Personal injuries may occur if these precautions are not observed

Prior to use, please read and understand user manual and warning labels.

The kPulley can deliver a supramaximal* workload. Do not exercise at an intensity which is above your physical capacity.

Workout at a submaximal** intensity until you are familiar with the equipment.

If you feel dizzy or experience pain, stop exercising immediately.

Exxentric takes no responsibility for any injuries that may occur while using this product.

Restrain from moving and/or rotating parts.

This machine and accessories are intended for strength training only. Do not use for other means.

Exercising at maximum intensity may cause temporary staggering and uncontrollable body movements due to fatigue. Exercise caution to prevent falling.

Always keep out of reach of children and animals. *Inspect the machine before use.* Damaged or worn parts and warning labels must be replaced. See user manual for how to change and cut the drive belt. Do not modify the machine or repair it with non OEM parts.

*) Supramaximal means higher loads than your muscle can produce themselves in a shortening (concentric) action.

**) Submaximal means below maximal. In this case, we would recommend below 75% of max intensity.
CONTENTS

This Manual outlines a description of the kPulley for Sorinex® Rack version, a Flywheel Exercise Device, a guide to its use, and how to maintain it.

Always check exxentric.com/support for latest info and manuals.

SPECIFICATIONS  Page 4
KPUllEY OVERVIEW  Page 5
MOUNT INSTRUCTIONS  Page 6
ATTACHMENT OF DRIVE BELT  Page 7
INTRODUCTION  Page 8
FEATURES  Page 9
USAGE  Page 10-11
MAINTENANCE  Page 12
KMETER  Page 13
ACCESSORIES  Page 14
WARRANTY  Page 15

CAUTION

Like any exercise program, it is important that users are capable of performing exercises on this exercise equipment and have verified this with their personal physician
## SPECIFICATIONS

<table>
<thead>
<tr>
<th>Footprint in cm</th>
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<tbody>
<tr>
<td>width (base)</td>
<td>36.5 cm (incl. foot protection)</td>
</tr>
<tr>
<td>depth</td>
<td>34 cm (incl. foot protection)</td>
</tr>
<tr>
<td>Weight kg (lbs)</td>
<td>9 kg (22 lbs)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Materials</th>
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</thead>
<tbody>
<tr>
<td>chassis</td>
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<td>interfaces</td>
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<td>foot protection</td>
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<tr>
<td>flywheel</td>
<td>steel</td>
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<tr>
<td>working height</td>
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<tr>
<td>max range</td>
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<td>kMeter II</td>
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<td>quick change flywheel</td>
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<tr>
<td>inertia range kgm²</td>
<td>0.005–0.140</td>
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<tr>
<td>inertia factor*</td>
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### Flywheel options

<table>
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<tr>
<td>0.005</td>
<td>yes</td>
</tr>
<tr>
<td>0.01</td>
<td>yes</td>
</tr>
<tr>
<td>0.025</td>
<td>yes</td>
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<tr>
<td>0.05</td>
<td>yes</td>
</tr>
<tr>
<td>0.07</td>
<td>yes</td>
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<tr>
<td>flywheel generation</td>
<td>kBox4</td>
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</table>

*) inertia factor – highest possible inertia divided with the lowest possible inertia.

### Included with the kPulley:

- kPulley2 Base with Sorinex® rack attachment
- Small pulley block
- kMeter II built-in
- Drive Belt
- Drive Belt removal tool
- kPulley manual
- kMeter II Quick Start Guide

exxentric.com/support
1. Flywheel knob
2. Flywheel
3. Foot protection
4. kPulley Shaft cover
5. kPulley base unit
6. Rack attachment locks
7. Adjustable pulley
8. Flanges
9. Belt stop
10. Drive Belt
11. Sorinex® Beam
12. Tool Bag

When receiving the kPulley for Sorinex rack, start by fixing the kPulley base unit onto the chassi rack attachment with the two M8x65 screws and M8 nuts found in the tool bag. Make sure the big oval hole is in line with the shaft of the kPulley as advised in photo below.

