kPulley Go Manual

EXXENTRIC

Exxentric
kPulley Go Manual
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Exxentric AB
Karlsbodavägen 39
168 67 Bromma
Sweden

t: +46–733–55 90 49
e: info@exxentric.com


#KPULLEYGO
EXXENTRI

WARNING

For Your Safety

Please read and understand the user manual and warning labels prior to use.

- Inspect the machine including the drive belt 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.
- Before you start training, make sure the pulley block snap shackle is properly closed and connected.
- Flywheels may get slippery when wet. When lifting flywheels, use a secure two-handed grip.
- The machine and accessories are intended for strength training only. Do not use them in any other way.
- The kPulley can deliver a supramaximal* workload. Do not exercise at an intensity above your physical capacity.
- The device is not suitable for children or animals.

During Use

Personal injuries may occur if the relevant precautions are not observed.

- Work out at a submaximal** intensity until you are familiar with the equipment.
- Keep away from moving and/or rotating parts.
- Use shoes to avoid friction burns from the spinning flywheel or drive belt during use. Never stop a spinning flywheel with your bare hand as it may cause friction burns.
- Do not let the pulley block hit the kPulley height adjuster during use, absorb the eccentric load **before** it hits the device.
- If you feel dizzy or experience pain, stop exercising immediately.
- Exercising at maximum intensity may cause temporary staggering and uncontrolled body movements due to fatigue. Exercise caution to prevent falling.
- Exxentric takes no responsibility for any injuries that may occur while using this product.
- The kPulley Go can be used outdoors at the user's discretion. Exxentric takes no responsibility for any damage caused to the product while being used outdoors.

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

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

CONTENTS

This Manual covers a description of the kPulley Go, a Multi-Exercise Flywheel Device, a guide to its use, and how to maintain it.

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

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

	kPulley Go
Minimum dimensions (bounding box)	
Width (inc. flywheel knob)	19 cm (7.5 inches)
Depth (inc. flywheel protection)	41.2 cm (16.2 inches)
Height (inc. flywheel protection)	39.4 cm (15.5 inches)
Materials	
Main Device	Steel & POM plastic
Flywheel Protection	Aluminium
Flywheel	Steel
Color	Jet Black
Features	
Range of motion	1.5 m (59 inches)
Quick change flywheel	yes
Inertia range kgm^2	0.005-0.140
Inertia factor*	x28
Flywheel options (kgm^2)	
XS - 0.005	yes
S - 0.010	yes
M - 0.025	yes
L - 0.050	yes
XL - 0.070	yes
Flywheel generation	kBox4
Weight of machine**	3.6 kg (7.9 lbs)

*) Inertia factor means the highest possible inertia divided by the lowest possible inertia.

**) This weight includes the device (with height adjuster attached), small pulley block, flywheel protection, and flywheel knob. With the short beam added the total weight is 5.1 kg (11.2 lbs).

KPULLEY GO OVERVIEW

More detailed overview in printed manual

1. **Flywheel Knob**
2. **kPulley Go Flywheel Protection**
3. **Main Device**

3.1 **kPulley Go Drive Belt**

3.2 **Roller Pin**

3.3 **kPulley Go Belt Stop**

4. **Pulley Block**
5. **kPulley Go Height Adjuster**

5.1 **M8 Bolt**

6. **kPulley Go Short Beam**

Included with the kPulley Go:

