Exxentric KBOX Active GEN 5 ????????????? ???????



flywheel-training





??? ?????????? kBox Active GEN 5 ????? ?? ??????? ??????? kBox, ?? ??????????? ?? ?????????? ?????? ??? ??????, ??? ?? ?????????? (16 kg). ??? ???????? ??????????? ?? ??? ???? ???????? (all in one gym) ??? ????? ??????? ??? ???????? ???????? ????????? ????????.

??????????: ??? ???????????? ?????
Price
1587,20 €

1330,00 €

-257,20 €

Preorder - προπαραγγελία

???? ??? ??????? ??? ?? ??????

ManufacturerExxentric

?????????

??? ?????????? !! Exxentric KBOX Active ????????????? ??????? GEN 5

?? kBox Active ????? ?? ??????? ??????? kBox, ?? ??????????? ?? ?????????? ?????? ??? ??????, ??? ?? ?????????? (16 kg). ??? ???????? ??????????? ?? ??? ???? ???????? (all in one gym) ??? ????? ??????? ??? ???????? ???????? ????????? ????????.

?????????? ???? ??? ?????????????? ????????? ??? ?????? - ????????? (Inertia through flywheels).? ????????? ??? ??????? ????? ??????? ??? ??????????? ????????? ??? ????????? ??? ??? ??????? ?????????? (????????? ??? ????) ??? ??????. ?? ?????????? ??????????? ????? ?? ???????? ????? ??????.

?????????? ???? ??? ???????????????? ??? ??? ??? ????????? ???? ??? ????????? ???????? ???????????? ???? ??? ??? ?????????? ??????? ??? ????????????? , ??? ???????, ??? ????????????? ??? ??? ????????????? ???????.

To KBOX ??? ????????? EXXENTRIC ???????????????? ??? ?????? ??? ???????????? ? ??? ????????? ???? ? Arcenal FC ??? ? Real Mandrid ???? ??? ??? NBA ??? ?????? ?????????? ??????.

??????? ?????? ??????????? ??? ????????????????, Studio ??????????? ??? personal trainers ???? ??? ??????????? ??????



EXXENTRIC KBOX ?? ??? ?????:

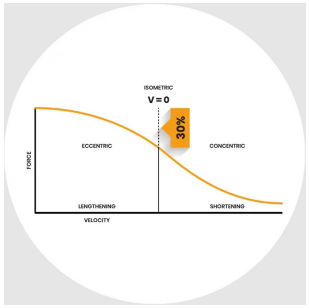
- ?? ??????? ??? ?????????????? ??????? ??? ?????? KBOX
- ????????? ? ?????? ??? ? ????????????? , ? ??????, ? ???????????? ??? ? ?????????????? ???????
- ? ????????? ????? ?????? ???????????? ??? ????-??????????? ??? ??? ?????????
- ????????? ???????? ???????????
- ?????????????? ??? ????????????? ???????
- ??????? ???? ??? ????????? ??? ??? ???????????????
- ???????? ????? ?????? (eccentric overload)
- ?????? ????????????
- ?????? ??? ????? ??? ?? ?????????
- ???????? ???????? ??? ????????
- ??????? ?? KMETER - ??????? Biofeedback
- ???????? ??? ??????
- ????????? ?????????? ????? ??? 2 ???????
- ????? ???????
- ?????????????? ??? ???????



EXXENTRIC KBOX GEN 5 ??????? ??????????????

- ????? Jet Black
- ???? ????????? 73 x 43.5 cm (29 x 17")
- Foot print 81 x 51 cm (32 x 20")
- ???? 21 cm (8.3")
- ????? 16 kg (35 lbs)
- Inertia range (standard) 0.005 kgm² – 0.100 kgm² ? 0,200 kgm² ?? ?? ???????? extension
- ????? ??????? 180 cm (71")
- Feedback ??????? ?? ?? ????????? ??????? kmeter
- ???????? flywheels / ????????? 0.005 kgm², 0.010 kgm², 0.025 kgm², 0.050 kgm²
- SKU 18244

??????? : ????? ??????? ?? KMETER ???? ??? ?????????? ??? ?????????????? ?? KMETER



EXXENTRIC KBOX 5 - ??? ??????????

