

The concept of training will never look the same



Gyro Scandinavia

Research clearly shows that negative (eccentric) training significantly improves muscular size and strength.

X-Force is proud to introduce completely new patented machines for negative training that feature a radically different technology.

By tilting the weight stack 45 degrees on the positive motion, we've been able to achieve 40 percent heavier negative movement.

Training as you never seen it before. 14 strength training machines. See info@x-force.se

Negative training

