



## NOHrD Compact Wall, Shadow



The home gym with integrated trainer - the compact NOHrD Wall enables an effective full-body workout in the smallest of spaces and integrates effortlessly into any environment. The high-quality real wood elements are a real eye-catcher and are surrounded by neutral gray tones. This results in 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 a very small space. The integrated cable pulley and the ski trainer are used to train directly on the NOHrD Wall. The Swing dumbbells made of hand-sewn genuine leather can be stored directly on the wall after the workout. Specially developed virtual workouts on the integrated touchscreen ensure a varied and guided workout.

**CHF 7'195.00**

This ultimate fitness station features sleek, elegant contours and a modern look, providing a complete full-body strength and endurance workout in a small space. The integrated cable pulley and ski trainer are used to 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 22inch (55,9cm) touch screen**

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

- With the virtual workout system, users have a choice of pre-designed interval workouts, functional workouts, and short and long exercise sessions - all with varying intensity. Users first select the desired duration and, in the second step, the focus of the workout.
- Each workout begins with a short warm-up phase, with the coach accompanying users 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 - the touchscreen can be



used to start predefined workouts and integrate additional devices via Bluetooth.

- With the NOHrD Wall Compact training system, you get a new workout every day (workout of the day) or you 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 body weight exercises. A preview shows the next workout video so the user can prepare during the workout break.

### **Swing Dumbbells**

Strength and endurance are trained through dumbbell training and bodyweight 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 DUMP workout - Whether shopping for crates of mineral water, gardening, cleaning windows, or quickly bending over to pick up what has fallen to the floor, the risk of injury is omnipresent: and a workout is only really useful if it ultimately prepares or provides reserves for everyday life. The **shifting of the NOHrD-SWING's center of gravity** beyond the extremity favors swinging, 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. Use the 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 resonate with every movement in the leather bag. This is not possible with fixed weights.

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

### **Ropepulley**

**Rope pulley with weight plates - with the rope pulley you mainly train your strength. The weights are easy to adjust, the two-arm butterfly is freely adjustable in height - by using the cable pull elements, the NOHrD Wall Compact enables a wide range of effective functional workouts and exercise sessions.**

- delivery in ratio 3:1, ratio 2:1 or 1:1 (please specify when ordering)
- 14 weights 5kg each
- 1 guide weight 5kg
- maximum length of 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 pull:



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

**Ski trainer**

**Ski trainer with eddy current brake system - by using the cable pull elements, the NOHRD Wall Compact enables a wide range of effective functional workouts and exercise sessions.**

All exercises are demonstrated by videos and played in slow motion before starting to provide a good insight.

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

Equipment dimensions: D50 x W121,5 x H217cm, weight 250kg

Power connection 230V

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