?? ????????? ?????? ?? ?????????????? ???????? ????? ???????????? ??? ??? ??????? ????? ?????? ??? ??????????? ??? ??? ????????????? ??? ????????? ?????? ??? ??? ????????? ???????? "????????" ??? ?? ???????????? ????. ??? ??? ?? ????? ????????????? ??? ????????????? ???????? ????? ? ????????? ???? ?? ???????? **????????? ????????? / variable resistance** ?? ??? ?? ????? ??? ???????. ?? ???????? ?? ?? ??????? ????, ?? ????? ?????????? ??? ??????? ??????, ?? ????????????? ???????? ????????????? ???? ???????? ??????? ??? ??????, ???????????? ?? ??????? ???????????? ??? ???? ?? ???? ???? ??? ???????. ???? ?????????? ??? ??? ???????????? ??? ????????????? ????? ????????, ? ????? ?????? ?? ????? ????????? ???????? ??? ??? ?????? ??? ??????? ??? ??? ????????????. ????????, ? ?????????? ?????????????? ????? ??? ???????? ??????? ?? ???????? ??? ???????????????? ??? ??? ?????????? ??????????. ?????? ? ????????? ?????????? ????? ?? ??? ?????????? ??? ??????, ??????? ?????????? ??????????? ??? ???????? ?????? ????, ????????? ??????????? ?? ??????????? ??????????? ???????????. ????????, ?? ???????????? ???????? ??????? ?? ????? ??? ??????? ???? ??? ?????????, ?????????? ??? ??????? ???????????? ??? ??????? ?????????? ?? ?? ?????????? ????? ???????? ?????.

???????? ?????? ????????? : ? ??????????? ????????? ??????? ??????? ?????? ?? ??? ??????? ??????? ?????? ?????? - ???? ??? ?????, ??????? - ??????? ??? ?????????? ???????????? - ??????? ??? ????????.

???? ????????? ?? flywheel ????????, ? ????????? ????????????? ???? ??? ????????? ???? ?????????, ? ?????? ???????????? ? ????????????? ?? ?? ????? ??????. ?? ??????? ????????? ??? ????????? ??? ??? ?? ????? ????????? ?? ?????? ??? ?????????. ? ???? ????? ????????? ?? ?????? ??? ???????????? ???????? ??????. ? ???????? ???????? ??? ?????????? ???? ???????? ??? ????????????? ???? ??? ??????? ????????? ?? ?????? ??? ?????????? ???? ???????? ????. ???? ???? ????????? ????????????? ???? ????????? ??? ????????? ??????????.



????????????? : ???? ??????????? ????????? ??????? ?? ???? ?? ????????, ??? ????? ???????????? ?? ??? ???? (???? ? ????) ??? ?? ???? ??????????? ?? ??? ????? ???????. ??? ? ?????????? ??? ??????? ????????? ??? ?????? ?????????? ????????, ? ?????????? ??? ????????? ????????? ? ????, ?? ?????????? ? ??????? ?????? ?? ????????????? ???? ??? ?????? ???? ?? ????? ???? ?? ?????????? ???? ???? ?????? ???????, ?? ???? ?????, ??? "?????? ????????????". ??? 1 RM (1 Repetition Maximum) ??????? ????? ??? ???? ???? ?? ?????? ¨???????????" , ???? ??? ????, ?? ?????????? ?? ???????? ?????????? ????? ???? ????? ?????? ??? ??????? ???? ??????????? ?????.

