




Product Catalog


EXXENTRIC

A man with light brown hair, wearing a red t-shirt, is shown in profile, working on a large industrial machine. He is smiling and looking down at his work. The background is a blurred industrial setting with various mechanical parts and structures.

Exxentric
Product Catalog
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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.**





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.



EXXENTRIC

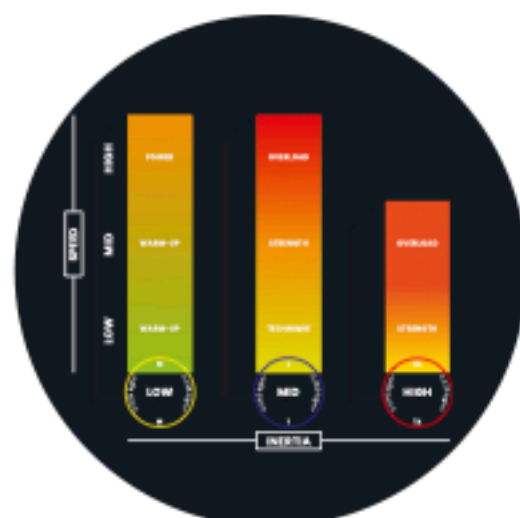
#KBO

Flywheel Technology

Exxentric 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, Exxentric 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



Our Product Family

Designed for Multiple Applications

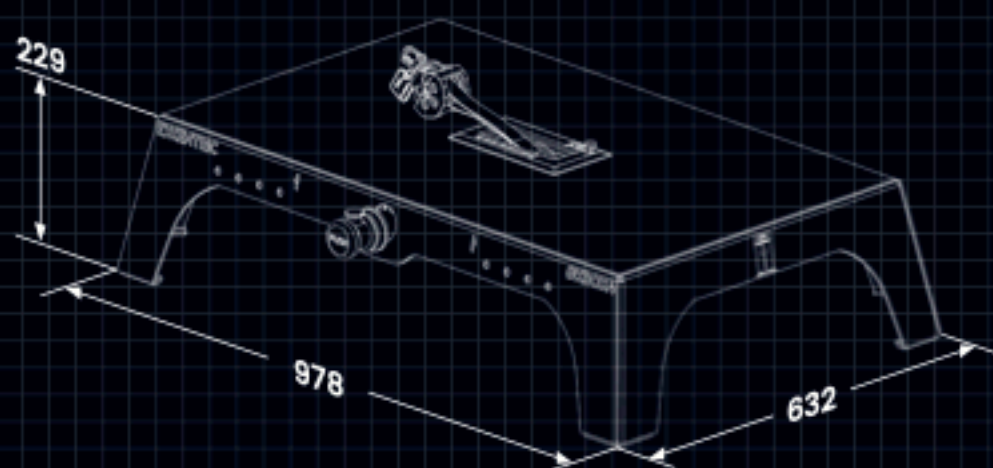
Exxentric's line of equipment for flywheel training brings variety in portability, exercises, features and styles to match your goals and ability.



