




# Strength Matters



**EXXENTRIC**

Product Catalog 2024

A young man with light brown hair, wearing a red t-shirt, is shown in profile, smiling and looking down. He is in a factory or industrial setting, with a large, blurred wheel or gear in the foreground on the left. The background is dark and out of focus, showing some industrial equipment.

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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.**

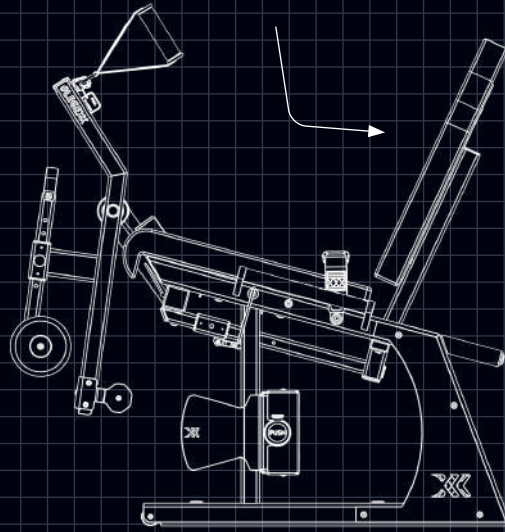
**MEDEVICE  
HEALTHTECH**



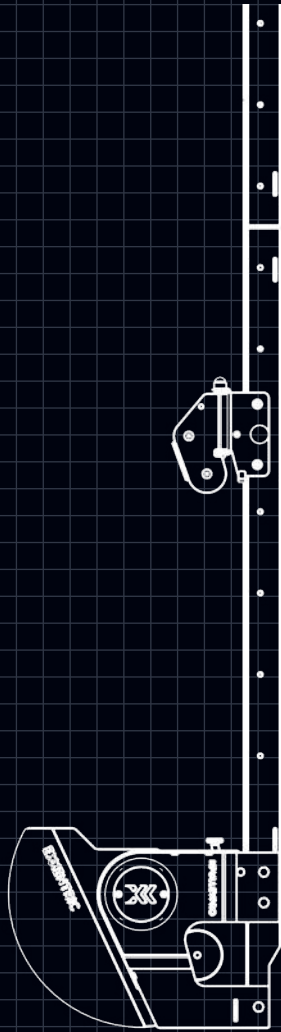
TRUST | TECHNOLOGY | INNOVATION



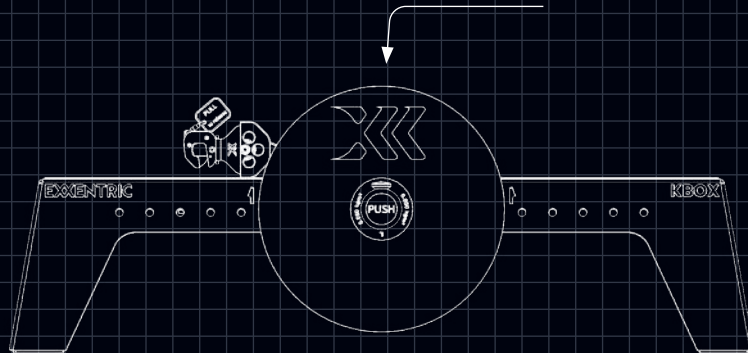
**LEGEXX**



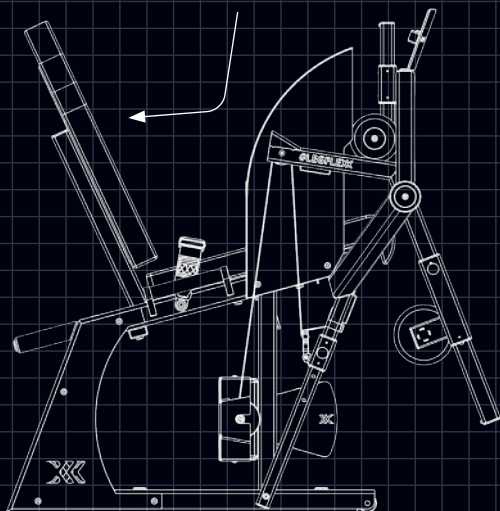
**KPULLEY**



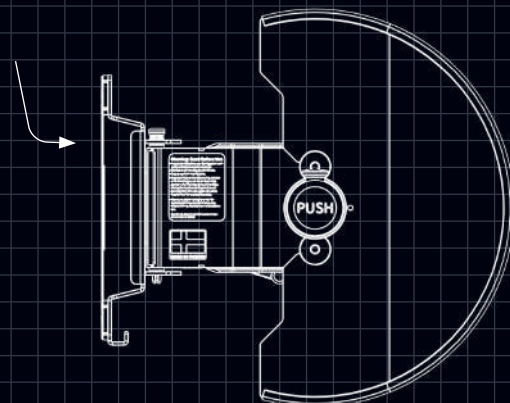
**KBOX**



**LEGFLEXX**



**KPULLEY GO**





EXXENTRIC

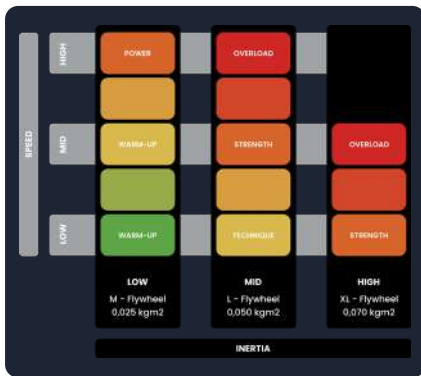
#KBO

# 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

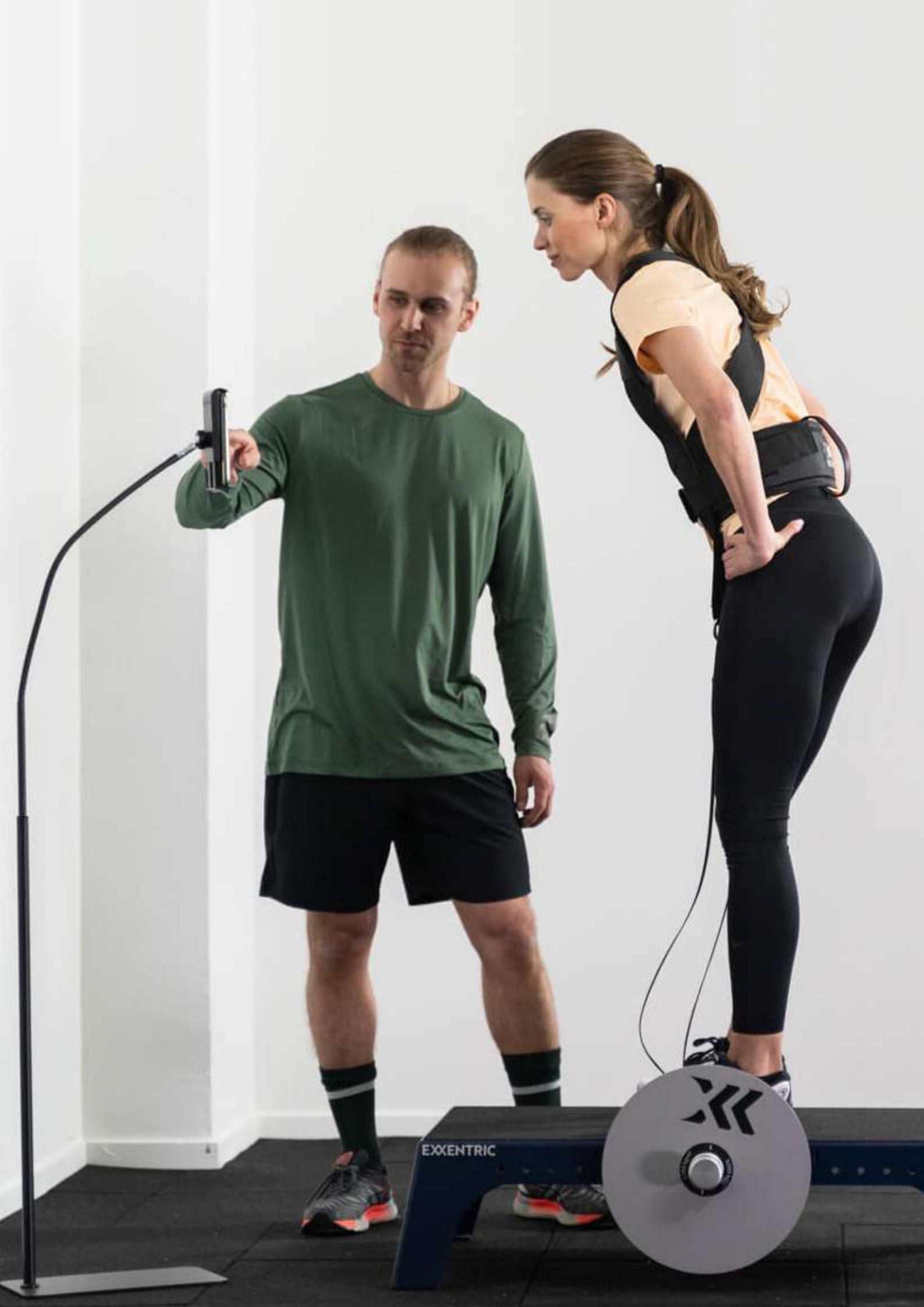
- Eccentric Overload
- Hypertrophy
- Variable Resistance
- Consistent Resistance
- Injury Prevention
- Strength & Conditioning

