

## kBox4

Getting Started: [Full Playlist](#)

**We recommend that you watch all videos (especially 2-8) before your first workout!**

1. Unboxing the kBox [\(Play\)](#)
2. Mounting a flywheel [\(Play\)](#)
3. Using the harness [\(Play\)](#)
  - Connecting the harness [\(Play\)](#)
4. First training session [\(Play\)](#)
5. Using the kBox4 safely [\(Play\)](#)
6. Using the kBox4 properly [\(Play\)](#)
7. Using a foot block [\(Play\)](#)
8. Limiting range of motion [\(Play\)](#)
9. Trimming the drive belt [\(Play\)](#)
10. Replacing the drive belt [\(Play\)](#)
11. kBox4 Floor Attachment Kit [\(Play\)](#)

## kPulley

Getting Started: [Full Playlist](#)

1. Unpack and mounting [\(kPulley2\)](#)
2. Mounting a flywheel [\(kPulley2\)](#)
3. Attaching the Drive Belt [\(kPulley2\)](#); [\(kPulley Go\)](#)
4. Trimming the Drive Belt [\(kPulley2\)](#); [\(kPulley Go\)](#)
5. Replacing the Drive Belt: [\(kPulley2\)](#); [\(kPulley Go\)](#)

## Maintenance

1. General maintenance: [\(kBox4\)](#); [\(kPulley2\)](#)
2. Manuals: [Here](#)

## kMeter

1. Download the kMeter App: [iOS](#), [Android](#)
2. How to use the kMeter App: [Here](#)
3. The kBox Power Test, our standardized protocol for testing the power of a kBox user with reliable and comparable results: [Read Full Article](#)

## Learn More!

- Free Online Training Courses through the Exxentric Academy: [Here](#)

## Exercise Library:

- [Exxentric Website](#)
- [Instagram](#)
- [Exxentric YouTube Channel](#)
- [Exxentric YouTube Playlist](#)

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