



SlimBeam

Trainingshandbuch
Training manual
Manuel d'entraînement



1-0



1-1



1-2



1-3



1-4



1-5



1-6



1-7



1-8



1-9



1-10





2-0



2-1





2-3









2-7





2-9











3-0



3-1



3-2







3-5



3-6



3-7



4-0



4-1



4-2



4-3







4-6



4-7



4-8



4-9



5-0



5-1



5-2









6-0



6-1



6-2



6-3



6-4





K1



K2



K3



K4



K5



C1







C4



C5







Z3





Z5

















Z13





Z15





Information + Videos

www.nohrd.de/slimbeam

Service

WaterRower GmbH
Otto-Hahn-Straße 75
48529 Nordhorn

Tel. +49 (0) 59 21 - 17 98 400
Fax +49 (0) 59 21 - 17 98 411

info@nohrd.de
www.nohrd.de