### 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.



Download on the  
**App Store**

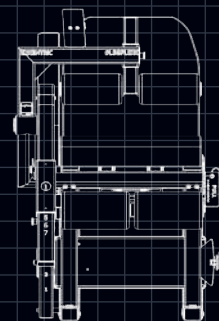
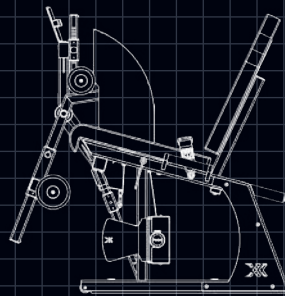
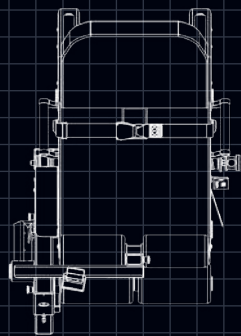
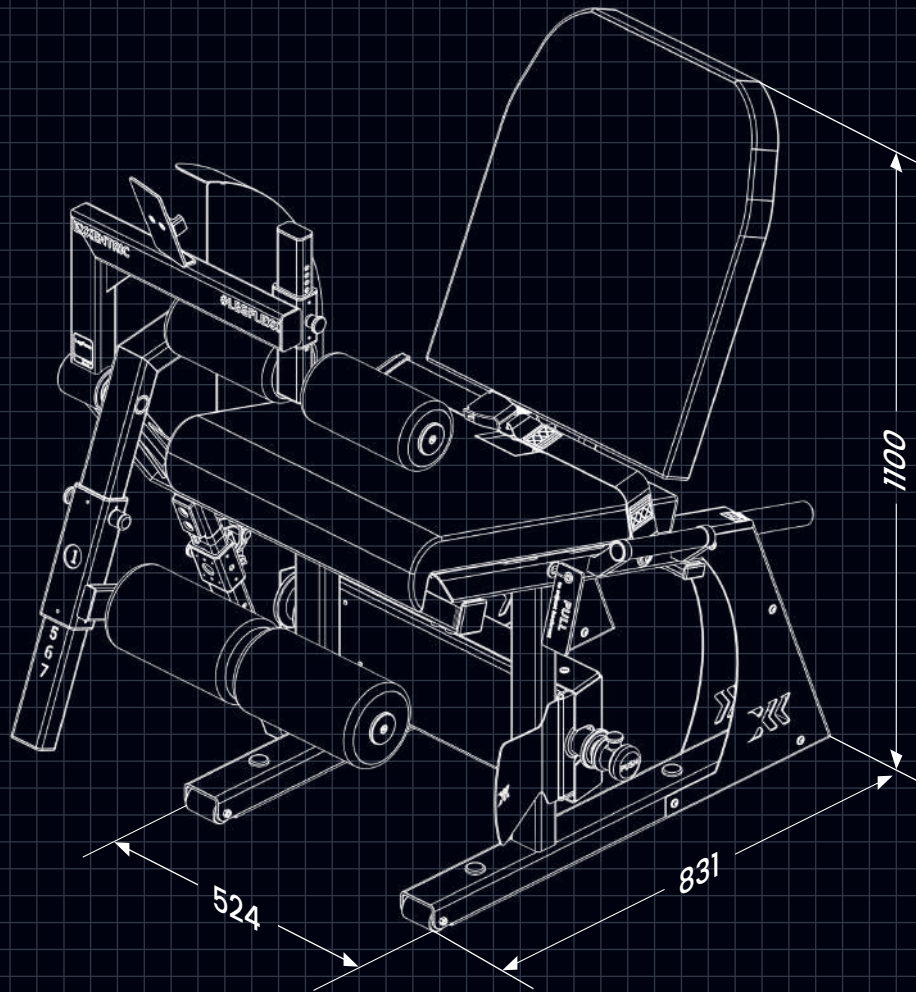


