



## NOHrD Multi adapter for wall bars



Two functions in one device - easy to attach - many possibilities - the multi-adapter for wall bars from NOHrD - the extension of training possibilities on the wall bars. The multi-adapter impresses with its simple basic idea and a whole range of new exercises: Attached as a double support and as a single support, both variants allow special additions to the workout on the WallBars.

**CHF 199.00**

### **High-quality workmanship**

The multi-adapter is made of high-quality wood and solid metal; assured quality and precise workmanship leave nothing to be desired.

### **Secure grip**

Firm grip and stable hold. The natural wood grain provides a pleasantly secure grip even during intensive workouts.

### **Stylish design**

Sophisticated, eye-catching design - the harmonious combination of wood and metal blends seamlessly into the wall bars and their surroundings.

### **Functionality**

Not just a visual eye-catcher: training with the multi-adapter stimulates new muscle groups and enables new exercises.

#### **Double support:**

Hang the multi-adapter so that the two individual bars are pointing forwards. In this position, you can perform various additional exercises such as assisted and hanging pull-ups or bar crunches.

#### **Single support:**

The multi-adapter is hooked in so that the long bar is parallel in front of the wall bars. This position also allows special exercises such as triceps, dips or alternating jumps.



The multi-adapters in different types of wood match the NOHrD wall bars perfectly.

Two functions in one - simply turn around and hang in - the self-generated counterweight ensures that the multi-adapter is absolutely secure even without screws.

- The NOHrD Wallbars Multi-Adapter turns the wall bars into a dips station, an abdominal trainer for leg lifting exercises, a push-up station incl. reverse push-ups, also suitable for stretching exercises.
- bar width 61cm (total width for suspension 71cm)
- Dimensions: W70 x H34 x D50cm
- Maximum user weight for NOHrD multi-adapter for wall bars 120kg
- Weight: 5.5kg
- Available in the following wood finishes: Ash, oak, oak stained in vintage look, club sport, walnut, black or cherry