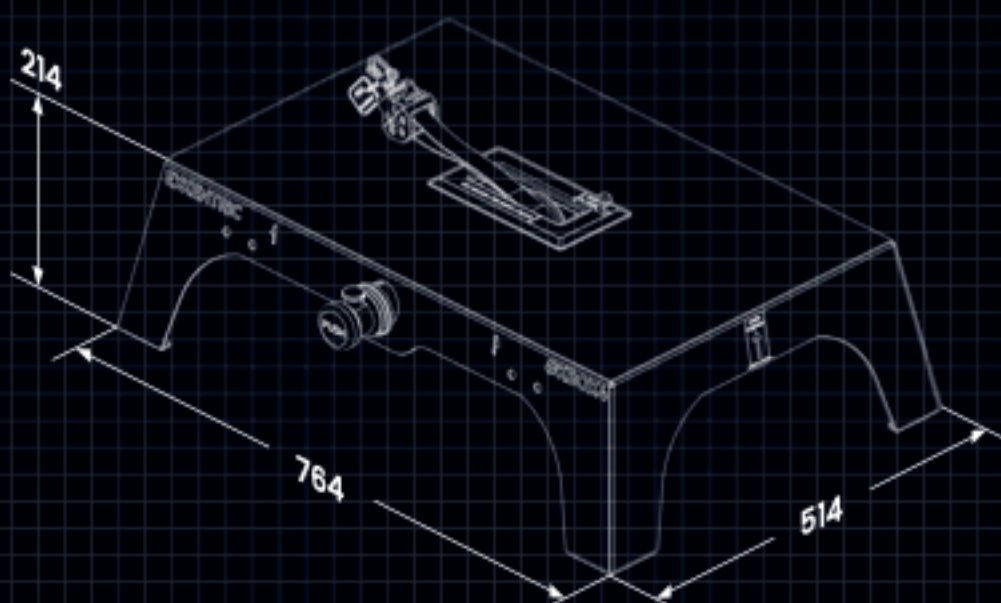
kBox

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



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

Systems



Starter

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



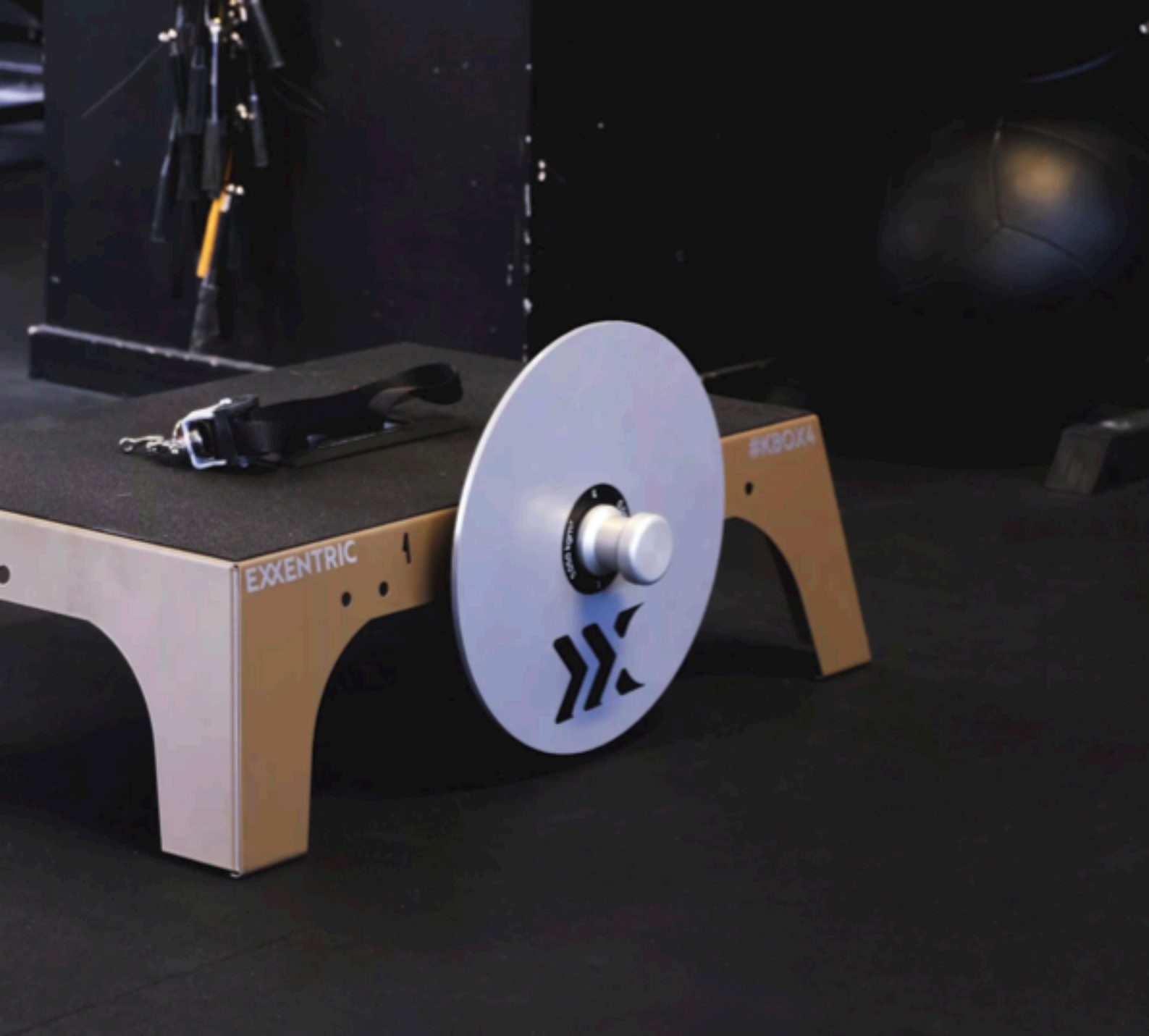
Advanced

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/>