GET IT ON  
**Google Play**



# 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 feedback system for monitoring real-time feedback and long term progress.

### Ideal for:

- Professional Teams
- Performance Centers
- Physiotherapy Clinics



## Benefits

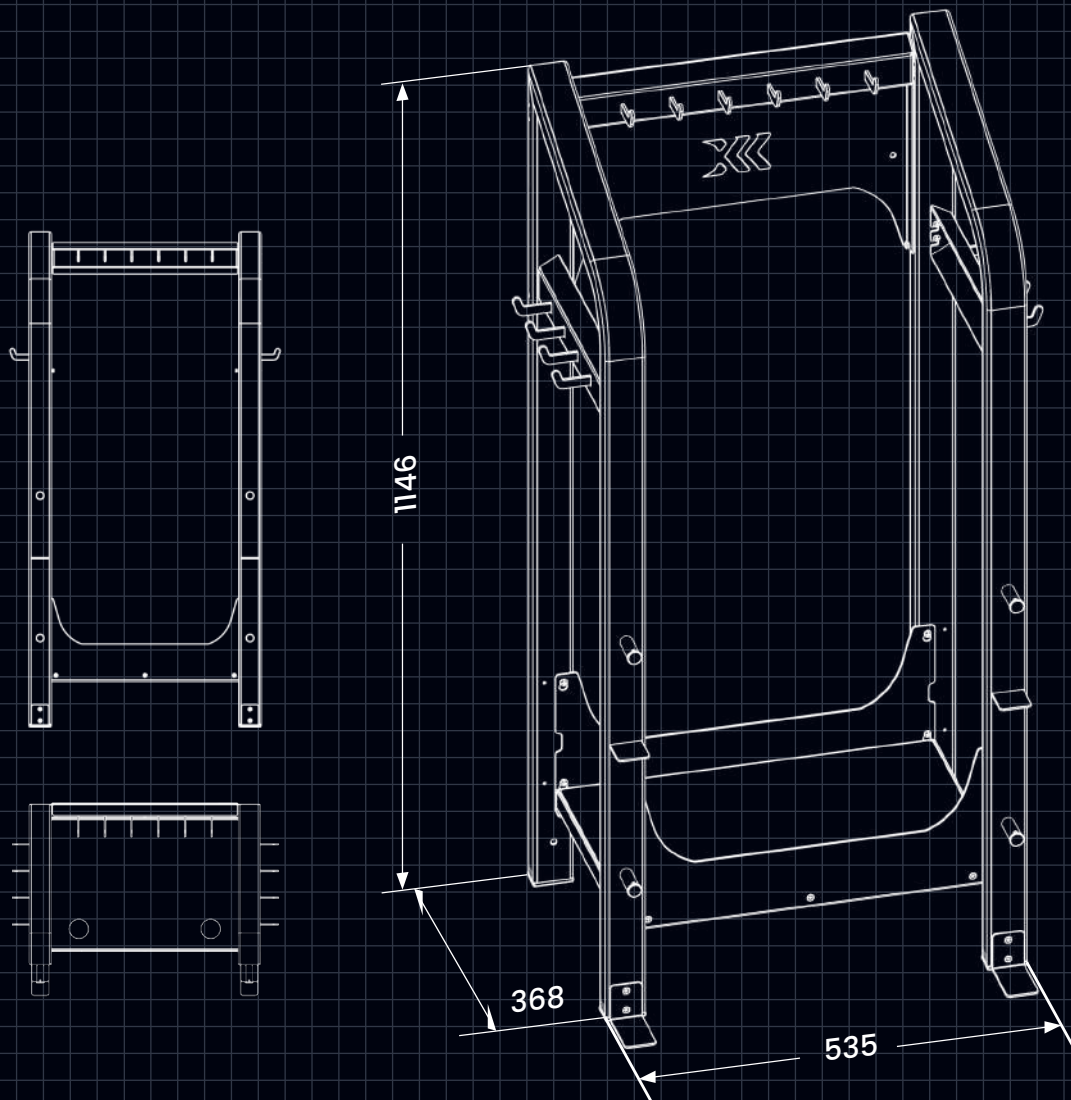
- Practical, Safe and Easy to Use
- Effective in hamstring hypertrophy and hamstring injury prevention
- Built for Serious Strength Training

