



kBox 3, Kinetic Box by Exxentric

The Kinetic Box, kBox, is built on proven and reliable technology and a perfect tool in strength and rehabilitation for upper, lower body and core. kBox is used in gym, small group PT, traditional PT, by athletes in high performance sports and in clinics with patients.

Flywheel training with the kBox offers benefits as:

Variable resistance

The harder you pull, the more force you develop. All the momentum you create in the concentric phase you get back in the eccentric one. Go gentle or go hard, you decide. No weights, no problem.

Mobility

Load it in the car, use it in the field, store it. Just pick up and carry. Easy as that.

Eccentric overload in the easiest way possible

Boost your performance, strength and hypertrophy and gain access to all the other benefits of eccentric training validated by science.

Economic

A multi-exercise device with great durability for a 1/3 of the price of a standard stand-alone single-exercise weightstack machine.



kBox features

- Built-in Smartcoach sensor (optional). (see <http://www.smartcoach.eu>)
- Light, but strong and durable.
- Motion freedom, do lifting, squatting, lateral movements and rotations.
- Ergonomic. Harness unloading lower back.
- Self retracting cord, swift changes between users and drills.
- Low demand for space. Only 1-2 sqm needed.
- Low height, easy to store and bring with you.
- Silent. No metal-to-metal noise. Easy to communicate with the subject performing the exercises.
- CE-marking as a medical device.
- Perfectly balanced flywheels.
- High friction mat makes you feel strong and safe on the kBox.
- Long axle made of hardened steel so you can add up to four steel flywheels for really high inertia.
- 1 year warranty within EU.
- Designed and assembled in Sweden.

Ready to connect to the **Smartcoach feedback system**. Test, follow and develop your patients, athletes and customers and offer the feedback and motivation in their training. Used by many professional teams in Serie A and La Liga.





kBox technical specifications

WEIGHT

kBox is 15.7 kgs

kBox with included accessories, 2 heavy and 2 light flywheels and a harness weight 42 kgs (92.6 lbs) in its cardboard box.

SIZE

kBox (WxDxH) is 100x50x22.5 cm on floor. Top area is 90x45 cm.

IN CARDBOARD BOX (SHIPPING)

113 x 64 x 29 cm (45 kgs)

MATERIALS

kBox is made of aluminum and is powder coated in brown and the top is covered with a high friction rubber mat.

All details are anodized and made of hardened steel or aluminum.

Heavy flywheels are made of anodized steel and light flywheels of aluminum.

INCLUDED WITH kBox

1 Heavy flywheel (inertia 0.05 kgm²)

1 Extra strap

Manual in English

Pulley

Locking pin removal tool

OPTIONAL & ACCESSORIES

SmartCoach sensor (factory mounted)

Flywheel inertia 0.050 kgm²

Flywheel inertia 0.025 kgm²

Flywheel inertia 0.010 kgm²

kBar – ultra light bar

kGrips – ultra light single grips

Floor attachments plates and screws

Extension strap

Foot supports (short; 2p)

Long foot/heel support

Harness (size XS-XL)

MADE IN SWEDEN