1. Chassi Rack Attachment
2. M8x65 Screw
3. M8 Nut
RACK MOUNT INSTRUCTIONS

The kPulley for Sorinex® Rack must be attached to a Sorinex® Rack using the designated attachment part before being used. Exxentric takes no responsibility for personal injuries or damages to the device if not being fixed properly to the rack before use.

Fit attachment parts in the holes and lock them and tighten the look by pressing them like in the last picture below.
ATTACHMENT OF THE DRIVE BELT
INTRODUCTION

What is it? The kPulley is a compact exercise device used for predominantly horizontal actions. It is a flywheel exercise device and uses the moment of inertia to provide a high and variable resistance in both the concentric and eccentric movements of the user.

*) concentric muscle action is when the muscle is being shortened while an eccentric muscle action is when the muscle is being elongated during action. In some literature, concentric and eccentric is called positive (shortening) and negative (lengthening) phase.

How does it work? The kPulley has a drive belt wound around a shaft located in the back of the device. Different combinations of flywheels are mounted on the end of the shaft, and you can mount two flywheels up to 0.070 kgm$^2$ respectively summing up to a total inertia of 0.140 kgm$^2$ in total.

Using hand grips or an ankle cuff attached to the Pulley, the User should then pull to accelerate the flywheel and then resists to decelerate the flywheel as the belt winds in the opposite direction.

Setting up the kPulley The kPulley must be fixed to a Sorinex® rack using the attachment part and have the drive belt inserted before being used.

Foot protection The foot protection piece must be assembled after unpacking the kPulley. This is recommended highly in order to protect against injury. To fix the protection piece slide the hooks into the holes in the front and push down firmly.

The Flywheel We offer five different flywheels with inertia: 0.005, 0.010, 0.025, 0.050 and 0.070 kgm$^2$. All flywheels from the kBox4 generation are compatible with all kPulley versions. The maximum capacity the kPulley can hold at one time is two flywheels. This allows for a range of inertia between 0.005 and 0.140 kgm$^2$. Do not try to mount more than the maximum capacity of flywheels.

Experimentation will determine which configuration is required for your level of training. Mounting or changing flywheels is done by releasing the Flywheel knob. To do so, pull the knob on its side, remove the knob, change flywheel(s) and securing them by pushing the Flywheel knob back on until it makes a clicking noise.

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FEATURES

Principle of the kPulley

The kPulley is a ‘flywheel exercise device’. Which muscle is being exercised depends on which exercise is being performed.

The principle is that through muscle force, you accelerate and decelerate a flywheel (or flywheels). Exercises with high intensity and high forces stimulate muscles to increase in size and the nervous system to increase activation of the muscles. These effects together increase strength over time, if the exercise is repeated regularly.

Resistance

The resistance is variable and unlimited. The flywheel has a specified inertia and there is no upper limit to how much kinetic energy you can produce in the flywheel motion. You can think of the flywheel as a weight that weighs more with the more effort you put into lifting it. Resistance is variable, so if you pull less the flywheel will resist less.

Every repetition in a maximal set is maximal instead of only the last one which is the case with traditional weights. This results in a higher training efficiency, earlier onset of strength increase and also hypertrophy.

Eccentric Loading

The kPulley provides for increased eccentric workloads. The skeletal muscles can produce higher force in the eccentric, or negative phase. This is difficult to take advantage of with traditional weights, which always weigh the same.

If you accelerate the flywheel during the concentric, or pulling phase then decelerate in a short period of time, you will have to produce a higher eccentric force. This will be similar to lifting weights that would normally be too heavy unless assisted by a training partner(s) but executing the eccentric (lengthening) phase by yourself.
**USAGE**

**Foot Placement**
Stand in front of the kPulley on the floor. Depending on which exercise you wish to perform and the range of motion needed, position yourself closer or further away from the device to get to an appropriate range of motion.

**Range of motion**
Set range of motion by 1) positioning yourself closer or further away from the beam or 2) adjust the drive belt length at the top using the drive belt stop (see below).

