


# Strength Matters



**EXCENTRIC**

Product Catalog 2024

A man with short, wavy brown hair, wearing a vibrant red t-shirt, is shown in profile from the chest up. He is smiling and looking down, appearing to be focused on a task. The background is a blurred industrial environment with various mechanical parts and structures. The lighting is soft and focused on the man, creating a professional and energetic atmosphere.

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Exxentric  
Product Catalog  
2023-03-20

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# Welcome to Exxentric

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

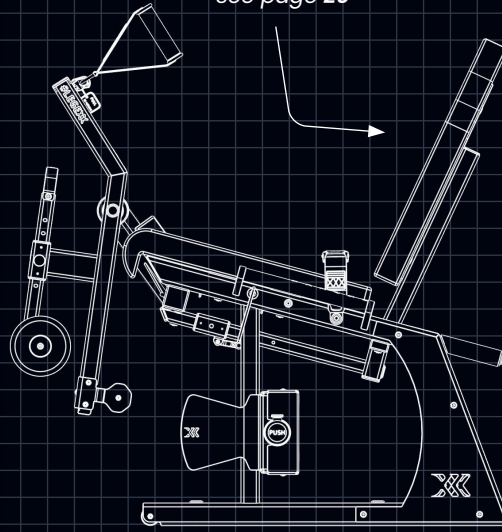
**We innovate in order to provide effective tools and methods which allow people to succeed when it matters.**

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



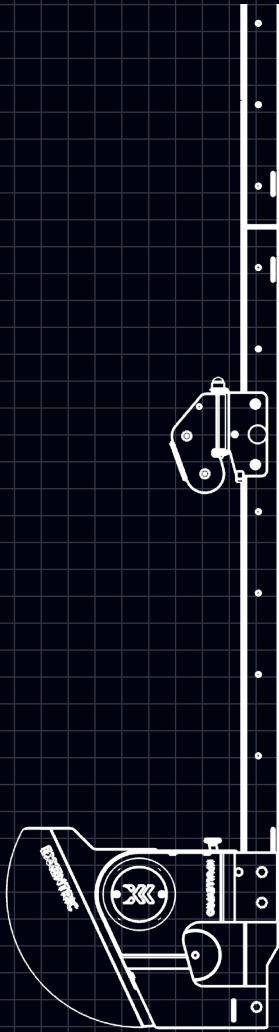
**LEGEXX**

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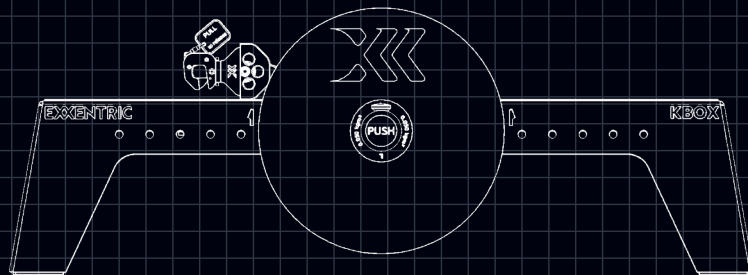
**KPULLEY**

See page 20



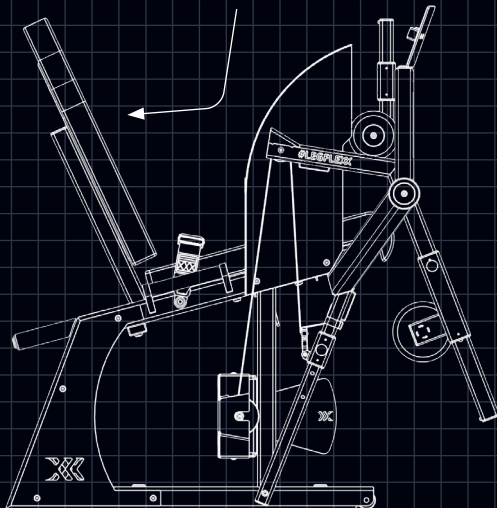
**KBOX**

See Page 12



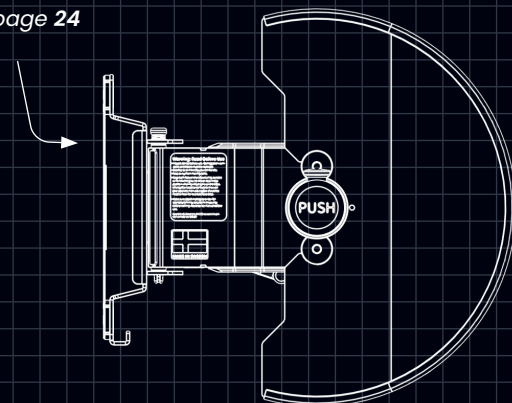
**LEGFLEXX**

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**KPULLEY GO**

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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



<b>Warm-up</b>	Low Intensity and Low to Mid Inertia
<b>Power</b>	Max Intensity at Low Inertia
<b>Technique</b>	Mid Inertia at Low Intensity
<b>Strength</b>	Mid to High Intensity at Mid to High Inertia
<b>Higher Inertia</b>	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







# 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 is our wireless science-based feedback system for flywheel training. The kMeter comes built-in with all LegExx, LegFlexx, kPulley2, kBox Pro and kBox Lite devices since May 2018. It is also available for purchase as an add-on to the kBox Active.