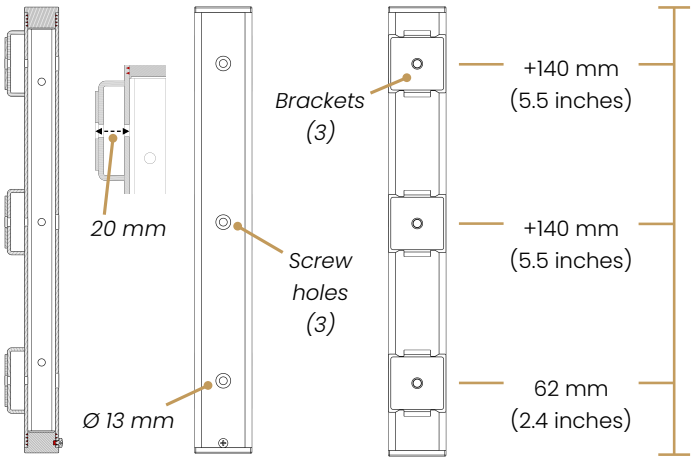
- kPulley Go Base Unit
- kPulley Go Short Beam
- 3 Attachment Bands
- Medium Flywheel (in Sleeve)
- kGrips (Pair)
- Ankle Cuffs (Pair)
- kPulley Go Manual

WALL MOUNTING INSTRUCTIONS

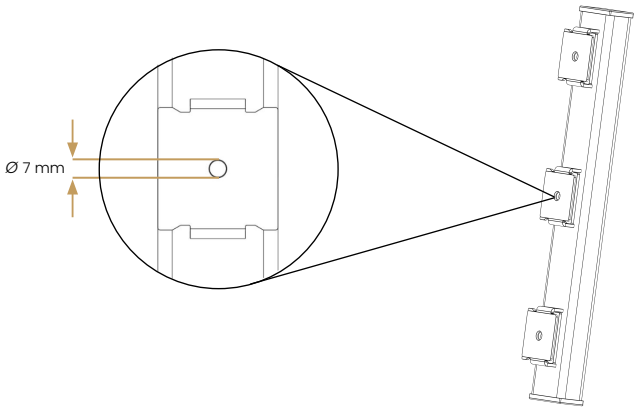
Screws for mounting not included, use the appropriate screws for your wall specifications. Exxentric takes no responsibility for the mounting of this product and recommends **seeking assistance from a professional.**

Beam Overview

The beam should be screwed in place using 3 screws. The positioning of the holes for these screws is detailed below. The overall length of the beam is 394 mm.

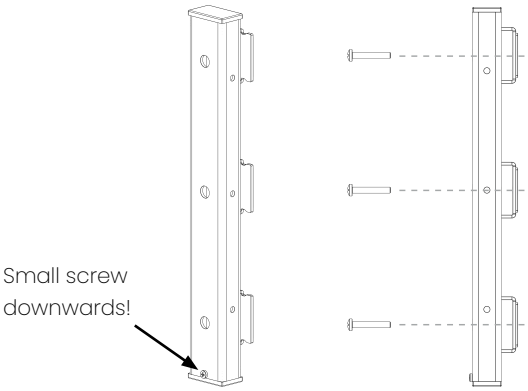


The holes for the screws on the back beam are 7 mm in diameter.



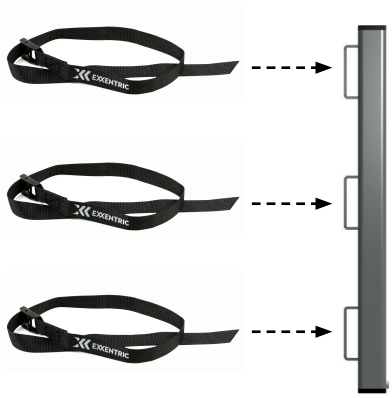
Step 1

Screw the beam to the wall. **Make sure that the small screw is at the bottom and that the beam is perfectly straight.**



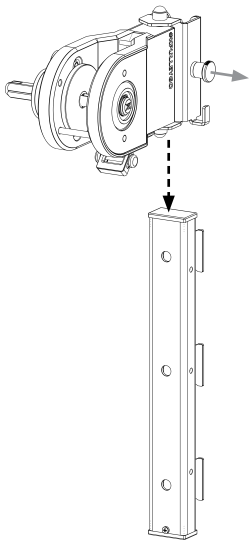
Optional Strap Attachment

To attach the kPulley Go to a pole or a rack, use the brackets on the back of the beam and the three straps provided. Alternative straps, up to 50 mm wide, can be used if you prefer. The kPulley Go can also be mounted and used outdoors at the user's discretion.



