



Product Catalogue 2015

Flywheel Devices **art.no.**

kBox 3	18274
kBox 3 with SC-sensor	18275

Universal accessories

Harness, XS	18888
Harness, S	18430
Harness, M	18310
Harness, L	18431
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kGrip	19054
Flywheel inertia 0.05kgm ²	18276
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Floor Attachment plates (4p)	19148
Straps (3p)	19149

kBox specific accessories

Long foot support	18922
Short foot support	19145
Extension cord	18425

Packages

Plus package (2 kGrips, kBar, harness, ext cord, replacement straps)

Flywheel package (2 flywheels 0.50 inertia, 1 flywheel 0.25 inertia)

Foot support package (2 short foot supports, floor attachment kit)

3-pack harness (any sizes)

5-pack harness (any sizes)

kBox 3

Multi-exercise flywheel ergometer for upper and lower body (CE).

Includes: x1 Heavy flywheel (inertia 0.05), manual, replacement strap, locking pin removal tool, pulley. Factory mounted SmartCoach-sensor is optional.



Harness

Ergonomic harness for lower body exercises with kBox or for weight loading in exercises with bodyweight as resistance. Sizes XS, S, M, L, XL.



kBar

Ultra light bar (600 grams) for lower and upper body exercises with flywheel ergometers or weight stacked machines.



kGrip

Ultra light single handle, perfect for flywheel or traditional machines.



Flywheels

Steel flywheels with inertia 0.010, 0.025 and 0.05 kgm² compatible with all Exxentric flywheel devices (except kBox 2.0 and earlier).



Long foot support

Long foot support to enable calf press and decline squats in rehabilitation of Achilles and Patellar tendinitis and to improve back posture in squats.



Short foot support

Short (standard) foot support for lateral squats. Also used for changing angle of the cord in numerous exercises.



Straps (3p)

Replacement straps for Exxentric flywheel ergometers.

Attachment plates

Standard attachments plates for floor attachment of the kBox. Includes 4 pieces. Plates are attached to floor with bolts and kBox is attached to plates with the screw with the knob for easy attachment-detachment.



Extension strap

Standard extension cord for overhead exercises with kBox.

