



## NOHrD WeightPlate Tower Set



Sturdy weight tower made of solid, oiled wood with a total of 20 weight plates (total weight of the weight plates 57kg) and with two dumbbells and a barbell bar from Gungnir of Norway with SlideLock mechanism for easy loading of the weight plates. Fully loaded, the dumbbell can be used to train with a weight of 32kg each and the barbell can be used to train with a total of up to 62kg. The weight plates are coated on both sides with a real wood veneer.

CHF 2'590.00

### **The design**

The dumbbell and barbell bars can be loaded without worrying about the weights falling off or the cuffs loosening during the set. The integrated SlideLock™ system adds safety and ease of use. The minimalist design in combination with the wood decor always provides new workout incentives.

### **The dumbbell workout**

With dumbbells, you can train muscles in isolation, but most exercises with free-moving weights also involve many auxiliary muscles. This is the only way to keep the body, especially the torso, stable. And that's what makes barbell exercises so effective. With barbell training, many exercises can be made more intensive. This significantly increases maximum strength, strength endurance and muscle building.

### **The decor with wood look**

All dumbbells are provided with a real wood veneer on both sides for the unique look. Because of the veneer, no metal parts collide with each other, so the workout is quieter.

### **GUNGNIR of Norway - patented system**

The integrated SlideLock™ system adds safety, order and ease of use. Simply lift and lock into desired position.

### **The weights**

The weight plates are available in 5kg, 2.5kg, 1.25kg and 0.5kg weights and allow for the finest weight increments. The discs have a hole diameter of 25mm.

### **The Tower**



The sturdy weight tower made of solid wood, powder-coated steel and brushed stainless steel offers space for single weight plates and fully loaded dumbbells. The barbell bars (pumpers) are positioned backwards and upright.

**Features:**

- Tower for space-saving storage of discs, barbells and dumbbells.
- 2 dumbbells from GUGNIR of Norway with integrated SlideLock™ mechanism - 40cm dumbbells with a diameter of 25mm and a weight of 1.5kg each
- 1 barbell from GUGNIR of Norway with integrated SlideLock™ mechanism - 140cm barbell bar with a diameter of 25mm and a weight of 5kg
- Gungnir's SlideLock™ system - integrated slide lock for easy and secure fixing of weight plates on the bar - the exclusive SlideLock technology is based on a titanium slider with a magnetic core. With a minimal lift, the slider moves smoothly on the barbell bar and locks into place at the desired location
- 20 weight plates in wood design consisting of 8 x 5kg, 4 x 2,5kg, 4 x 1,25kg, 4 x 0,5kg and with hole diameter 26mm
- weight plates are coated on both sides with a real wood veneer
- disc diameter: 0,5kg (13,5cm), 1,25kg (15,3cm), 2,5kg (20cm), 5kg (20cm)
- dimensions of the device: 47 x 47 x 117cm
- Base plate dimensions: 45 x 45 x 0,3cm
- Total weight tower and discs: 88kg