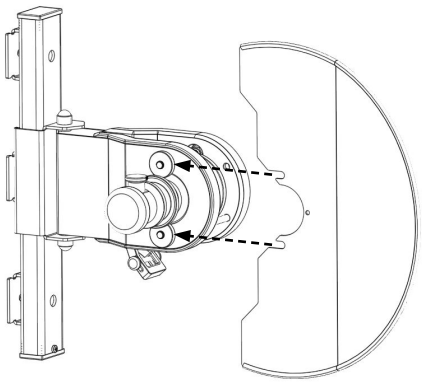
Step 2

Slide the kPulley Go onto the beam. **Ensure that it runs smoothly up and down the beam.**



Step 3

Attach the flywheel protection and the flywheel knob. Loosen the two thumb nuts and ensure the shim washers are **behind** the flywheel protection. Then slide the flywheel protection into place and tighten the nuts.



PULLEY BLOCK ATTACHMENT

Step 1

Remove the tape from the drive belt and pull out the loose end from the body of the kPulley Go. Make sure the belt comes out over the roller pin.

Step 2

Take the pulley block, pull the drive belt inside the rubber and around the black wheel and then back towards the belt stop of the kPulley Go.

Step 3

Keeping the drive belt flat, pull the drive belt through the belt stop. Make sure to feed the belt above the metal pin.

Step 4

Lift the pin using the two red end caps and pull the drive belt back through the belt stop, wrapping the pin in the belt. Pull the drive belt to make sure the belt stop is locking the belt.

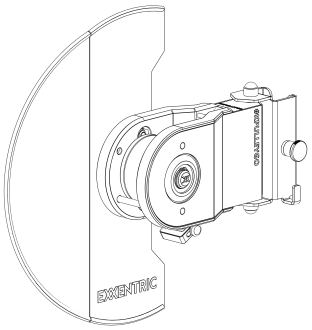
INTRODUCTION

Setting up the kPulley Go

The kPulley Go beam must be firmly fixed in place. Use the holes in the center of the beam or fix using a strong belt in the metal brackets on the back of the beam.

Flywheel Protection

We recommend having the flywheel protection attached to the kPulley Go, in order to protect the user from injury.



The Flywheel

We offer five differently sized flywheels with inertia: 0.005, 0.010, 0.025, 0.050 and 0.070 kgm².

All flywheels from the kBox4 generation are compatible with the kPulley. The kPulley can hold a maximum of 2 flywheels at a time. This allows for a range of inertia between 0.005 and 0.140 kgm².

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 by pulling the pull pin knob on its side, removing the flywheel knob, changing flywheel(s) and securing them by pushing the flywheel knob back on until it makes a clicking noise.

Tip: If the black pull pin knob is hard to pull out, you can push the flywheel knob in whilst pulling the black pull pin knob out.

FEATURES

Principle of the kPulley

The kPulley Go is a 'multi-exercise flywheel device'. Which muscle is being exercised depends on which exercise is being performed.

The principle is that through muscular force you accelerate and decelerate a flywheel (or flywheels). Exercises with high intensity and high forces stimulate the 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 if you put more effort into lifting it. Resistance is variable so if you pull less, the flywheel will resist less.

Every repetition in a set can be 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*.

The potentially higher exertion on the kPulley Go may lead to a need for longer resting periods between sessions to fully recover.

*) Hypertrophy refers to an increase in muscle size achieved through exercise.

Eccentric Loading

The kPulley Go provides for increased eccentric workloads.

