



NOHrD Wall main unit with swing dumbbells



NOHrD Wall - fitness in a class of its own - a complete training station with integrated virtual trainer. The NOHrD Wall - up to five freely combinable modules enable both short and high-intensity interval training as well as a combination of different functional workouts. Thus, the NOHrD Wall allows effective training in the smallest space. Designed as a complete fitness solution, the NOHrD Wall is aimed at private individuals for setting up their own home studio, hotels for exclusive workouts in the rooms or professional coaching experts, among others.

CHF 3'500.00

The main unit contains a touch screen with which you can start predefined workouts. In addition, the Swing Dumbbells are stored on the main unit.

Virtual training system with 22" (55,9cm) touch screen) Touchscreen

The Virtual Coach is an interactive program that provides 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 guiding 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 training system of the NOHrD Wall Compact you get a new workout every day (workout of the day) or you select your own workouts. During the workout, the heart rate and the 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 store 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 you for, or provides reserves for, everyday life. The **shifting of** the NOHrD-SWING's **centre of gravity** beyond the extremities favours 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 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, which 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 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 stored in the NOHrD Compact Wall. Training videos help you to perform the exercises correctly.

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

Unit dimensions: depth 35 x width 56,3 x height is selectable from 220-240cm

Power connection 230V

Options: Optional fridge and drawers can be added to the main unit

Warranty: 2 years labour and materials (excludes consumables such as cables)