



## NOHrD Swing dumbbell complete set cherry



The SWING-HANTEL training - whether it's buying crates of mineral water, working in the garden, cleaning windows or quickly bending down after something has fallen to the ground, the risk of injury is omnipresent: and training is only really useful if it ultimately prepares you for everyday life or provides reserves for it.

**CHF 849.00**

Of course, there are phases in which you should train without risk, such as when you are in pain or temporarily unable to cope with stress. However, once these phases have been overcome, it is important to prepare for the everyday risk or to integrate it into the training.

The **shifting** of the NOHrD-SWING's **centre of gravity** beyond the extremity favours swinging, elastic movements. This is the natural form of movement, and if you've lost it, we'll 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 resilience of your youth.

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

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

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

- Ideal for the connective tissue - The Swing Dumbbells are filled with iron granules, which support 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 encased in the finest genuine leather. The seams are made of special waxed hand sewing thread that is tear resistant and will not lint.
- As tower, wall board or individually - For storage, the Swing dumbbells can be hung on the Swing training tower or on the Swing wall board. These offer space for eight dumbbells each. A training book and training videos help you to perform the exercises correctly.

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