



NOHrD Elasko Shadow



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

CHF 1'499.00

The ELASKO technique is a dynamic stretching technique. The body is not only stretched, but we strengthen it and at the same time build muscle tone by using the energy from the body. The strength and inner power combined with opening the joints, the whole body and the mind.

NOHrD Elasko takes the training to another dimension. The different heights of the bars and the loops on the sides allow you to go into innovative positions while stretching. NOHrD Elasko is suitable for any fitness and stretching level. In addition, NOHrD Elasko provides a very comfortable mat for support while stretching and it provides a sense of security in your own area.

With NOHrD Elasko you will learn how to stretch properly and improve your posture. In addition, the following areas are covered and trained:

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

Loops

Innovative loops for specific exercises down to the deep muscles.

Rungs

Six sturdy bars provide different levels of flexibility.



Mat

Padded exercise mat provides secure footing or comfortable support and recline positions.

Rollers

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

Materials

Handmade in Germany: High-quality, solid wood provides a pleasant training feeling. The training mat is made of artificial or genuine leather.

ELASKO APP

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

The Elasko training program - the ELASKO training app is essential. It shows how to use it correctly and how to stretch properly.

(incl. holder - tablet not included)

Details Elasko Training Program:

- over 40 locations
- varied trainings
- in German and English language
- detailed workouts
- different levels of difficulty

finish: wood ash stained black, upholstery color: black

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

equipment dimensions folded out: L158 x W79 x H137cm, weight 40kg

accessories: smartphone and tablet holder

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