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

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

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

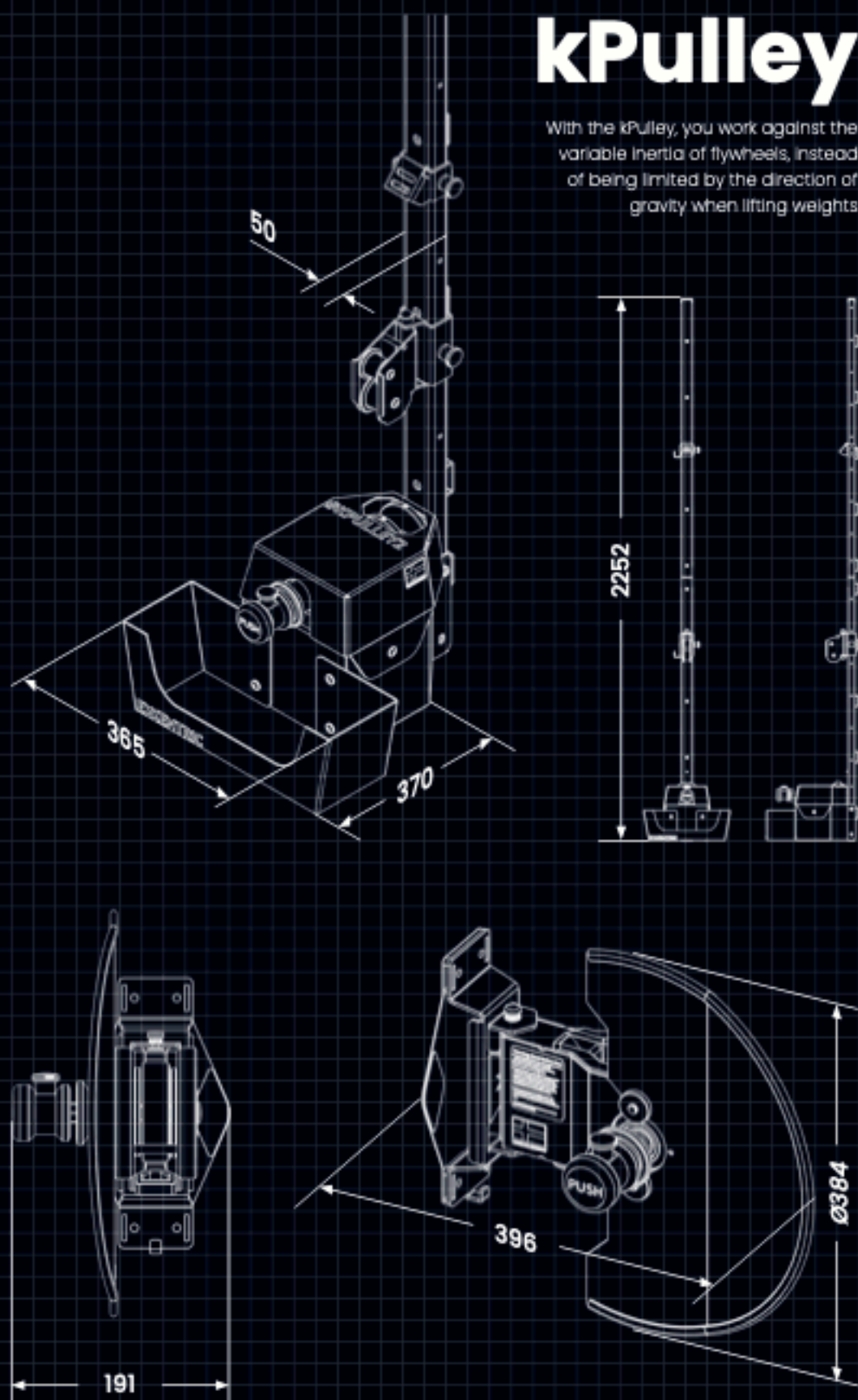


For a full list of system specifications and pricing information follow the link or scan the QR code.