## Our App

The Exxentric Application is available on the Apple App Store and the Google Play Store. Scan the QR code or just search in the store for Exxentric. The App allows you to track your workouts in combination with the kMeter and features a variety of workouts to follow along at home.





# Our Product Family

**Designed for Multiple Applications**

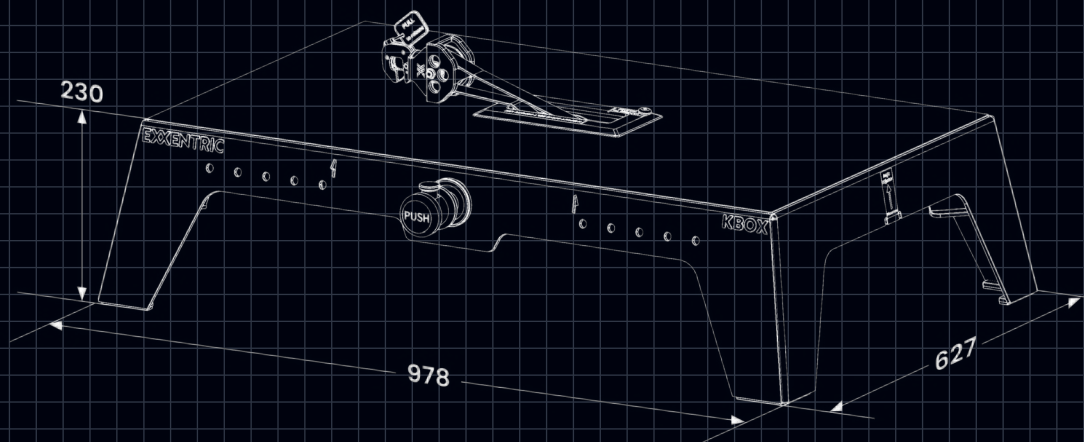
**Exxentric's line of equipment for flywheel training brings variety in portability, exercises, features and styles to match your goals and ability.**



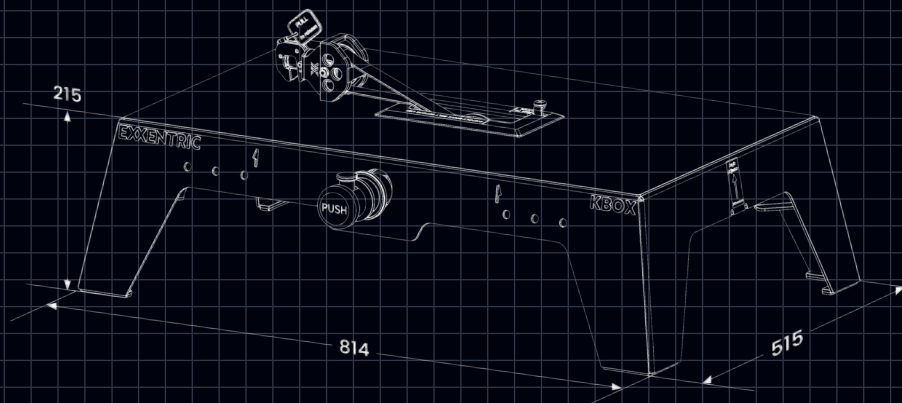
# kBox

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

## KBOX PRO



## KBOX LITE/ ACTIVE



*All dimensions in millimeters*



EXXENTRIC

#KBOX4

# ACTIVE

Color  CARBON BLACK



## kBox Active

Kickstart your Flywheel Training with our entry-level kBox model, the kBox Active. The perfect device for strength training, rehabilitation, injury prevention, and training in general. Can be used together with the Exentric App for access to a variety of workouts.

### Ideal for:

- Home Gyms
- Personal Trainers
- Group Classes

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## Systems

The kBox Active systems pair our robust entry-level device with essential training accessories such as the kGrips or the Hip-Belt for squats. These systems are ideal for home training, amateur athletes or group classes.

To learn more about currently available systems follow the link or scan the QR code:

<https://exentric.com/store/category/systems/kbox-active/>





### **Benefits**

- Practical, Safe and Easy to Use
- Effective for Building Strength
- 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



### Colors



JET BLACK



MIDNIGHT BLUE



## kBox Lite

Broader range of resistance provided by the lightest kBox model, practical to pack and bring with you on the move. It's 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

The kBox Lite systems combine our most portable kBox with all the accessories you need for pro-level training indoors and outdoors. These systems are perfect for personal trainers, training facilities or athletes seeking maximum flexibility.

