

## NOHrD Hedgehock Club-Sport



The Hedgehock offers a unique seating option. Its clear cube shape seems to contradict sitting at first glance, but as soon as you get to know it in practice, you will experience ergonomics in its purest form, as the 49 wooden blocks are individually sprung and adapt softly to your body shape. The HedgeHock health stool without backrest is a good alternative to conventional stools and trains a healthy posture.

CHF 499.00

Everyone sits, every day, for hours on end. But what is sitting all about? We are happy about ergonomic seat cushions, designed plastic structures and relaxing furniture. But the archaic activity of sitting is best honored by seating furniture that is natural and clear. Structured in this way, with a clear, geometric exterior and an organic, flexible interior, the Hedgehock brings harmony between dynamics and statics. When seated, ergonomics is achieved through mobility and allows the body to shape its own surface.

The soft wood feel of the HedgeHock supports an upright sitting posture. With conventional backfriendly stools, the sitting posture has to adapt to the shape of the stool. With the HedgeHock, however, the base of the seat gives way depending on the user's stature and weight. The precise natural wood construction of the HedgeHock promotes a healthy and relaxed sitting posture. Both the precisely measured cube shape (45x45x45) of the HedgeHock and the gentle springiness of the wooden blocks support an upright and active sitting position.

You move dynamically when sitting on the springy wooden blocks and form a new surface with every change of movement. As the HedgeHock stool has no backrest, you tend to adopt an upright and straight back posture. This makes the HedgeHock a particularly good alternative for improving general back posture in everyday life.

Another feature that makes the HedgeHock from NOHrD unique is that it is handcrafted in the NOHrD sports equipment factory from a choice of four woods: ash, oak, cherry and walnut.

- Design: (Club made from beech wood and then stained rose and black)
- 49 springy seat blocks adapt to your body shape and weight and train healthy posture



## **Shark Fitness AG**Stores in Wettingen (ZH) and Wil (SG)

056 427 02 25 info@sharkfitness.ch www.sharkfitness.ch

- for every age and weight category
- · natural and healthy sitting
- prevents back pain and tension
- Gentle suspension trains an upright sitting posture
- dynamic sitting activates your muscles and prevents tension
- Attractive and modern design
- flexibly adjustable with 4 castors
- adaptable to the interior design
- available versions of the HedgeHock stool: oak, ash, club, cherry and walnut wood
- Dimensions: 45 cm x 45 xm x 45 cm
- Own weight: 18kg