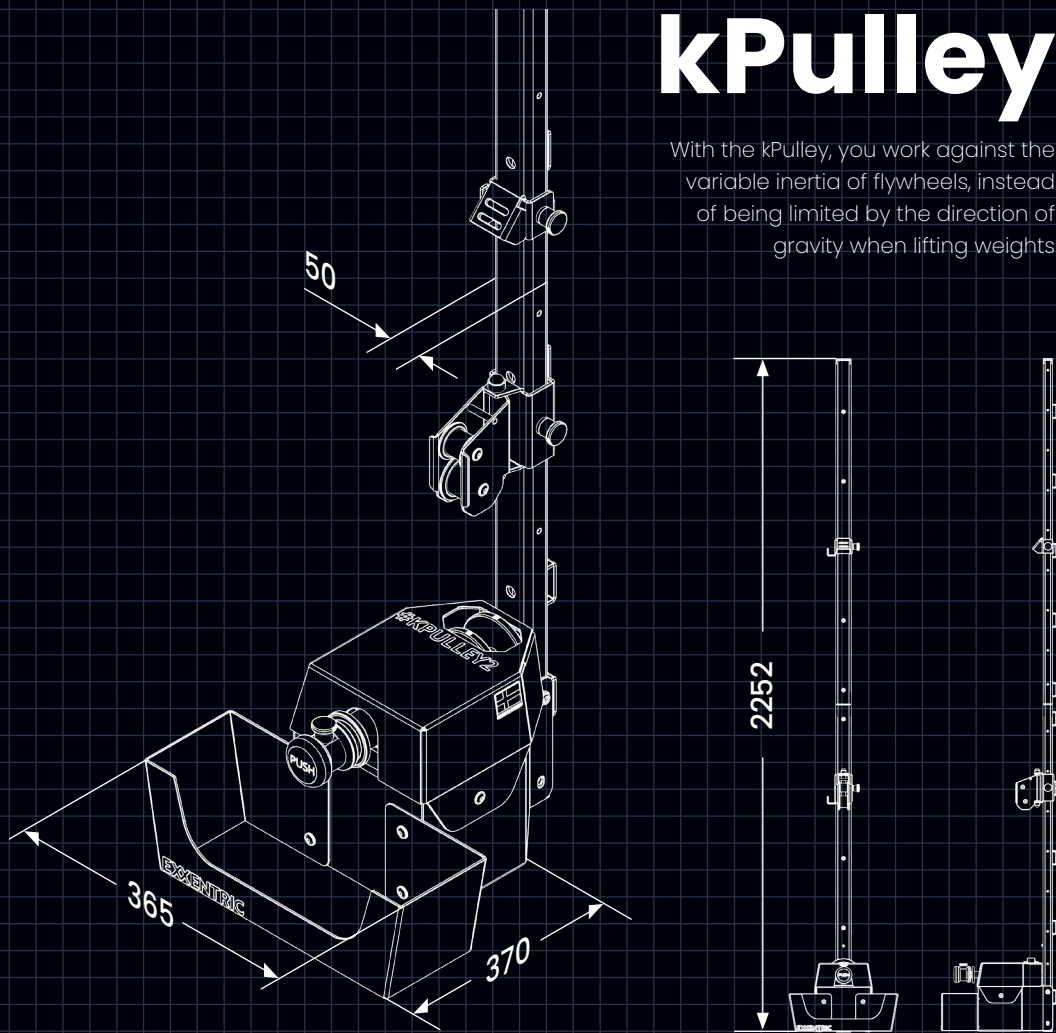


For a full list of system specifications and pricing information follow the link or scan the QR code.

<https://exxentric.com/products/kbox4-pro/>

# kPulley

With the kPulley, you work against the variable inertia of flywheels, instead of being limited by the direction of gravity when lifting weights



All dimensions in millimeters





EXXENTRIC

# kP2

## Colors



JET BLACK



MIDNIGHT BLUE



## kPulley2

The kPulley2 unlocks a variety of horizontal and rotational movements, creating limitless training possibilities especially when combined with the kBox. Its built-in kMeter feedback system allows you to monitor your progress in real-time.

### Ideal for:

- Professional Teams
- Performance Centers
- Physiotherapy Clinics

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## Systems



### Starter

For anyone looking to incorporate flywheel training in their workout regimen for the first time.



