



NOHrD Swing Board Shadow complete set



Another option for storing Swing Dumbbells are Swing Boards. These can be attached to a sturdy wall and provide space for eight dumbbells.

CHF 599.00

Of course, there are phases in which one should train without risk, such as when there is pain or temporary reduced resilience. However, once these phases have been overcome, it is important to prepare for the everyday risk or to integrate it into the training.

The **shifting** of the NOHrD-SWING's **center of gravity** beyond the extremity favors swinging, elastic movements. This is the natural form of movement, and if you've lost it, we'll help you regain momentum and elasticity.

Your connective tissue is specifically designed for these springy movements, while needing them to stay in shape. Take advantage of NOHrD SWING training and get back the connective tissue and resilience of your youth.

The **imbalance** created by the special shape and filling (see picture) of the NOHrD SWING dumbbell, respectively by the movement in the hand, always creates fresh training stimuli to which the structures of the musculoskeletal system adapt broadband.

The patented concept: The SWING dumbbell is filled with balls. These support the imbalance, as they resonate with every movement in the leather bag. This is not possible with fixed weights.

The Swing Board complete set contains new 8 dumbbells - consisting of 2x2kg/2x4kg/2x6kg/2x8kg and the Swing Board

Height: 157 cm, Width: 21 cm, Depth: 9 cm

Weight: approx. 5 kg (without dumbbells)

Wall mounting included

**The Shark
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