

flywheel training

Flywheel training is still considered new but it has actually been around since the 1920s. This technology has been used widely in research and for targeted groups like astronauts, since flywheel devices work equally well in space as on Earth.

Now, we are bringing the many benefits of flywheel training to everyone by developing equipment suitable for both athletes and coaches in performance sports, physiotherapists, fitness centers and home gyms.

Automatic variable resistance gives a higher total force output through the set and there is no need to shift weights between sets and users. The devices are also very light and portable since you don't carry a lot of weights around. Flywheel training also offers easy and safe eccentric overload. This gives higher gains in muscle mass and strength, and is crucial in rehabilitation of Patellar and Achilles tendinitis as well as in damage prevention of hamstring injuries.

contact

You are welcome to contact us anytime for further information, or to order your new kBox flywheel training system. You can also learn more about flywheel training and its scientific support, and watch videos of all exercises at our website.

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Exxentric

about

The founders of Exxentric have backgrounds in sports science and bring decade-long experience from flywheel training technology. Our flywheel devices are designed and manufactured in Sweden to the highest quality standards and are sold all over the world.



our products

Our flagship is the kBox, short for the Kinetic Box. It is used all over the world in clinics, professional teams and universities. It offers a vast number of exercises for upper and lower body and gives you an almost complete gym in 0.5 m².



Our accessories are custom made for flywheel training to ensure that every exercise will benefit from the full potential of the kBox. Our harness unloads the spine and lessens the need for a perfect technique. With our kBar and kGrips, you can do a number of exercises for the whole body. The kMeter wireless feedback system accurately monitors your power and energy.