To learn more about currently available systems follow the link or scan the QR code:

<https://exentric.com/store/category/systems/kbox-lite/>







### 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

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

# PRO

## Colors



JET BLACK



MIDNIGHT BLUE



## kBox 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

The kBox Pro systems are optimized towards professionals and combine our largest platform with a variety of accessories to maximize training versatility and intensity. These systems are ideal for professional athletes, coaches and physiotherapists.

To learn more about currently available systems follow the link or scan the QR code:

<https://exentric.com/store/category/systems/kbox-pro/>





### **Benefits**

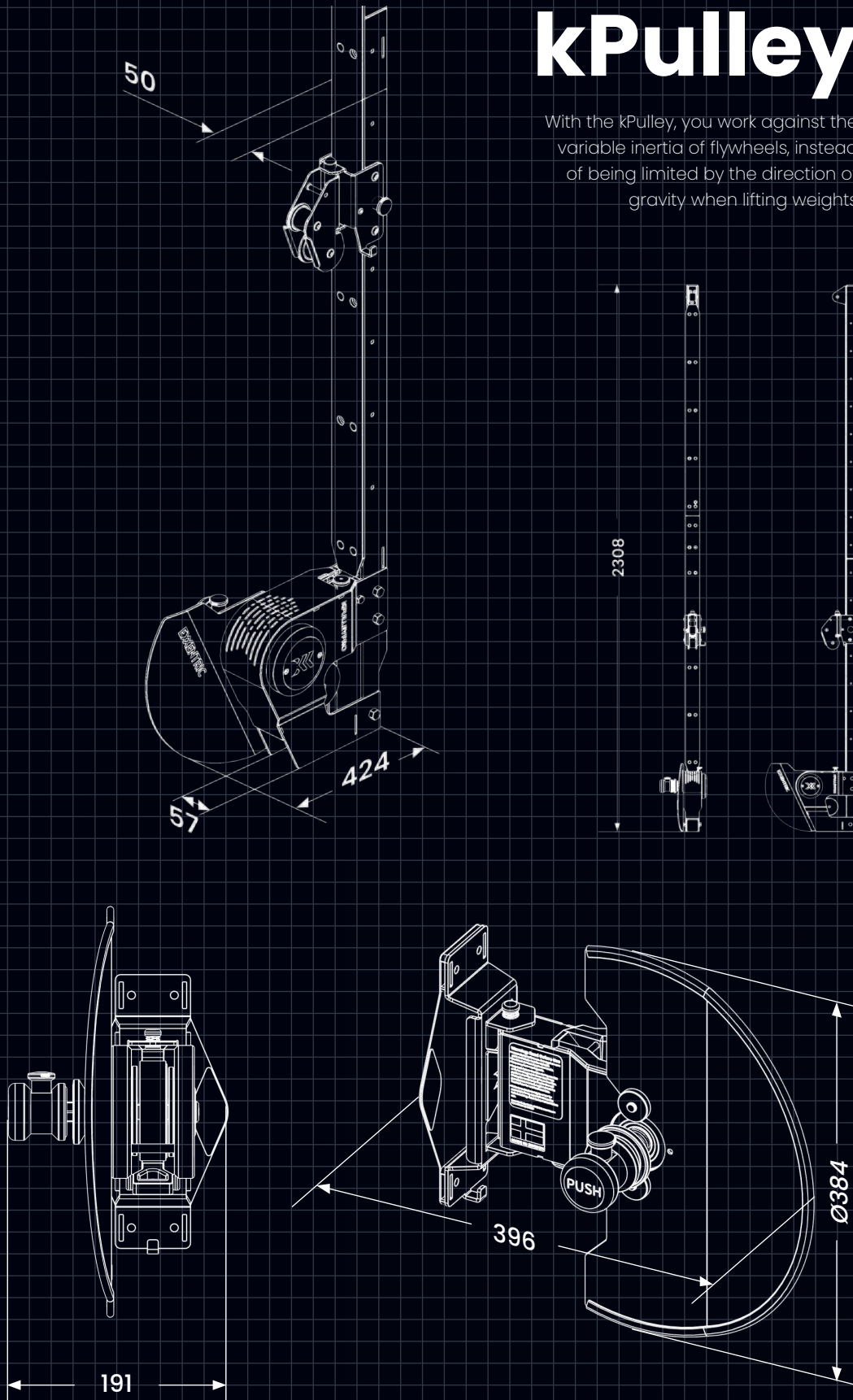
- Practical, Safe and Easy to Use
- Effective in Building Strength and Mass
- Space Efficient - Easy to Store
- Quick changes between users
- All-in-One Gym

### **Main Features**

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

# 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

# KP PRO

Colors



JET BLACK



## kPulley Pro

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

The kPulley Pro systems are optimized for professionals interested in a stationary device maximizing training versatility and intensity for horizontal movements. These systems are ideal for professional athletes, gyms & training facilities as well as as physiotherapists.