??? ??? ???? ??????, ?? ???????? ?????????? ?? ???????? ????? ?????????, ?????? ????????? ??????? ???????? ?? ??? ?? ????? ??? ???????, ?????????????? ??? ??????? ????????? ??? ??????? ????? ?????? ?? ???? ?????. ?? ???????? ?? ?? ?????, ??? ????? ?????? ?????? ¨???????????" ??? ???????? ?? ???????? ??????? ?????? ?? ???? ?????, ?? ???? ?????, ?? ??? ?? ????? ??????? (ROM) ??? ???????? ???????? ??????????? ?? ?????? ??? ?? ???? ?? ??? ????????? ?? ???????? (?????????????).

?? ????????????? ???????? ???????????? ???? ??? ?? ??? ????????? ??? ??? ???? ???????????????? - ???????????? ???. ????? ? ????? ??????? ????????? ?????? ???? ???????? ??? ????????? ??? ??? ???????? ?? ??? ?? ????? ??? ???????.

????? ?? ??????? EXXENTRIC

? Exxentric ???? ???????? ??? ?????????? ????? ?????? ??? ??????????? ??? ??? ????????????? ??? ????????? ?????? ????:

- ?????????? ??????????: ? Exxentric ????? ?????? ??? ?? ????????? ????????? kBox ??? kPulley, ?? ????? ????????????? ??? ????? ??? ?????????? ?? ?????????? ??? ?? ?????? ??? ??? ?????????.
- ????????????? ?????: ?? ???????? ??? EXXENTRIC ????? ????????? ??? ???????, ??????? ??? ??? ??????? ?????????? ??? ??????? ???????????, ??? ????????????? ??????????? ??? ??????? ?????.
- ????????: ?????????? ??? ??? ???? ????? ???????, ??? ?????????? ??????? ??? ???????? ?????????????. ?? ???????? ???? ??????? ?? ???????????????? ??? ????????? ???????, ???????????? ??? ????????????? ????????.
- ?????????????: ?? ???????? ??? Exxentric ????? ?????? ??? ??? ?????? ????????? ????????? ????, ?????????????? ????????? ????? ??? ?? ??????? ?????.
- ??????????? ??????????: ?? ????? ??? ?????????? ?? ????????, ??? ??????????? ??? ????????? ???? ??? ??? ???????? Exxentric, ????? ???????????? ??? ??????????? ????????????? ???????.
- ?????? ???? ??? ?????? app : ?? ???????? ???? ????? ???????????? ??? ???????????? ????????? ??? ????????? ??? ??????? ???? ????????????? ??? ??????? ??? ????????? ????????.
- ????????: ? ???????? ?????? ????? ? ???????????? ???????????????, ??????????? ??? ??????????? ??? ???????? ??????????? ? ????????? ?????????????.
- ?????????? ?????????: ??????????? ????? ?? ???? ????? ???????? ??? ?? ?????? ????????????? ?????, ? ???????? ?? Exxentric ?????? ?? ????? ??? ????????? ??? ??? ????? ????????? ???????????? ???????? ?????????? ????????????.

????? ?? ??????? EXXENTRIC ACTIVE 5 ?

????? ????? ?? ??? ??? ?????????? ????????? kbox gen 5 ??? ???? ?? ??????? ?????? ??? ?? ???????? ??????? ??? ????????. ????? ???????? ??? ?? ????? ?? ???????? (??? ??? ??? ??????????? ???????) ?????????? ???? ??? ?????????? ????? ???. ?????? ?? ?? extension block ?? ????? ??? ??? 4 ??????? ?? maximum inertia 0.200 kgm². ?? ?????????? ????????? ???????? ?? ?? ?????????? ??? ????????? ??? ? ?? ??? ???????? ?? ??? ???????????? ??????? ?? ??? ??????? ??? ??? ??? ????????.

??? ?? ????? ?? manual ???????????? ??? ????????? ???????? ??? exxentric manual

??????? ??? ??????????:1