



## SlimBeam cable pull Shadow



The SlimBeam by NOHRD is a professional cable training device that convinces with a sophisticated design and highest functionality. Rope pulls are versatile and multifunctional. It is not without reason that they are among the classics among training equipment. Fitness studios and physiotherapy practices have relied on the use of power stations with cable pulleys for years. The SlimBeam is a training device that offers all the advantages of professional cable pulleys. At the same time, it offers a design that integrates 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 the slim silhouette, the curved shape and the high quality woods, 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 versions made of high-quality woods such as ash, oak, cherry or walnut. The SlimBeam from NOHRD offers a design, which integrates itself completely as with an exquisite piece of furniture, into each living ambience and enhances this.

### **dimensions**

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

### **The 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. In addition, by adjusting the position of the cable pull, specific muscles can be trained - from chest to back to shoulders, arms and legs - everything is possible.

The range of motion of the cables is impressive. Pulling distances of 4 meters (with double pull) or 8 meters (with single pull) allow maximum functional development in training. The maximum weight of 12.5 kg (single pull) or 25.0 kg (double pull) effectively applied to the body, distributed over 15 weight plates, results in a very fine and harmonious weight graduation. In addition, the gear 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 training on both sides as well as on one side, it is adjustable in height and swivels. The plastic-coated traction ropes run smoothly over the ball-bearing rollers, for the optimal training effect.

### **Weights**

As standard, 14 weights of 5kg each are installed in the SlimBeam, plus the 5kg deadweight. Each weight is individually rubberized for noise reduction. The matte black of the rubber coating and the oval shape of the weights make them fit perfectly to the wooden body.

### **The traction cables**

From 3:1 to 1:1 - the ratio can be changed by exchanging the traction cable. Thus, ratios of 3:1, 2:1 and 1:1 are possible. The maximum weight of 12.5kg (single pull) or 25.0kg (double pull) effectively reaching the body, distributed over 15 weight plates, results in a very fine and harmonious weight graduation. The standard gear ratio is 3:1, but it can be optionally converted to 2:1 and 1:1 ratios.

#### *Single pull:*

2.5-37.5kg with 1:1 ratio  
1.25-18.75kg with 2:1 ratio  
0.83-12.5kg with 3:1 ratio

#### *Double pull:*

5-75kg at 1:1 ratio  
2.5-37.5 at 2:1 ratio  
1.65-25kg at 3:1 ratio

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

The SlimBeam is pre-assembled so that it can be expanded at any time with the SlimBeam monitor. The built-in electronics ensure that during the workout the set weight, total weight and number of repetitions are automatically detected and clearly displayed. Each exercise is displayed in detail with a video and with the Workout-of-the-Day you get 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 so that the right training intensity is always found, exercises have been developed for in the accompanying training book, which leave nothing to be missed from easy to difficult.

### **Awards**

Awarded by the German Design Award and the Plus X Award - the SlimBeam was awarded by the jury in three categories: 1. High Quality, 2. Design, 3. Functionality. This seal of approval stands for the best quality, durability and sustainability. In addition, the functional design was awarded.



**Equipment:**

- Delivery in ratio 3:1 (ratio 2:1 or 1:1 available at extra charge)
- 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 train length with single train: 8m
- maximum pull length with double pull: 4m
- pull-up bar with adapter and 2 hemp ropes included in delivery
- Version: Shadow

**Available options for SlimBeam rope pull tower:**

- Monitor
- ceiling mount
- Accessory adapter
- Pull-up bar
- Lat pulley - upgrade set
- foot strap
- ball bearing pull handles
- SlimBeam care set
- lubricating oil
- lat bar aluminum
- lat bar aluminum short
- Pulling rope

Use: home to light institutional continuous use

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

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

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

Warranty: 2 years labor and material (excluding consumables).