



NOHrD Swing Board Club-Sport complete set



Swing boards offer another option for storing swing dumbbells. These can be attached to a stable wall and offer space for eight dumbbells.

CHF 599.00

Of course, there are phases in which you should train with as little risk as possible, such as when you are in pain or temporarily unable to exercise. However, once these phases have been overcome, it is important to prepare for the everyday risk or to integrate it into the training.

Shifting the NOHrD-SWING's **center of gravity** beyond the extremity encourages sweeping, elastic movements. This is the natural form of movement, and if you have lost it, we will 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 elasticity of your youth.

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

The patented concept: The SWING dumbbell is filled with balls. These support the imbalance as they swing 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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Finish: Club (made from beech wood and then stained rose and black)