## Main Features

- Steel Body
- 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



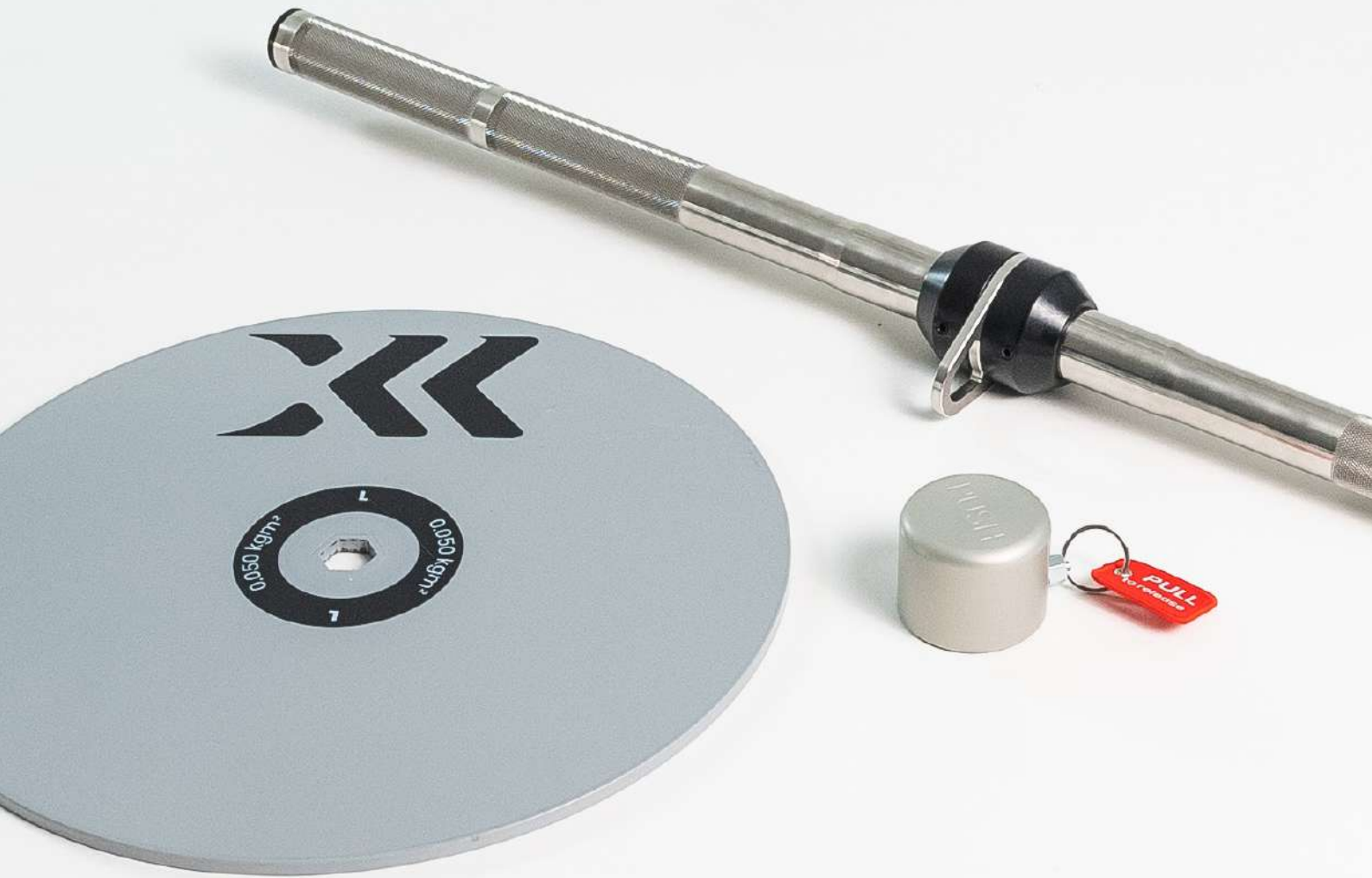
### Upper Body Kit

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.

