



## SlimBeam cable pull Club-Sport



The SlimBeam from NOHrD is a professional cable training device that impresses with its sophisticated design and maximum functionality. Pulleys are versatile and multifunctional. It is not for nothing that they are among the classics of training equipment. Fitness studios and physiotherapy practices have been relying on the use of weight stations with pulleys for years. The SlimBeam is a training device that offers all the benefits of professional pulleys. At the same time, it offers a design that blends into and enhances any living environment, just like an exquisite piece of furniture. The SlimBeam combines stylish design and perfect functionality in a slim body. Thanks to its slim silhouette, curved shape and high-quality wood, the SlimBeam is the professional pulley system for any functional workout.

**CHF 1'899.00**

### **The design**

The SlimBeam impresses visually with its slim shape and the choice of different finishes in high-quality woods such as ash, oak, cherry or walnut. The SlimBeam from NOHrD offers a design that blends into and enhances any living environment, just like an exquisite piece of furniture.

### **Dimensions**

The SlimBeam takes up an absolute minimum of space. With its height of 215 cm and width of 40 cm, it blends aesthetically into any living environment. It is securely mounted at a distance of 10cm from the wall and its body protrudes only 20cm into the room. Its footprint measures less than half a square meter. Maximum training with minimum space requirements.

### **Training**

Multifunctional and versatile - the cable pull technology makes strength training extremely effective. Training on the SlimBeam cable pulley challenges the abdominal and back muscles to ensure body stability. By adjusting the position of the pulley, you can also train specific muscles - from chest and



back to shoulders, arms and legs - everything is possible.

The range of movement of the ropes is impressive. Pulling distances of 4 meters (with double pull) or 8 meters (with single pull) allow maximum functional development during training. The maximum weight of 12.5 kg (single pull) or 25.0 kg (double pull) that effectively reaches the body, distributed over 15 weight plates, results in a very fine and harmonious weight gradation. In addition, the transmission ratio of the SlimBeam can be changed to increase the effective maximum weight.

### **Butterfly**

Single and double-sided - the biggest advantage of the SlimBeam is the butterfly. It enables both bilateral and unilateral training and is height-adjustable and pivotable. The plastic-coated pull ropes run smoothly over the ball-bearing rollers for an optimum training effect.

### **Weights**

The SlimBeam comes with 14 weights of 5 kg each plus a 5 kg weight as standard. Each weight is individually rubberized to reduce noise. Thanks to the matt black rubber coating and the oval shape, the weights blend in perfectly with the wooden body.

### **The traction cables**

From 3:1 to 1:1 - the ratio can be changed by replacing the traction cable. This means that ratios of 3:1, 2:1 and 1:1 are possible. The maximum weight of 12.5 kg (single pulley) or 25.0 kg (double pulley), distributed over 15 weight plates, effectively reaches the body and results in a very fine and harmonious weight gradation. The standard gear ratio is 3:1, but can optionally be converted to 2:1 and 1:1.

#### *Single pull:*

2.5-37.5kg with 1:1 gear ratio

1.25-18.75kg with 2:1 gear ratio

0.83-12.5kg with 3:1 gear ratio

#### *Double pull:*

5-75kg with 1:1 gear ratio

2.5-37.5 with 2:1 gear ratio

1.65-25kg with 3:1 gear ratio

### **Digital workouts can be retrofitted**

The SlimBeam is pre-assembled so that it can be extended with the SlimBeam Monitor at any time. The built-in electronics ensure that the set weight, the total weight and the number of repetitions are automatically recognized and clearly displayed during the workout. Each exercise is displayed in detail with a video and with the Workout-of-the-Day you receive new full-body workouts every day. A power connection is required.

### **Training manual**

Over 80 exercises in the training manual - the SlimBeam is the all-round device for training at home and to ensure that you always find the right training intensity, exercises have been developed in the accompanying training book that cover everything from easy to difficult.

### **Awards**

Awarded the German Design Award and the Plus X Award - the SlimBeam was recognized by the jury in three categories: 1. high quality, 2. design, 3. functionality. This seal of approval stands for top quality, durability and sustainability. The functional design was also recognized.



**Equipment:**

- Delivery in ratio 3:1 (ratio 2:1 or 1:1 available at extra cost)
- Base plate D44cm
- Dimensions: D20 x W40 x H215cm
- Wall distance 10cm
- 14 weights 5kg each
- 1 guide weight 5kg
- Total weight approx. 120kg
- Maximum pull length for single pull: 8m
- maximum pull length with double pull: 4m
- Pull-up bar with adapter and 2 hemp ropes included in the scope of delivery
- Design: Club Sport (made from beech wood and then stained rose and black)

**Available options for SlimBeam pull-up tower:**

- Monitor
- Ceiling bracket
- Accessory adapter
- Pull-up bar
- Lat pull - upgrade set
- foot strap
- Ball bearing pull handles
- SlimBeam maintenance set
- Lubricating oil
- Lat bar aluminum
- Lat bar aluminum short
- Pull rope

Application: Home use to light institutional continuous use

Device dimensions: D20 x W40 x H215cm, weight 120kg

Options: Monitor, accessory adapter, connecting bracket set, foot strap, ball-bearing pull handles, maintenance set, lubricating oil, pull rope. Lat bar, short lat bar

Accessories: pull-up bar with adapter, 2 short hemp ropes

Warranty: 2 years labor and material (excluding consumables)