### Advanced

Opens up the range of exercises you can perform with a multitude of accessories included.



### Benefits

- Practical, Safe and Easy to Use
- Effective in Building Strength and Mass
- Quick changes between exercises
- All-in-One Gym

### Main Features

- Steel Body
- Adjustable Height Positions
- kMeter Feedback System
- Variable and Unlimited Resistance
- Quick Change Flywheel
- Large Range of Motion



For a full list of system specifications and pricing information follow the link or scan the QR code.

<https://exxentric.com/products/kpulley2/>

# KP GO

Color  JET BLACK



## kPulley Go

The kPulley Go is designed for serious strength training. With robust construction and the smoothest of actions, it's built to withstand heavy athletic training – and thanks to its variable resistance, is suitable for all user levels.

### Ideal for:

- Home Users
- Travelling Athletes
- Performance Centers

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## Systems



### Starter

A great entry-point into flywheel training and a valuable complement for experienced users.



### Advanced

Provides users with a wider loading range, an additional mounting solution and a better option to develop core strength and power.



### Benefits

- Lightweight and Portable
- Can be used to train your whole body
- Effective in Building Strength and Mass
- Dynamic, Responsive Training
- Practical, Safe and Easy to Use

### Main Features

- Steel Body
- Adjustable Height Positions
- Variable and Unlimited Resistance
- Quick Change Flywheel
- Large Range of Motion

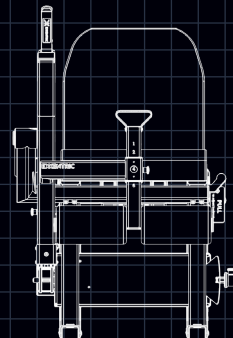
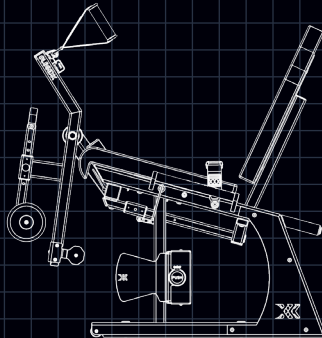
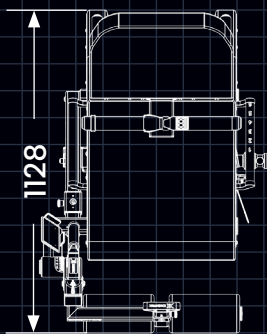
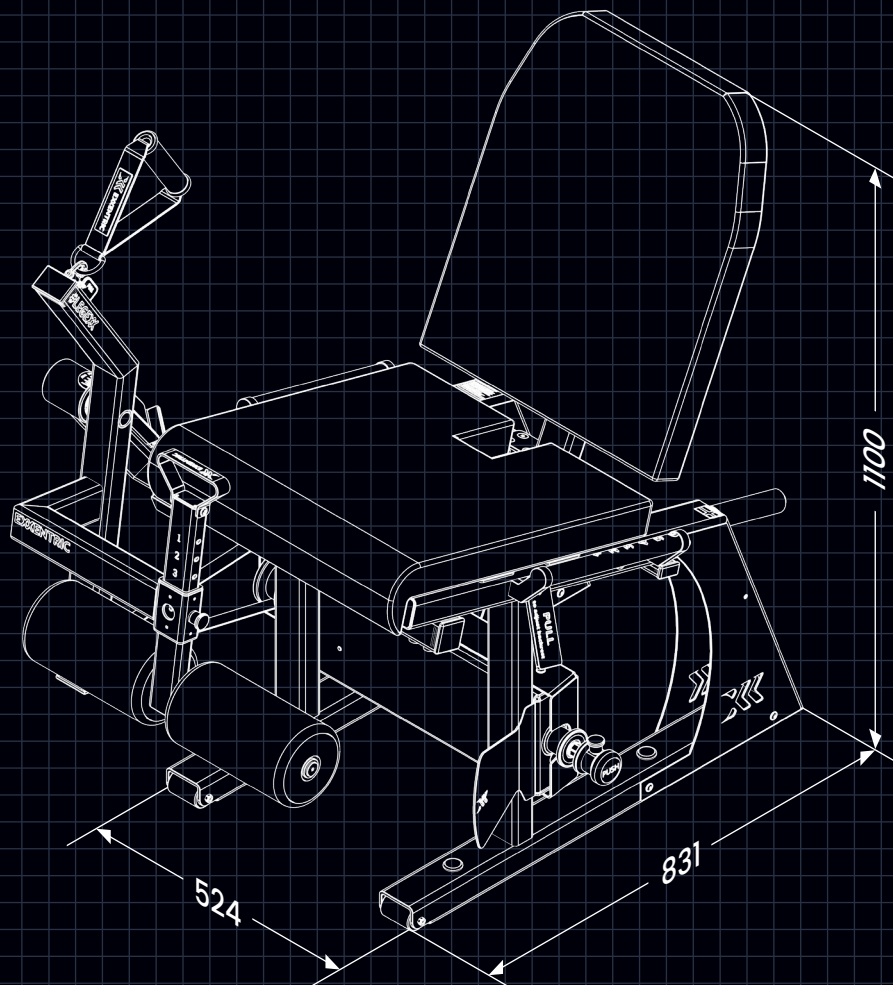


