

FLYWHEEL TRAINING DEVICES

kBox Pro

Combining the largest training area with maximum resistance.

The Pro is designed for maximal training intensity.



kPulley Pro

Unlocking horizontal presses, pulls & rotations.

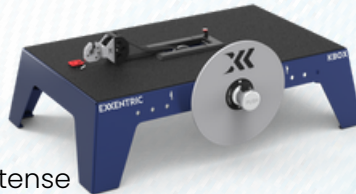
The kPulley Pro creates limitless training possibilities.



kBox Lite

Weighing only 11kg.

The Lite lets you bring intense and effective training with you, anywhere you go.



kPulley Go/Go+

Compact enough to fit in a backpack while Flexible up to 2 XL flywheels.

The Go turns the world into your personal gym.



kBox Active

Our most accessible kBox.

The Active is the perfect first flywheel device or home gym set-up.



LegExx & LegFlexx

Our line of single-exercise machines.

SingleExx supercharges isolation training for the quads & hamstrings with flywheel technology.



BETTER THAN GRAVITY!

- **Unlimited Resistance:** Experience variable resistance that seamlessly adapts to your real-time force output during every repetition
- **Eccentric Overload:** Maximize your performance gains by safely overloading your muscles during the lowering phase, pushing beyond 100% of your traditional 1 Rep Max
- **All-in-One:** Transform any space into a comprehensive high-performance training facility
- Access to over **70 evidence-based exercises** for the entire body from upper body pulls to heavy lower body squats
- Utilised by medalist **Olympians** and **Paralympians**

Technical Specifications

Specification	kBox Lite	kBox Pro	kPulley Go / Go+	kPulley Pro	LegExx & LegFlexx
Dimensions (W×D×H)	81×51×21 cm	98×63×23 cm	Go: 16.5×37.5×38 cm Go+: 18.5×37.5×38 cm	19.5×39×28.7 cm	LegExx: 80×108×110 cm LegFlexx: 80×95×115 cm
Top Surface	73×43.5 cm	90×55 cm	—	—	—
Weight	10 kg	15.5 kg	4.6 kg	8.5 kg	LegExx: 95 kg LegFlexx: 103 kg
Standard Inertia Range	0.005–0.200 kg·m ²	0.005–0.280 kg·m ²	Go: 0.005–0.140 kg·m ² Go+: 0.005–0.280 kg·m ²	0.005–0.280 kg·m ²	0.005–0.280 kg·m ²
Maximum Flywheels	Up to 4 (XS–L) * Up to 6 L with Advanced Flywheel Knob	Up to 6 (XS–XL)	Go: Up to 2 XL Go+: Up to 4 XL	Up to 6 (XS–XL)	Up to 6 (XS–XL)
Compatible Flywheels	XS, S, M, L	XS, S, M, L, XL	XS, S, M, L, XL	XS, S, M, L, XL	XS, S, M, L, XL
Range of Motion / Belt Length	180 cm	180 cm	150 cm	190 cm	—
Performance Tracking	Built-in kMeter	Built-in kMeter	Go: Optional kMeter Go+: Built-in kMeter	Built-in kMeter	Built-in kMeter
Auto Belt Retraction	Yes	Yes	Go: Manual Go+: Auto	Yes	Yes
Construction	Aluminum platform	Aluminum platform	Aluminum housing	Steel chassis + aluminum beam	Steel frame

We are a complete solution provider for all your Sport Science, Biomechanics, SnC, Physiology, Data Management, Data Analysis, & High Performance Management needs
We are your partners in excellence!

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