



## NOHrD Swing boards complete set walnut



Another option for storing Swing Dumbbells are Swing Boards. These can be attached to a sturdy wall and provide space for eight dumbbells.

CHF 799.00

Of course, there are phases in which one should train without risk, such as when there is pain or temporary reduced resilience. 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 **center of gravity** beyond the extremity favors 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 reclaim the connective tissue and resilience of your youth.

The **imbalance** created by the special shape and filling (see picture) of the NOHrD SWING dumbbell, respectively by the movement in the hand, always creates fresh training stimuli to which the structures of the musculoskeletal system adapt broadband.

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

### **Available in 2 versions:**

Walnut with leather color natural

Walnut with leather color black

**The Shark  
Fitness Company**



**Shark Fitness AG**  
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and Wil (SG)

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Height: 157 cm, width: 21 cm, depth: 9 cm

Weight: approx. 5 kg (without dumbbells)

Wall mounting included