To learn more about currently available systems follow the link or scan the QR code:

<https://exentric.com/store/category/systems/kpulley-pro/>





### **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

# KPULO

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

The kPulley Go systems pair our most portable device with essential training accessories unlocking more versatility for your upper body training. These systems are ideal for home training as well as personal trainers and athletes who want to train on the go.

To learn more about currently available systems follow the link or scan the QR code:

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







### **Benefits**

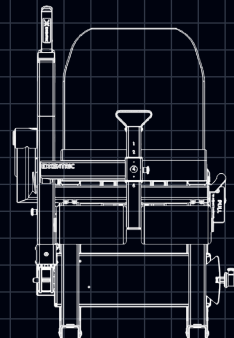
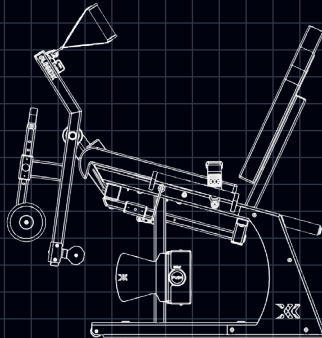
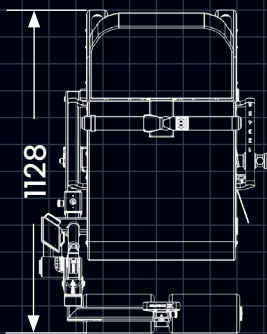
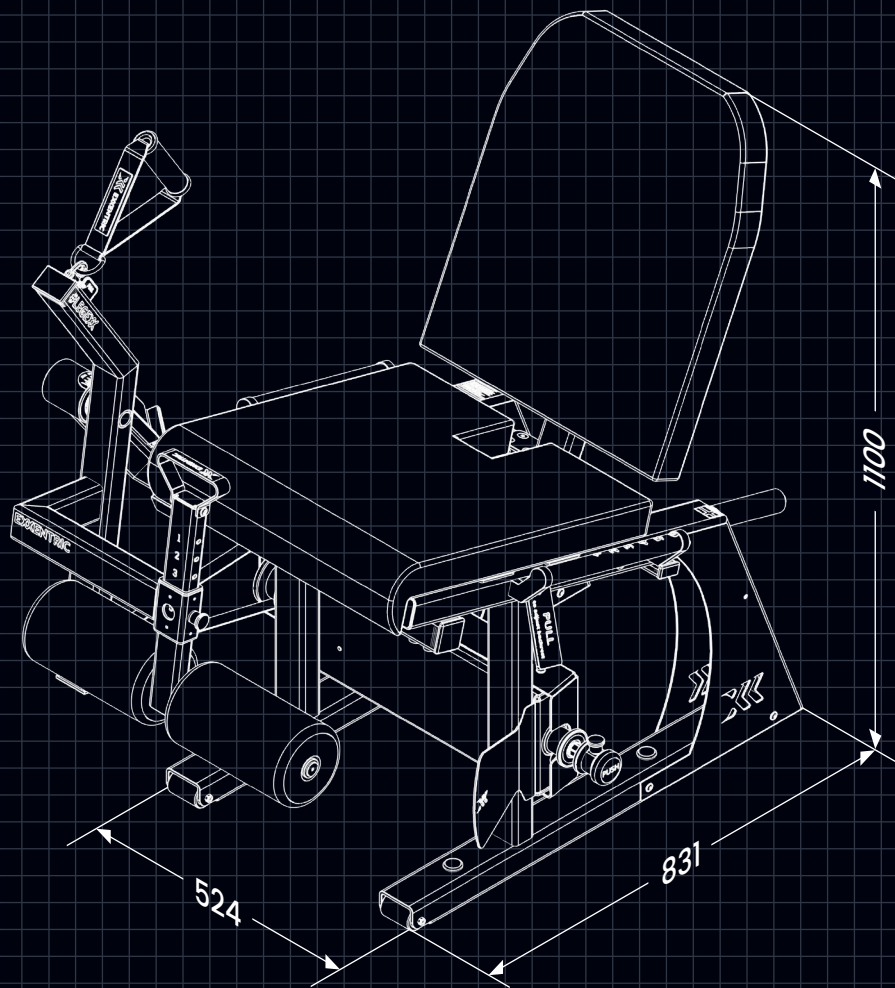
- Lightweight and Portable
- Can be used to train your whole body
- Effective in Building Strength and Mass
- Dynamic, Responsive Training
- Practical, Safe and Easy to Use

