



NOHrD swing dumbbell complete set ash



The SWING-HANTEL workout - Whether you're shopping for crates of mineral water, gardening, cleaning windows or quickly bending down to pick up something that has fallen to the floor, the risk of injury is omnipresent: and a workout is only really useful if it ultimately prepares you for everyday life or provides reserves for it.

CHF 649.00

Of course, there are phases in which you should train with as little risk as possible, such as when you are in pain or temporarily unable to exercise. However, once these phases have been overcome, it is important to prepare for the everyday risk or to integrate it into the training.

The NOHrD-SWING's **center of gravity is shifted** beyond the extremity, which encourages sweeping, elastic movements. This is the natural form of movement, and if you have lost it, we will help you regain momentum and elasticity.

Your connective tissue is specifically designed for these springy movements and at the same time needs them to stay in shape. Take advantage of NOHrD SWING training and get back the connective tissue and elasticity of your youth.

The **imbalance** created by the special shape and filling (see illustration) of the NOHrD SWING dumbbell, or by the movement in the hand, constantly generates fresh training stimuli to which the structures of the musculoskeletal system adapt across a wide range.

The patented concept: The SWING dumbbell is filled with balls. These support the imbalance as they swing with every movement in the leather bag. This is not possible with fixed weights.

The NOHrD SWING tower contains a total of eight training boards, which include both complex and simple exercises. The training boards can be conveniently placed on the lid so that you always have them in front of you during training.

- Ideal for connective tissue - The swing dumbbells are filled with iron granulate, which supports the imbalance in the movement. This creates varying training stimuli for joints, muscles and connective tissue.



- High-quality materials - The swing dumbbells are made by hand. The dumbbell handle is made of solid wood and the granules are covered in the finest genuine leather. The seams are made of special, waxed hand sewing thread that is tear-resistant and does not shed.
- As a tower, wall board or individually - The Swing dumbbells can be hung on the Swing training tower or the Swing wall board for storage. These each offer space for eight dumbbells. A training book and training videos help you to perform the exercises correctly.

The complete set includes 8 dumbbells - consisting of 2x2kg/2x4kg/2x6kg/2x8kg, the tower and 8 training boards