



## NOHrD Swing Boards Complete Set Cherry



Another possibility to store the Swing Dumbbells are the Swing Boards. These can be attached to a stable wall and offer space for eight dumbbells.

CHF 749.00

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 Swing Board complete set contains 8 dumbbells** - consisting of 2x2kg/2x4kg/2x6kg/2x8kg and the Swing Board

height: 157 cm, width: 21 cm, depth: 9 cm  
weight: approx. 5 kg (without dumbbells)  
wall mounting included

**The Shark  
Fitness Company**



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