### **Main Features**

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

# LegExx

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



*All dimensions in millimeters*



# LEGEXX

## 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



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

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



### Benefits

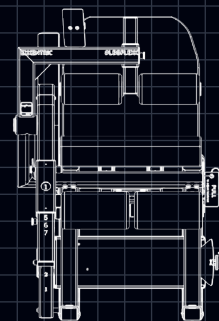
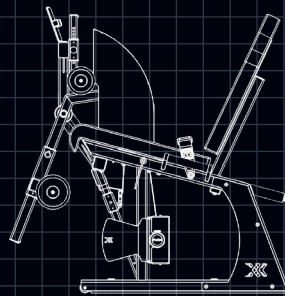
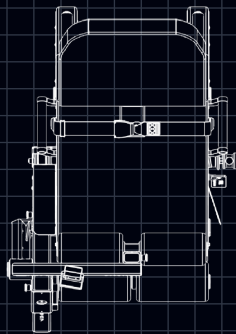
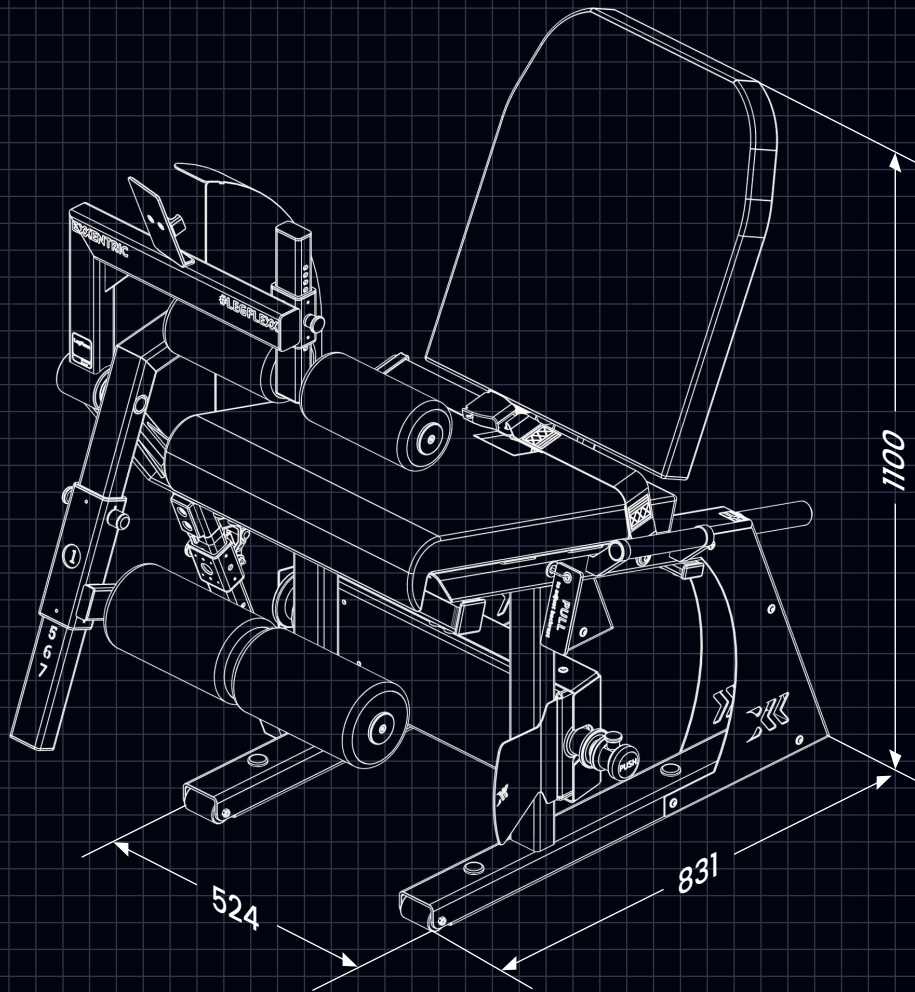
- Practical, Safe and Easy to Use
- Effective in Building Strength and Mass in your quadriceps femoris
- Built for Serious Strength Training

### Main Features

- Steel Body
- Adjustable Seat and Pad Positions
- kMeter Feedback System
- Eccentric Overload Handle
- Variable and Unlimited Resistance
- Wheels to increase mobility (65% lighter than traditional leg-extension machine)

# 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 Exentric equipment is known for, accommodates knee flexion in a seated position, optimal for hypertrophy in the hamstring muscles. It's equipped with the kMeter feedback system for monitoring real-time feedback and long term progress.