For a full list of system specifications and pricing information follow the link or scan the QR code.

<https://exxentric.com/products/kpulley-go/>

# LegExx

Our first single-exercise machine  
built on our refined flywheel training  
technology together with the kMeter  
feedback system



*All dimensions in millimeters*



## Colors



SPACE GREY



## LegExx

The LegExx is a flywheel training device optimized for seated leg extension training. Besides the advantages offered by its variable resistance and eccentric loading capacity, the LegExx is uniquely mobile for a leg extension machine.

### Ideal for:

- Professional Teams
- Performance Centers
- Physiotherapy Clinics





### Benefits

- Practical, Safe and Easy to Use
- Effective in Building Strength and Mass in your quadriceps femoris
- Built for Serious Strength Training

### Main Features

- Steel Body
- Adjustable Seat and Pad Positions
- kMeter Feedback System
- Eccentric Overload Handle
- Variable and Unlimited Resistance
- Wheels to increase mobility

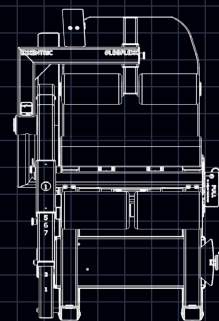
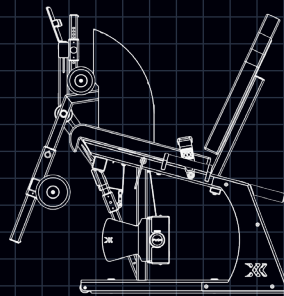
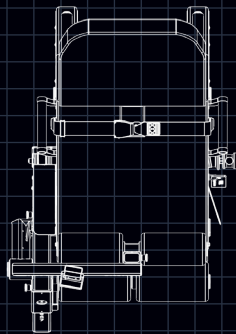
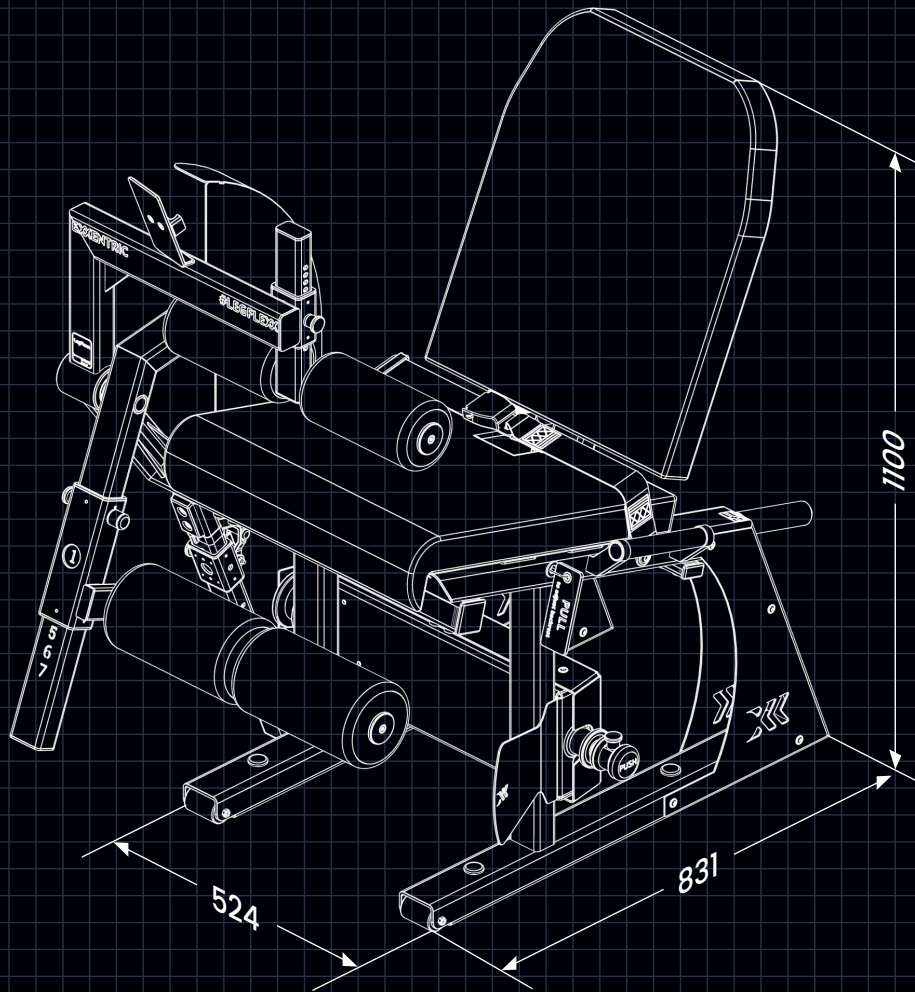


