



NOHrD WaterGrinder Shadow



The WaterGrinder, an upper-body exercise machine developed from sailing, is based on WaterRower's successful water resistance principle. In sailing, the Grinder's job is to convert wind into propulsion by hoisting the sails as fast as possible. The grinders do the back-breaking work on board and are corresponding high-performance athletes. Using their muscle power and endurance, they move the winches on the ocean-going yachts, wrestling the sails into the vertical position. The modern way to do this is via a classic crank movement. The WaterGrinder now offers you the possibility to practice this sport at home and to achieve the fitness of a racing grinder without giving up the element of water.

CHF 1'990.00

Sitting or standing

The wooden seat can be hooked in on both sides at three different heights. The WaterGrinder can also be operated standing up without the seat.

Light or heavy

The cranks can be fixed in height in eight different positions. This has a direct effect on the training resistance: the smaller the rotation, the higher the intensity.

Front or rear

The WaterGrinder can be operated from the front, from the rear and from the side. You can exercise while sitting or standing. All positions train the upper body (chest, abdomen, back, arms, shoulders) as the main focus.

Bicycle ergometers, crosswalkers and treadmills are very effective, but they all train the cardiovascular system primarily through the lower extremities. However, since every cardio workout also has a muscular or body-shaping component, there is a clear deficit in the area of upper body training. The



WaterGrinder compensates for this by training the entire upper body. This includes the muscles of the arms, shoulders, abdomen and chest as well as the muscles of the entire back.

Of course, the joints of the upper body and not least the spine also receive exactly the movement and load impulses that are necessary for mobility and resilience. Our legs are designed for continuous stress. It takes a correspondingly long time to stimulate them effectively. The arms, on the other hand, are designed for short stints. The WaterGrinder ensures rapid muscular fatigue. This leads to short and therefore extremely efficient training sessions. With the WaterGrinder you train strength and endurance at the same time.

In sailing, Grinders" are used to hoist and lower sails quickly. Grinders have the advantage of developing a lot of rotational power by using the entire upper body, which in turn increases sail setting speed. "Professional grinders" (the name given to sailors who are responsible for setting sails) are very good strength and cardio athletes.

- With the WaterGrinder, effective training to build corpus muscles is a lot of fun. Lastingly, the cardiovascular system is strengthened.
- The water resistance is very constant and increases with the turning speed, just like when hoisting a sail. The faster you crank, the higher the resistance.
- The basic resistance can be adjusted in 8 steps by adjusting the crank length.
- The crank can be operated both forward and backward. In addition, the cranks can also be turned individually without the other crank turning as well, thanks to inserted freewheelers.
- The seat can be hooked on both sides at three different heights. The WaterGrinder can also be operated standing up without the seat.
- The adjustable feet are bent so that wheelchair users can also approach the unit. The powder-coated steel feet can be adjusted in height by a few centimeters so that the WaterGrinder stands stably.

The monitor of the WaterGrinder offers a comprehensive range of training approaches. Specifically, you can choose between the following programs:

Time or Distance Training:

Determine a time or distance you want to accomplish and focus solely on achieving that goal during the workout.

Versatility Drill:

Here you receive many different and at the same time unpredictable training impulses; just as if a coach were standing by your side. You determine a training focus and this is completed by constant variations in the sense of the extremely effective 'differential training'.

Competition training:

In competition mode you compete against a virtual or real opponent and have to hoist a number of sails chosen by you as quickly as possible. Here it's win or lose; the training focus is again different and high intensities are provided.

Depending on the program, you get the following parameters: RPM, time, distance, power in watts or calories per hour.

The power monitor can be swiveled and operated from both sides. Thus, it can be easily read from both sides during training. A balance sensor prevents the display from being upside down. The buttons can be operated directly on the glass plate (touch). The monitor is rotated in the direction of work and



displays various measured values, such as revolutions / minute, time, watts, etc..

Use: home use to light institutional use, payload: approx. 125kg

Unit dimensions: L110 x W80 x H120cm, weight 50kg (without water filling)

Accessories: water pump, chlorine tablet

Warranty: 2 years on labor and material (excludes consumables)