



NOHrD Compact Wall, Club



The home gym with integrated trainer - the compact NOHrD Wall enables effective full-body training in the smallest of spaces and integrates easily into any environment. The high-quality real wood elements are a real eye-catcher and are surrounded by neutral gray tones. The result is a discreetly modern look for any interior. The NOHrD Wall Compact offers a complete full-body workout in the areas of strength and endurance in the smallest of spaces. With the integrated pulley and ski trainer, you can train directly on the NOHrD Wall. The swing dumbbells made of hand-sewn genuine leather can be stored directly on the wall after training. Specially developed virtual workouts on the integrated touchscreen ensure a varied and guided workout.

CHF 7'195.00

This ultimate fitness station is characterized by simple, elegant contours and a modern look and offers a complete full-body workout in the areas of strength and endurance in a very small space. With the integrated cable pull and ski trainer, you can train directly on the NOHrD Wall - either freely, with a virtual trainer or via daily stream. An all-in-one fitness device that is guaranteed to make the user sweat.

Virtual training system with 22 inch (55.9 cm) touchscreen

The virtual coach is an interactive program that enables effective workouts via the touchscreen in the main component of the NOHrD Wall.

- The virtual training system gives users the choice between pre-built interval workouts, functional training and short and long exercise sessions - all with varying intensity. Users first select the desired duration and then the focus of the workout.
- Each workout begins with a short warm-up phase, with the coach accompanying the user from preparation through the workout to the end of the session. The virtual training system is only available with the main component of the NOHrD Wall.
- Touchscreen for a variety of exercises and daily streamed workouts - pre-made workouts can be



started via the touchscreen and additional devices can be integrated via Bluetooth.

- With the NOHrD Wall Compact training system, you get a new workout every day (workout of the day) or you can select your own workouts. During the workout, the heart rate and calories burned are displayed in the user profile and evaluated at the end of the workout. The workouts include exercises with the pulley, the ski trainer, the swing dumbbells or free bodyweight exercises. A preview shows the next training video so that the user can prepare during the training break.
- Design: Club (made from beech wood and then stained rose and black)

Swingdumbbells

Strength and endurance are trained through dumbbell training and self-weight exercises. Eight swing dumbbells for free weight training - each NOHrD Wall Compact has eight swing dumbbells (one pair each of 2, 4, 6, 8kg) that can be stored in the wall to save space.

The SWING DUMB TRAINING - Whether you are shopping for crates of mineral water, gardening, cleaning windows or quickly bending down to pick up something that has fallen to the floor, the risk of injury is omnipresent: and training is only really useful if it ultimately prepares you for everyday life or provides reserves for it. The NOHrD-SWING's **center of gravity is shifted** beyond the extremities, promoting swinging, elastic movements. This is the natural form of movement, and if you have lost it, we help you to regain momentum and elasticity. Your connective tissue is specifically designed for these springy movements and needs them to stay in shape. Take advantage of NOHrD SWING training and get back the connective tissue and elasticity of your youth. 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.

- Ideal for the connective tissue - The Swing dumbbells are filled with iron granules that support the imbalance in the movement. This creates varying training stimuli for joints, muscles and connective tissue.
- High-quality materials - The swing dumbbells are made by hand. The dumbbell handle is made of solid wood and the granules are covered in the finest genuine leather. The seams are made of special, waxed hand sewing thread that is tear-resistant and does not shed.
- The swing dumbbells can be stored in the NOHrD Compact Wall. Training videos help you to perform the exercises correctly.

Rope pulley

Rope pulley with weight plates - with the rope pulley you mainly train your strength. The weights are easy to adjust, the height of the two-pulley butterfly can be freely adjusted - the NOHrD Wall Compact enables a wide range of effective functional workouts and exercise units thanks to the use of the pulley elements.

- Available in 3:1, 2:1 or 1:1 ratio (specify when ordering)
- 14 weights 5kg each
- 1 guide weight 5kg
- maximum pull length for single pull: 8m
- Maximum pull length for double pull: 4m

Single pull:

2.5-37.5kg with ratio 1:1



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

Double pulley:

5-75kg with 1:1 gear ratio

2.5-37.5 with 2:1 gear ratio

1.65-25kg with 3:1 gear ratio

Ski trainer

Ski trainer with eddy current braking system - the NOHrD Wall Compact enables a wide range of effective functional workouts and exercise units through the use of pulley elements.

All exercises are demonstrated via videos and played back in slow motion before the start to provide a good insight.

Use: Home use to light institutional continuous use, maximum user weight 150kg

Device dimensions: D50 x B121.5 x H217cm, weight 250kg

Power connection 230V

Warranty: 2 years labor and material (excluding consumables such as cables)