**Setting the height**
You can select at what height the belt should come out from the kPulley. For horizontal actions, a perpendicular angle to the kPulley / wall is recommended. Unlock the attachment locks, move the adjustable pulley to desired position and lock it in.
Setup
Select desired inertia and accessory to use for the exercise you want to perform. Connect accessory to the pulley block by pulling the “Pull To Release”-tag on the snap shackle, insert the accessory connecting point and close the snap shackle.

Exercising
Pull gently for 1-2 repetitions to assess that you have the correct inertia and positioning and then increase to desired exercise intensity. Avoid hitting the adjustable pulley with the pulley block!

Overload
Use a stronger movement pattern or your body weight to accelerate in CON and absorb with the muscle you want to overload in ECC.

Ex. Row – use lower back to accelerate and absorb with a stiff back to put ECC load on upper back and arms.

Ex. Rotator cuff – step away from the device to accelerate in CON and absorb in ECC in this position.

Support
Go to www.exxentric.com/support for manuals and guides.
Contact support@exxentric.com if you need assistance.
MAINTENANCE

Drive Belt Cautions
The kPulley Drive Belt and its attachment to the shaft is the most sensitive part of the kPulley2. Be attentive to wear and check regularly.

Trim / replace
When the Belt shows signs of wear and tear, trim the end by cutting off the damaged area or replace it with an original spare Drive Belt.

Trimming worn Belt
If damage occurs close to the shaft, it is possible to cut off the damaged end and reattach the new end.

Procedure
1. Remove shaft cover. Use 4 mm hex key from tool kit.

2. Unwind all of the belt from the shaft.

3. Use Pin Removal Tool to push the Belt through the shaft and remove the Locking Pin.
4. Cut off the damaged Belt. Harden edge with a lighter.

6. Pull the Belt through the shaft from the side with the more narrow groove. Fold Belt around Locking Pin and pull the Belt and Pin into the wider groove in the shaft.

7. The Belt automatically locks into the groove when you pull it firmly. Make sure you can see the edge of the band when it’s in place in the shaft (highlighted in third photo below).

8. Put the shaft cover back and start training!

**Note:** If the lock pin is dropped inside the chassis, there is a spare one in the tool kit. If both are lost, remove the chassis from the beam and pick them up.

**Replace Drive Belt completely**

Remove Belt from shaft as above, pull it out through the shaft and through the pulley block and the sliding pulley. Disconnect the Drive Belt from the belt stop.

Re-attach new Drive Belt in the belt stop and reverse the procedure.
**kMeter II**

**Overview**  kMeter II allows you to connect your smartphone or tablet with your kBox or kPulley and get training feedback. All kPulley versions have the kMeter II built-in as standard. It is powered with two AA batteries.

**SmartCoach**  Previous kMeter module version (wired) works with SmartCoach system but to connect SmartCoach to kMeter II you need a special version of kMeter II with a wire and this needs to be specified when you order your kPulley (or kBox) system.

**How it works**  kMeter Module sends wireless data over Bluetooth to the corresponding iOS or Android app. The kMeter App uses rotational data and user-input of inertia to calculate and present power in real-time and a set summary containing average power for every rep, average power for set, peak power in CON and ECC for every rep and for sets in total, range of motion, force, number of reps, average, rep time and energy expenditure. Users can input training data after a completed set (exercise, comment and VAS 0-10 to be used for pain or exertion for example). All data can be stored in an in-app database for later view in the app or exported to Excel.

kMeter II has a sample rate of 10000 Hz and receives 64 impulses per revolution of the flywheel. This means it can accurately sample data up to rotational speeds of 155 revolutions/second.