**Ideal for:**

- Professional Teams
- Performance Centers
- Physiotherapy Clinics



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

<https://exentric.com/products/systems/singleexx/legflexx/>





### Benefits

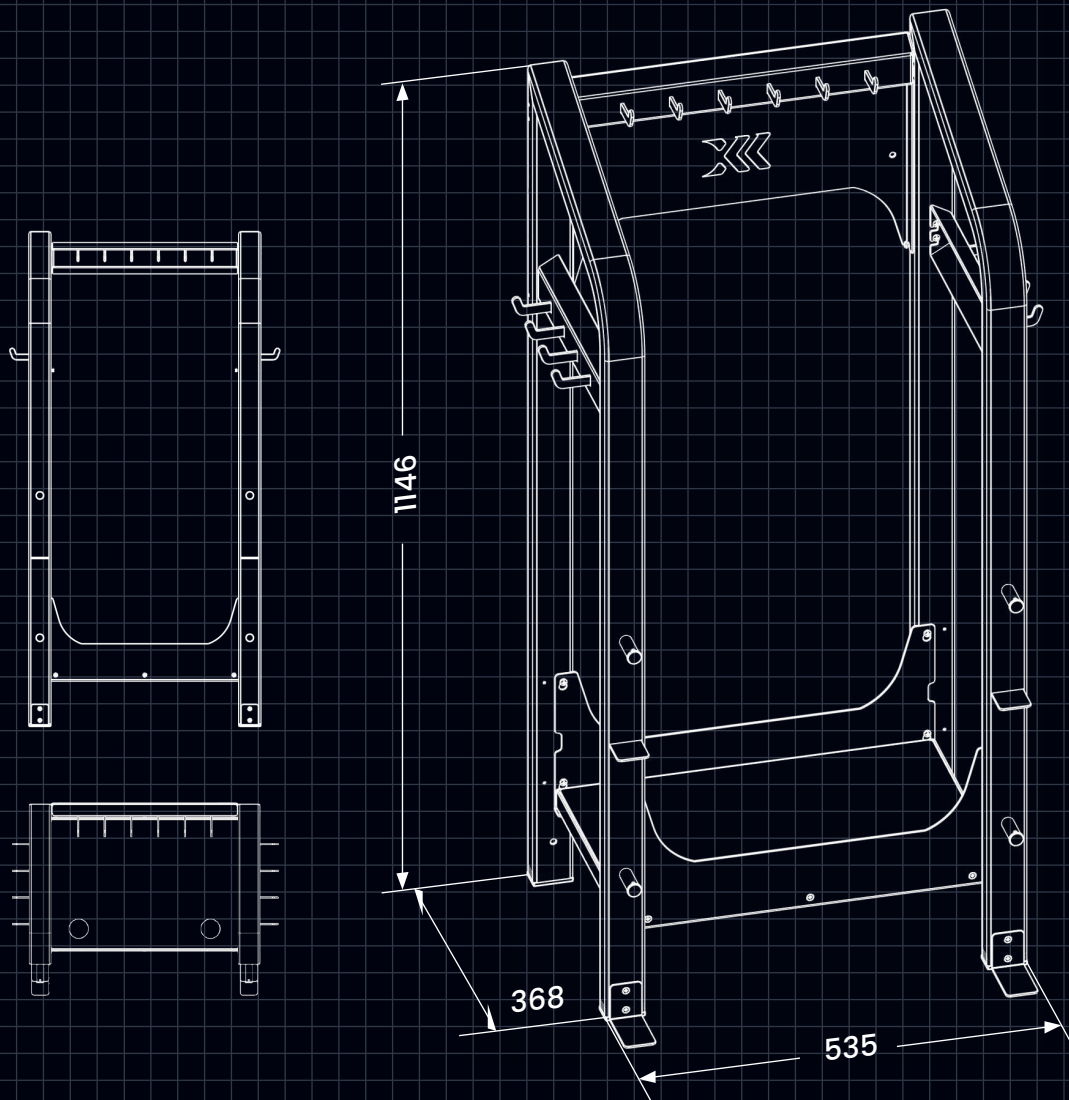
- Practical, Safe and Easy to Use
- Effective in hamstring hypertrophy and hamstring injury prevention
- Built for Serious Strength Training

### Main Features

- Steel Body
- Adjustable Seat and Pad Positions
- kMeter Feedback System
- Variable and Unlimited Resistance
- Wheels to increase mobility (65% lighter than traditional leg-curl machine)

# Accessories and Storage

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





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## Selection of Accessories



### Flywheels

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



### Ankle Cuffs

Small-Medium,  
Medium-Large



### kBar

Original (up to 200kg/440lbs)  
Knurled (up to 400kg/880lbs)



### Harness

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



### Decline Board

Can be used for Calf Raises  
or elevated Squats



### kGrips

One-size, also available  
as Angles 90



### Foot Block

For training change of direction  
and lateral movements



### Advanced Flywheel knob

Allows for the addition  
of two more Flywheels



### Upper Body Kit

Unlocks Upper Body & Chest  
exercises on the kPulley



### Hip Belt

Small-Medium,  
Medium-Large



## Accessories

Our accessories are custom-made for Flywheel Training and can be attached to or stacked on top of your Flywheel Training device to maximize your training versatility. Both individually or collectively they can accommodate a multitude of upper and lower body exercises. Furthermore, we provide replacement components as well.