<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



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

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/>

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

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

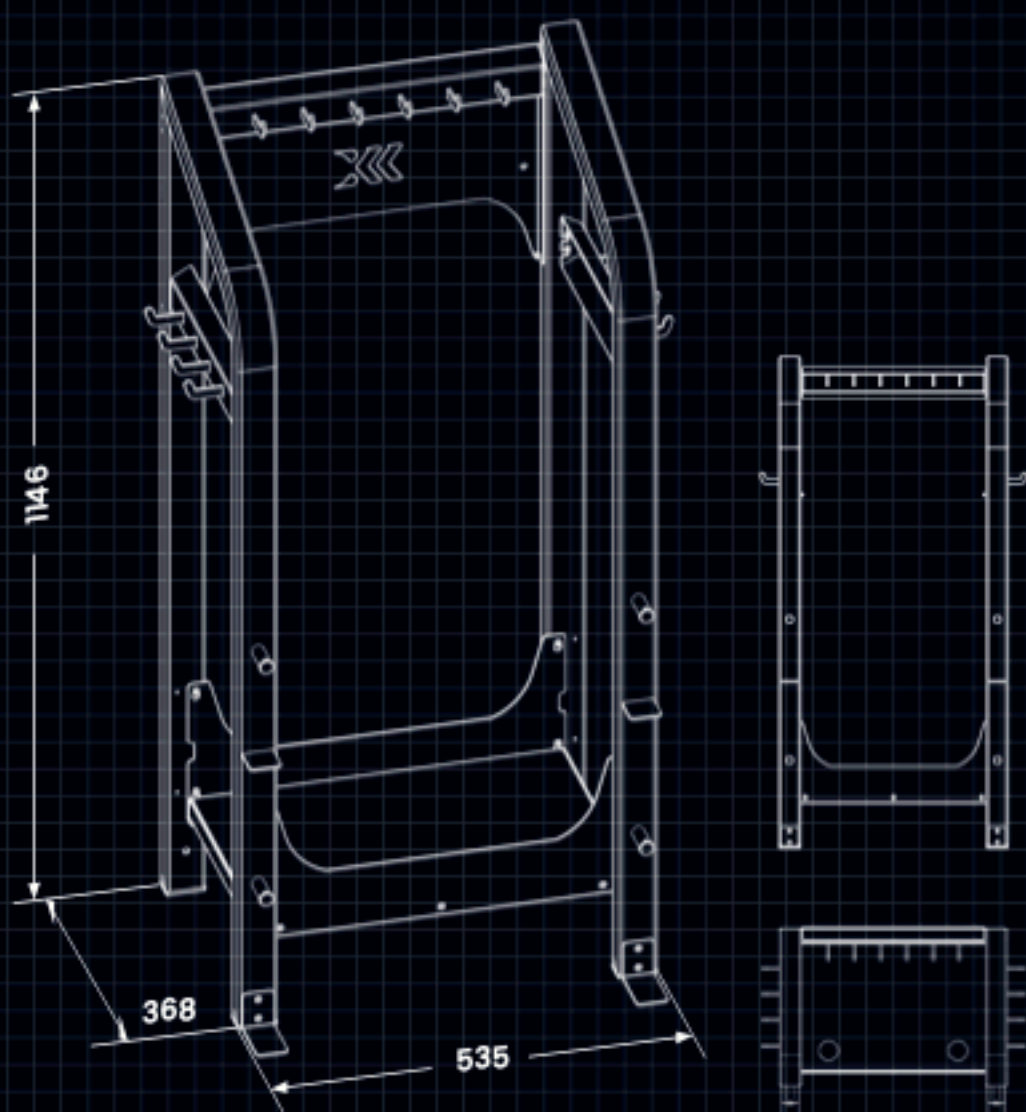


For a full list of system specifications and pricing information follow the link or scan the QR code.

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

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 Excentric 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 kgm²



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/>