The skeletal muscles can produce more 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 lifting phase and then decelerate in a shorter amount of time, you will have to produce a higher eccentric force. This will be similar to lifting weights that would normally be too heavy to lift unless assisted by a training partner, but executing the eccentric (lengthening) phase by yourself. Check out the Exxentric Online Academy for more information on eccentric overload.

https://academy.exxentric.com

USAGE

Please visit the Exxentric Online Academy for the free getting started course, including demos, video tutorials, the kMeter intro course, and more.

https://academy.exxentric.com

Range of Motion

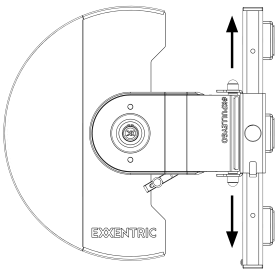
Stand in front of the kPulley Go on the floor. The correct range of motion will depend on which exercise you wish to perform.

The range of motion can be set by:

A. Adjusting the amount of excess belt coming out of the belt stop.

B. Moving closer or further away from the kPulley.

Setting the Height



When using the height adjuster with the short beam for the kPulley Go, it has three height settings that can be used.

Pull the knob to release the lock. Support the underside of the kPulley Go with your other hand and adjust the height, let go of the knob and let it click-in to lock the position.

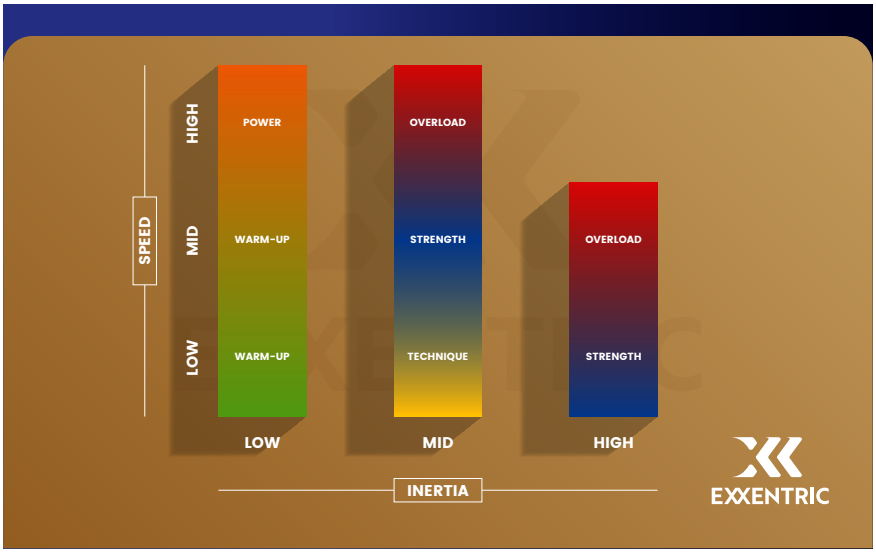
Tip: The kPulley Go can also be mounted onto the kPulley2 beams.

Exercising

Pull gently for 1-2 repetitions to assess that you have the correct inertia and positioning and then increase to the desired exercise intensity.

For beginners and rehab patients doing lower body exercises, **the top position should be just before all active joints are fully extended.** For experienced users, there can be some slack in the top.

FLYWHEEL WORKOUT ZONES



Warm-up	Low intensity and low to medium inertia
Power	Max intensity at low inertia
Technique	Medium inertia and low intensity
Strength	Medium to high intensity at medium to high inertia
Higher Inertia	More eccentric overload

For all Exxentric devices, we want to stress that new exercises and users should be taught using MEDIUM inertia and LOW INTENSITY.

Since this will be slow, controlled and submaximal forces, it is easier to correct and there is less risk of injury or technical error. When the technique is correct, increase the intensity and/or lower the inertia for higher speed and more power.

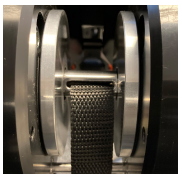
For more information and advice visit the Exxentic Online Academy.

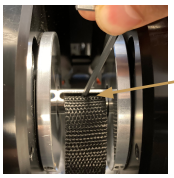
https://academy.exxentric.com

KPULLEY GO MAINTENANCE

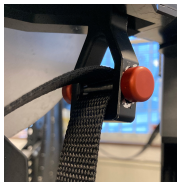
Replacing the Drive Belt

Unwind all of the belt from the shaft and use a small pin to push the belt through the shaft and remove the lock pin.