For a full range of accessories, specifications and pricing information follow the link or scan the QR code.  
<https://exxentric.com/products/accessories/>

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## Selection of Storage & Display

### Accessory Racks

One Accessory Rack, or a combination of them, will provide Flywheel Training System owners with an ideal and effective storage solution that is customized to their particular setup.



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### kPulley Beam

While the kPulley2 already includes a compatible beam option, users might want to add a second one for versatility. Also compatible with the kPulley Go.



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### kPulley Go Beam Adapter

This component connects the kPulley Go Device to any of our Beams.



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### Cover Mat

The kBox Cover Mat is excellent for preventing unwanted wear on the surface of your kBox. Available for all kBox models.



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### Flywheel Bag

The Excentric Flywheel Bag is essential for any kBox user who refuses to limit their training when traveling.





## Storage & Display

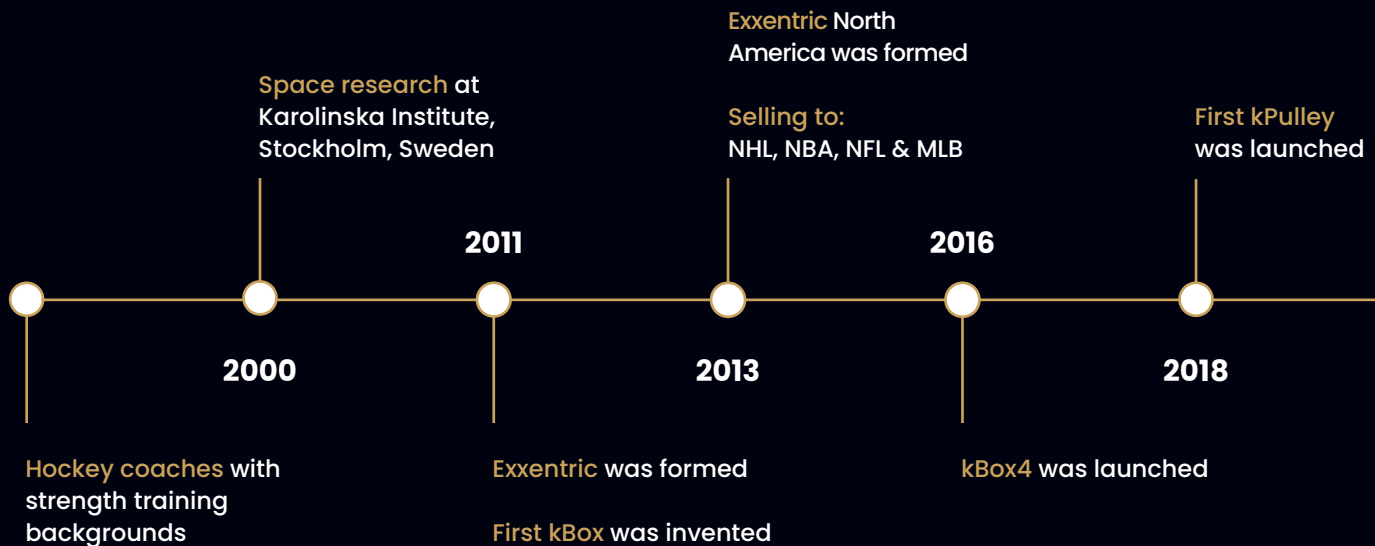
Our storage & display accessories are specifically designed to hold your Flywheel Training equipment and make your training more convenient. The storage & display range is perfect to complement your flywheel training with a tidy and organized look. This selection of accessories enables you to seamlessly integrate your Flywheel Training setup into your training space.



For a full range of accessories, specifications and pricing information follow the link or scan the QR code.  
<https://exxentric.com/products/category/accessories/storage-display/>