For a full list of system specifications and pricing information follow the link or scan the QR code.

<https://exxentric.com/products/legexx/>

# LegFlexx

The LegFlexx is a seated leg curl machine that allows you to train with variable & unlimited resistance, making it the perfect hamstring hypertrophy training tool for team training, gym facilities and physiotherapy clinics.



*All dimensions in millimeters*



**Colors**

SPACE GREY



## LegFlexx

The LegFlexx, geared with the flywheel training advantages Excentric equipment is known for, accommodates knee flexion in a seated position, optimal for hypertrophy in the hamstring muscles. It's equipped with the kMeter II feedback system for monitoring real-time feedback and long term progress.

**Ideal for:**

- Professional Teams
- Performance Centers
- Physiotherapy Clinics



## Benefits

- Practical, Safe and Easy to Use
- Effective in hamstring hypertrophy and hamstring injury prevention
- Built for Serious Strength Training

## Main Features

- Steel Body
- kMeter Feedback System
- Variable and Unlimited Resistance
- Wheels & handles to increase mobility (and no weight stack to bog it down)

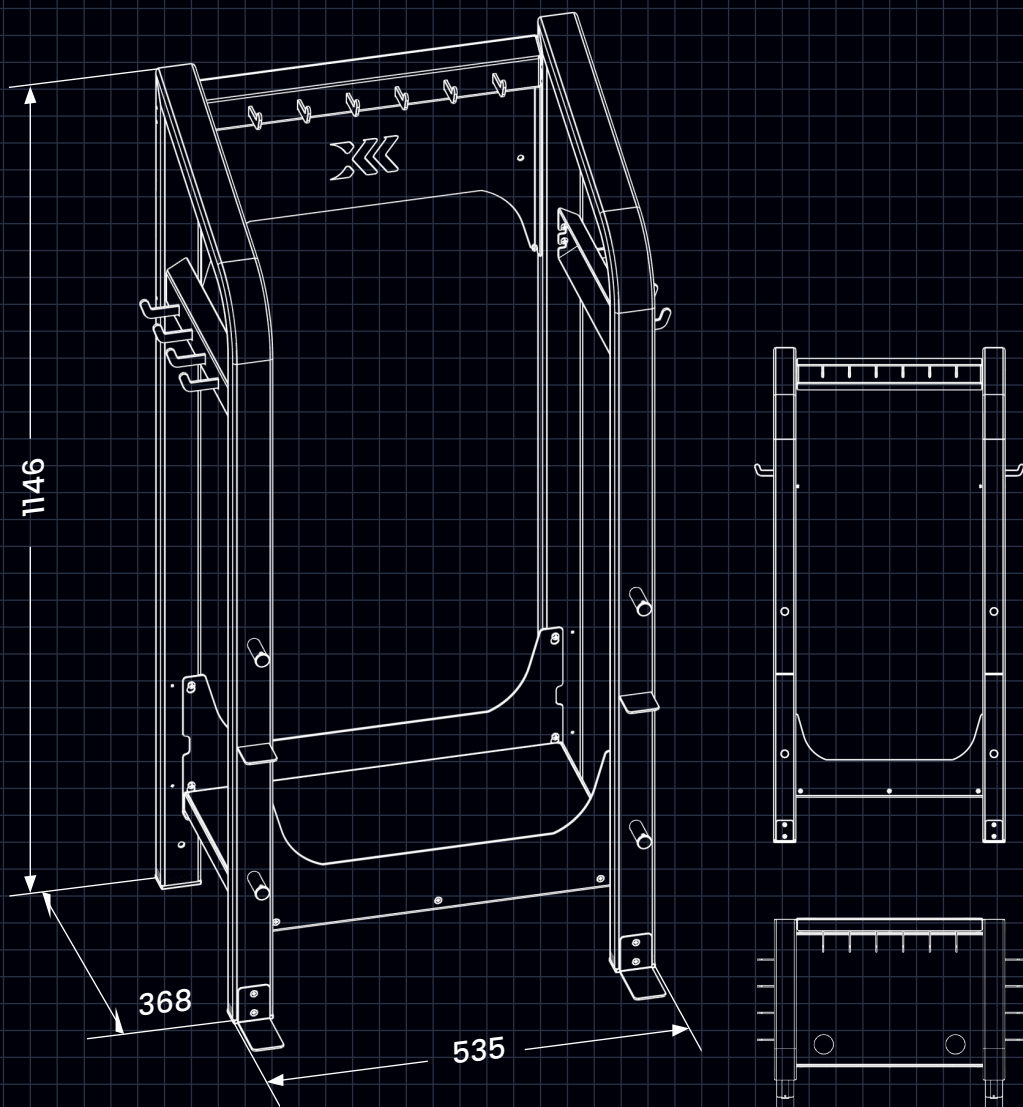


For a full list of system specifications and pricing information follow the link or scan the QR code.

<https://exxentric.com/products/legflexx/>

# Accessories and Storage

Exentric's line of equipment for flywheel training includes a complete range of custom-made accessories







Our accessories are custom made for Flywheel Training to ensure that every exercise will benefit from the full potential of Exentric products. Our storage & display range is perfect to complement your flywheel training with a tidy and organised look.

