



## NOHrD Sling rope trainer cherry



Rope training for all muscle groups with the NOHrD sling rope trainer. During sling training with the sling rope trainer, your own body weight forms the resistance and entire muscle chains as well as intermuscular coordination are activated and challenged. With the sling rope trainer the training of classic movement sequences but also of specific muscle groups is possible.

**CHF 279.00**

- pleasant feel and optimal grip due to the use of natural materials
- easily adjustable rope length for always new training positions - the NOHrD sling trainer is infinitely adjustable in length
- the internal clamping mechanism ensures perfect safety during the workout
- compact and easy to attach to the ceiling (metal eyelets)
- can be attached and detached by means of a snap hook
- the black-stained rings offer many holding possibilities during training and are ideal in use with a diameter of 24cm
- ideal muscle trainer for indoor and outdoor use
- fixing material included in delivery
- length assembly rope 110cm
- length sling rope 270cm
- diameter housing 22cm
- weight 5kg
- maximum user weight 150kg
- Finish: cherry

The NOHrD Sling is made of classic NOHrD woods: high-quality oak, ash, cherry and walnut wood from renewable sources is used for the heart of the sling trainer. The rings are made of multiplex wood and stained black for all models.