



## NOHrD Wall Fitness Studio with 5 modules



NOHrD Wall - The fitness studio for home  
and hotels

CHF 8'315.00

### Module 1 - Cable pulley with weight plates

The pulley module contains an integrated SlimBeam and offers the possibility to train with weights. The front is coated with a stainless steel look and can be easily opened for maintenance. The visible wooden elements are made of real wood veneer. Due to the guide bar and the attached butterfly the module has a depth of approx. 50cm.

Two-sided and one-sided pulls can be carried out. The butterfly is completely adjustable in height. The standard transmission ratio is 3:1, thus the pull weight is 12,5 - 25,0 kg. It is recommended to use the module together with the main unit (sold separately) so that virtual training programs can be performed.

With the cable 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 enables a wide range of effective functional workouts and exercise units.

- delivery in ratio 3:1 (optionally available: ratio 2:1 or 1:1)
- 14 weights 5kg each
- 1 guide weight 5kg
- maximum length of single pull: 8m
- maximum length of 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 1:1 ratio

2.5-37.5 at 2:1 ratio

1.65-25kg at 3:1 ratio

## **Module 2- Main Unit with 22" Touch Screen and Swing Dumbbells**

The main unit contains a touchscreen with which predefined workouts can be started. In addition, the swing dumbbells are stored on the main unit.

The virtual coach is an interactive program that allows for 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), which are 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 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.

### **Module 3 - Ski trainer**

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

The NOHrD Wall Ski Trainer makes it possible to perform traction exercises, such as cross-country skiing. The traction cables are guided from the top of the device via swivelling rollers. The resistance is continuously adjustable via a magnetic brake. The front consists of a stainless steel optics and can be opened for maintenance purposes.

### **Module 4 - Wall bars**

- the wall module with rungs can be configured in a width of 60-80cm
- 11 rungs with a diameter of approx. 38mm
- the bars are made of solid wood, the panels are veneered with real wood

### **Module 5 - Shelf**

- the NOHrD Wall Shelf offers space for books, training equipment or decoration in its six compartments.
- the NOHrD Wall shelf can be configured in a width of 40-80cm
- veneered with real wood

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

Equipment dimensions module 1: depth 35 (50cm with butterfly) x width 32,5 x height is selectable from 220-240cm, total weight of the module approx. 120kg

Unit dimensions Module 2: Depth 35 x width 56,3 x height is selectable from 220-240cm, power supply 230V

Options Module 2: Optionally the main unit can be extended with a refrigerator and drawers

Unit dimensions Module 3: Depth 35 x width 32,2 x height is selectable from 220-240cm, total weight of the module approx. 70kg

Unit dimensions module 4: depth 35 x width is selectable from 60-80cm x height is selectable from 220-240cm

Unit dimensions module 5: depth 35 x width is selectable from 40-80cm x height is selectable from 220-240cm, total weight of module approx. 30kg

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