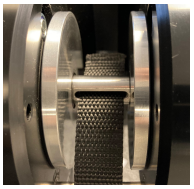


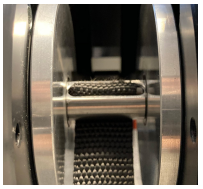


Remove the pulley block from the drive belt and remove the drive belt from the belt stop.

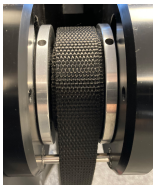


Take the new drive belt and feed the belt through the shaft from the side with the narrower groove. Fold the belt around the lock pin and pull the belt and pin into the wider groove in the shaft.



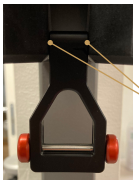


Pass the new drive belt back through the pulley block and belt stop. Then wrap the drive belt up around the shaft.



Lubricating a Noisy Belt Stop

Over time the belt stop on the kPulley Go may become noisy. To fix this simply apply a little bit of WD-40 (or similar) either side of the belt stop. Wipe off any excess lubricant.



Drive Belt Cautions

The drive belt and its attachment to the shaft is the most sensitive part of the kPulley Go. Be attentive to wear and check regularly.

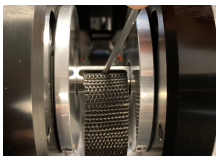
When the belt shows signs of wear and tear, trim the end by cutting off the damaged area or replace it with an original spare drive belt.

For recommendations on how to prolong the lifespan of your drive belt, please refer to our videos on best practices, found here:

www.exxentric.com/support/maintenance/

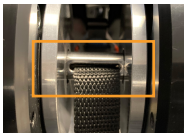
Trimming a Worn Drive Belt

Unwind all of the belt from the shaft and use a small pin to push the belt through the shaft and remove the lock pin.



Cut off the damaged belt and harden the edge with a lighter

Pull the belt through the shaft from the side with the narrower groove. Fold the belt around lock pin and pull the belt and pin into the wider groove in the shaft.



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 above).

SUPPORT

More Information

For downloading latest manuals, self-help instructions and tutorials:
www.exxentric.com/support

For maintenance procedures or to continue reading this manual:
www.exxentric.com/maintenance

For blog posts covering flywheel science and physiology:
www.exxentric.com/news

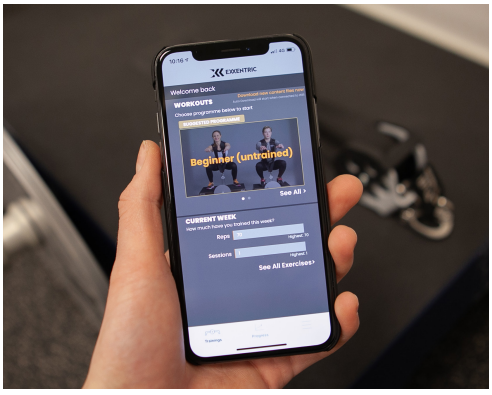
For demos, getting started tutorials, the kMeter intro course, and more, check out:
https://academy.exxentric.com

(Register with your email to use this free service)

Flywheel Training

App for iOS and Android. Inspirational guide for new users.

Get access to tutorials, create a program and get started!



Assistance

Send an email to: support@exxentric.com or appsupport@exxentric.com (for problems concerning our software or apps)

Emails should include:

1. Serial number, found on the left back side of the chassis.
2. Description of the encountered issue.
3. Preferably attach an image/video for illustration purposes.

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 a three-year legal guarantee. 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 centre. 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, rubber protectors for the pulley block, snap hooks, rubber mats and pads. Also, the warranty does not cover what is considered as normal wear and tear, normal corrosion, or defects in paint or other coatings. 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 the 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, ie 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 can not 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.

Exxentric AB – Karlsbodavägen 39, 168 67 Bromma, SWEDEN
info@exxentric.com – www.exxentric.com

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