



## NOHrD Elasko Club



Training and stretching in a new dimension with just one device. With NOHrD Elasko you learn to stretch properly and improve your posture. NOHrD Elasko trains the whole body, the cardiovascular system and the mind. In combination with the specially designed ELASKO training program, you get a complete full-body workout - because stretching is not only suitable for the warm-up or cool-down.

**CHF 1'499.00**

The ELASKO technique is a dynamic stretching technique. It not only stretches the body, but also strengthens it and builds muscle tone by using the energy of the body. The strength and inner power combined with the opening of the joints, the whole body and the mind.

NOHrD Elasko takes training to another dimension. The different heights of the bars and the loops on the sides allow you to adopt innovative positions when stretching. NOHrD Elasko is suitable for all fitness and stretching levels. In addition, NOHrD Elasko offers a very comfortable mat for support when stretching and provides a feeling of security in your own area.

With NOHrD Elasko you learn to stretch properly and improve your posture. The following areas are also covered and trained:

- Cardiovascular system
- Balance and equilibrium
- Muscle tone
- Relaxation and relaxation
- Abdominal muscle training
- Posture and precision

### **Loops**

Innovative loops for special exercises down to the deep muscles.

### **Rungs**

Six stable bars provide different levels for different flexibility levels.



### **Mat**

The padded training mat ensures a secure footing or comfortable support and reclining positions.

### **Castors**

Ball-bearing castors and an innovative folding mechanism ensure easy handling and adjustability, as well as space-saving storage.

### **Materials**

Handmade in Germany: High-quality, solid wood ensures a pleasant training experience. The training mat is made of artificial or real leather.

### **ELASKO APP**

The ELASKO training app guides you perfectly through your workout. Complete workouts are available in German and English.

The Elasko training program - the ELASKO training app is essential. It shows the correct handling and how to stretch properly.

(incl. holder - tablet not included)

### **Details Elasko training program:**

- over 40 locations
- Varied training sessions
- in German and English
- detailed workouts
- Different levels of difficulty

Design: Club (made of beech wood and then stained rose and black), upholstery color: black

Use: home to commercial use, payload: approx. 150kg

Equipment dimensions when unfolded: L158 x W79 x H137cm, weight 40kg

Accessories: smartphone and tablet holder

Warranty: 2 years on labor and spare parts (excluding consumables such as pads/cables)