**Download App**  Search for “Exxentric kMeter” in AppStore or Google Play.

**More info**  http://exxentric.com/kmeter
ACCESSORIES

kPulley accessories

Flywheel (0.005, 0.010, 0.025, 0.050 and 0.070 kgm²)
kMeter II feedback system (built-in from factory)
kGrips (two single grips)
kBar (ultra light bar)
Exxentric Ankle Cuff (two single pieces)
Exxentric Rotational Sling
Exxentric Hip Belt
Exxentric Harness (XXS, XS, S, M, L, XL, XXL)
Exxentric Head Harness
Spare Drive Belts
Exxentric Accessory Rack (floor model or wall-mounted)
Exxentric Flywheel bag

Accessories for other devices

Extension Strap for overhead movements
Foot block Short for kBox4 Lite / Active
Foot block Long (for kBox4 Pro)
Elevation blocks

Visit exxentric.com for more info on products and accessories!
WARRANTY Valid from 03-10-2013

1) THE TERMS AND CONDITIONS’ APPLICABILITY. This Agreement applies only to the sale of products in new condition in the EU or in a market where a certified dealer is established. For the individual consumer, warranty runs from the original delivery date for 12 months in parallel with the conditions specified in the current consumer law. For trade companies, warranty runs for 12 months from the original delivery date and with the conditions set out in this agreement.

2) PARTIES OBLIGATIONS Exxentric undertake – with the exception of the cases specified in paragraph 5 below – in case of malfunction or damage to the product to replace defective parts. More extensive repairs are to be carried out by an Exxentric designated service center.

3) WHAT CONSTITUTES AN ERROR Errors are professionally determined deviations from the normal standard that manifests itself during the period specified in paragraph 1. The product is considered defective if it differs in the manner stated above and is not, according to Exxentric, likely to have been defected due to accident or circumstances that are otherwise attributable to the buyer.

4) TROUBLESHOOTING Rectification of defects or delivery of replacement parts will take place within a reasonable time after the buyer notified the error and, if so requested by Exxentric, made the product available to the action of a designated service center. What is considered a reasonable time is determined by the buyer’s need for the product, the nature and scope of the error, difficulties in determining the error and access to spare parts and engineering capacity.

5) LIMITATION OF SELLER / EXXENTRIC’S COMMITMENT Exxentric’s responsibility does not cover the product’s consumable parts and wear parts such as for example drive belts, extension straps, snap hooks, rubber mats and feet pads. Also, the warranty does not cover what is considered as normal wear and tear, normal corrosion, or defects in paint or other coating. Also, the buyer may not claim rectification for deficiencies which the seller can show were caused by for example:
- that repair or service was done elsewhere than at an authorized Exxentric service center
- that non OEM components were used
- that use of the product continued after the defect was first noticed
- that the product has been used in ways for which it is not designed or sized
- that the product has been abused
- that the product has not been used with normal care
- that the care regulations as per existing instructions have not been carefully observed.

6) TRANSPORT SAFETY AND TRANSPORTATION EXPENSE. For repair of extensive defects, the purchaser shall bring the product to a designated service center. Buyer shall, after the defect has been remedied, pick up the product from the seller or the designated service center. The product can also be dispatched by the buyer to the seller or to the designated service center. Such transportation shall be at the buyer’s sole risk and expense. Replacement parts which the buyer can be expected to replace on his/her own are delivered free of charge to the buyer.

7) LIMITATIONS OF LIABILITY. For individual consumer, the limitation of liability as stated in the current applicable Consumer sales rules applies. The buyer is therefore not entitled to compensation beyond what is covered under (2). For commercial customers, Exxentric’s liability is limited to what is stated in this agreement. The buyer, therefore, is not entitled to compensation for economic damages beyond the terms specified above, i.e. not for personal injury or property damage. Buyer is reminded once again the importance of the product being handled with care and in accordance with the operating manual’s instructions!

DISPUTES. Disputes concerning the interpretation or application of this Warranty Agreement shall in the first instance be resolved by agreement between the parties. If such an agreement cannot be reached, the dispute shall be settled finally by arbitration at the Stockholm Chamber of Commerce Arbitration Institute (the Institute). The Rules for Expedited Arbitrations shall apply unless the Institute with regard to the case, the amount in dispute and other circumstances, determines the rules of the Stockholm Chamber of Commerce Arbitration Institute shall apply to proceedings. In the latter case the Institute shall also decide whether the arbitral tribunal shall be composed of one or three arbitrators.

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