# 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.







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

2020



LegExx was launched

2021



kPulley Go was launched

10 Year Anniversary

LegFlexx was launched



2022

2023

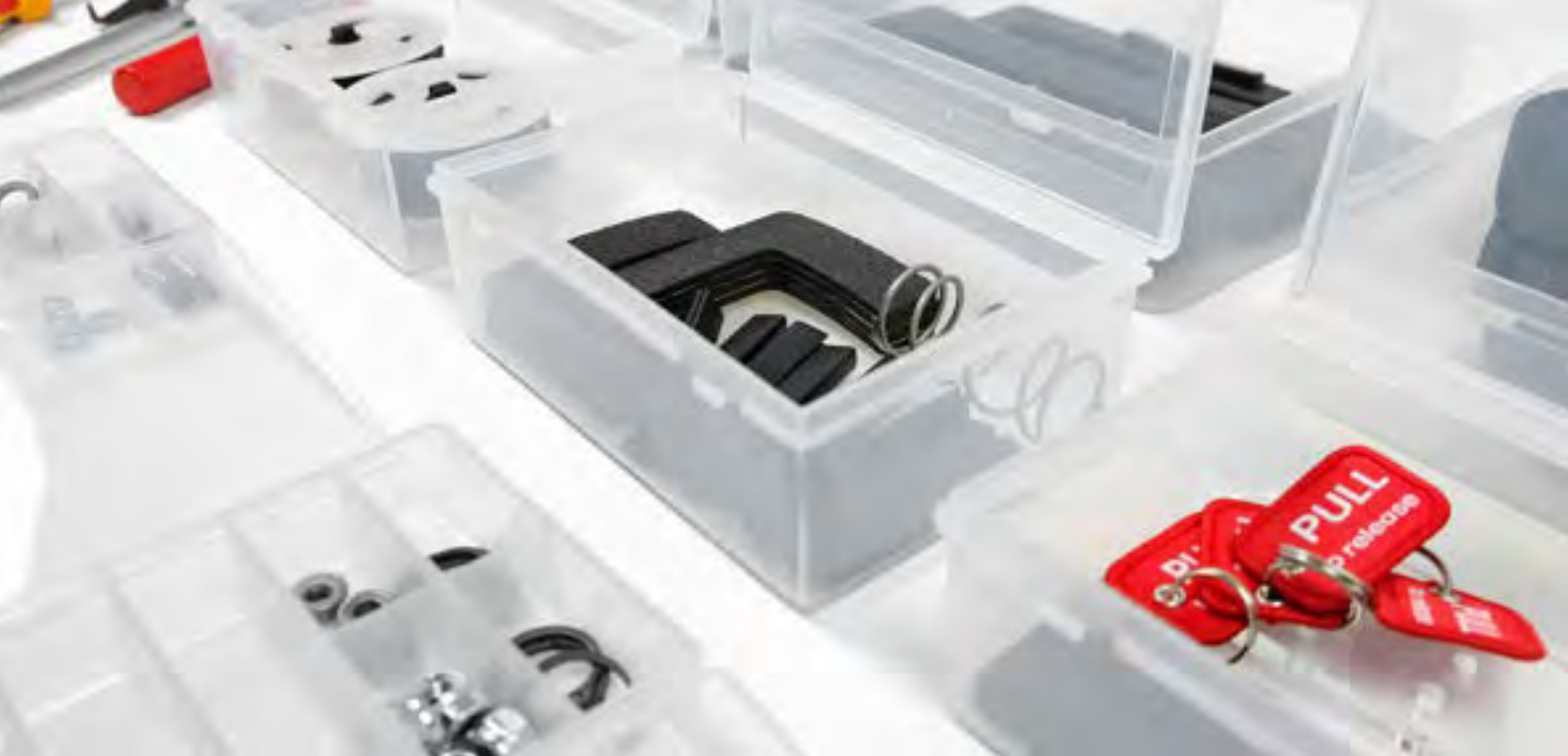


Gen 5 kBox was launched

kPulley Pro was launched



2024



## 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.

### 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.**





# Sustainability

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

## Environmental and Social Sustainability

At Exxentric we promote an active and healthy lifestyle and are constantly striving to positively impact well-being in our society through our products and continuous research endeavors.

The product lifetime and repairability of our devices is well above industry standard and paired with a 90% recyclability reduces our environmental impact and carbon footprint.

## 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 kBox 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 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  
[exentric.com/courses/](https://exentric.com/courses/)

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

Check out our calendar upcoming events  
<https://exentric.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**



**/go\_exxentric**



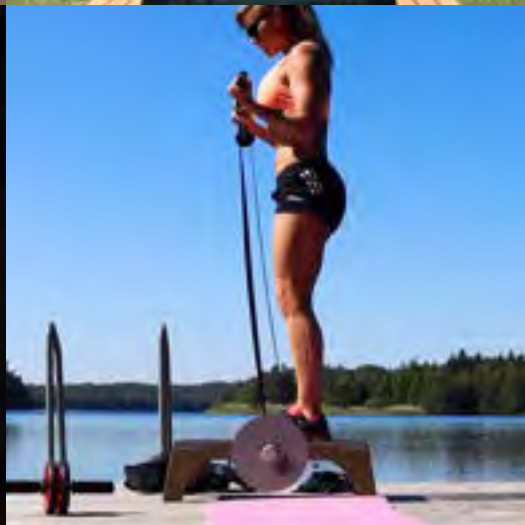
**/go.exxentric**



**/exxentric**

# #ExxentricFam

We are Stronger Together



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