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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.



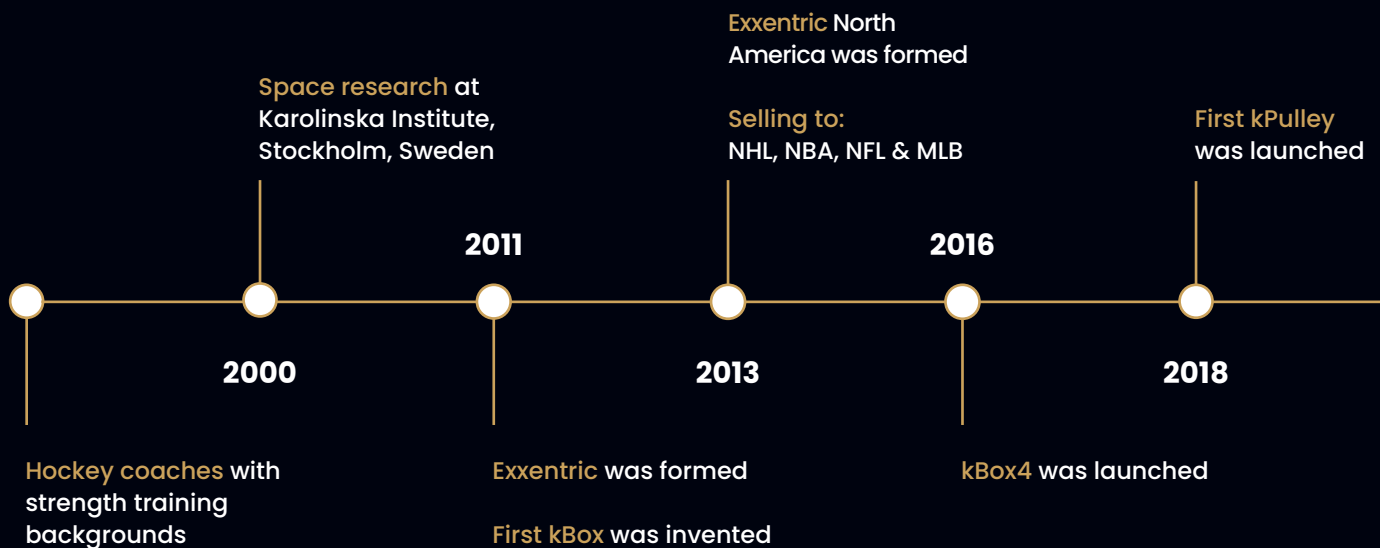


## Storage & Display

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.

# 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



2022

LegFlexx was launched

2023

Gen 5 kBox was launched



2024

kPulley Pro was launched



## 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.

# 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.



***/go\_exxentric***



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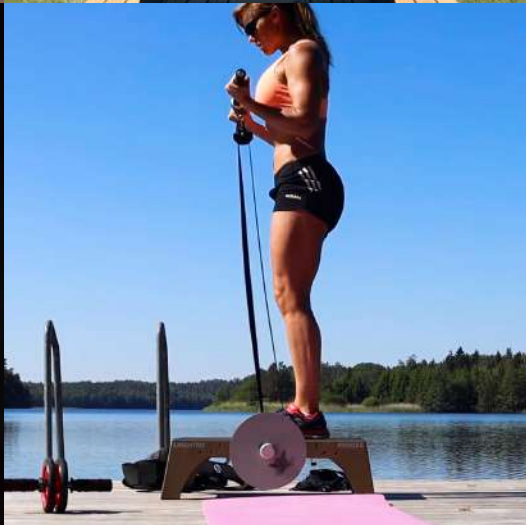
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# #ExxentricFam

We are Stronger Together



**MEDEVICE  
HEALTHTECH**



TRUST | TECHNOLOGY | INNOVATION