## Selection of Accessories



### Flywheels

0.005, 0.010, 0.025, 0.050  
and 0.070 kgm<sup>2</sup>



### kGrips & kBar

Ultra light bar



### Hip Belt & Ankle Cuffs

Small-Medium,  
Medium-Large



### Harness

XXS, XS, S, M, L, XL, XXL



### Head Harness



### Single-Turn Buckle



### Advanced Flywheel Knob



### Rotational Sling



### Decline Board





## Storage & Display



### Accessory Racks

Large/Small, Freestanding or Wall Mounted



For a full range of accessories, specifications and pricing information follow the link or scan the QR code.

<https://exxentric.com/products/accessories/>

# Exxentric Academy

Start Here



## The Home of Exxentric's Online Courses

**Members of the academy gain access to:**

- Free webinars and tutorials
- Complete online certification courses (Level I and Level II)
- Flywheel User Courses
- Training Programs
- Lectures
- And much more!

**Some courses are also available in Swedish**



## Course Offering

Read more about our courses  
[exxentric.com/courses/](https://exxentric.com/courses/)

Sign up for courses  
[academy.exxentric.com/](https://academy.exxentric.com/)

Check out our calendar upcoming events  
<https://exxentric.com/calendar/>

# Support

Our team of professionals are always available to help. We provide an excellent support line for all our customers to help them with their manuals, maintenance of their devices and general customer service.



To find out more please visit our website,  
follow the link or scan the QR code.

<https://exxentric.com/support/>



**/go\_exxentric**



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**/exxentric**

# #ExxentricFam

We are Stronger Together







