



NOHrD WaterGrinder Vintage oak



The WaterGrinder, an upper body training device developed from sailing, is based on WaterRower's successful water resistance principle. In sailing, the grinder's task is to convert the wind into propulsion by hoisting the sails as quickly as possible. The grinders do the back-breaking work on board and are therefore high-performance athletes. Using their muscle power and stamina, they move the winches on the ocean-going yachts and force the sails into a vertical position. The modern way of doing this is via a classic crank movement. The WaterGrinder now offers you the opportunity to practise this sport at home and achieve the fitness of a racing grinder without giving up the element of water.

CHF 1'990.00

Sitting or standing

The wooden seat can be attached on both sides at three different heights. The WaterGrinder can also be operated standing up without a seat.

Light or heavy

The height of the cranks can be fixed in eight different positions. This has a direct effect on the training resistance: the smaller the rotation, the higher the intensity.

Front or back

The WaterGrinder can be operated from the front, back and side. You can train sitting or standing. All positions focus on training the upper body (chest, abdomen, back, arms, shoulders).

Bicycle ergometers, cross-walkers and treadmills are very effective, but they all train the cardiovascular system primarily via the lower extremities. However, as all cardio training also has a muscular or body-shaping component, there is a clear deficit in the area of upper body training. The WaterGrinder compensates for this as it trains the entire upper body. This includes the muscles of the arms, shoulders, abdomen and chest as well as the muscles of the entire back.



Of course, the joints of the upper body and, last but not least, the spine also receive precisely the movement and load impulses that are necessary for mobility and resilience. Our legs are designed for continuous strain. It takes a correspondingly long time to stimulate them effectively. The arms, on the other hand, are designed for short bursts of activity. The WaterGrinder ensures rapid muscular fatigue. This leads to short and therefore extremely efficient training sessions. With the WaterGrinder you train strength and endurance at the same time.

In sailing, "grinders" are used to hoist and lower sails quickly. Grinders have the advantage that the use of the entire upper body develops a great deal of torque, which in turn increases the speed at which the sails are hoisted. "Professional grinders" (the name given to sailors who are responsible for hoisting sails) are very good strength and cardio athletes.

- With the WaterGrinder, effective training to build up core muscles is a lot of fun. The cardiovascular system is sustainably strengthened.
- The water resistance is very constant and increases with the rotational speed, just like when hoisting a sail. The faster you crank, the greater the resistance.
- The basic resistance can be adjusted in 8 stages by adjusting the length of the crank.
- The crank can be operated both forwards and backwards. In addition, the cranks can also be turned individually without the other crank turning.
- The seat can be attached on both sides at three different heights. The WaterGrinder can also be operated standing up without the seat.
- The adjustable feet are curved so that wheelchair users can also approach the appliance. The height of the powder-coated steel feet can be adjusted by a few centimetres so that the WaterGrinder is stable.

The WaterGrinder monitor offers a comprehensive range of training approaches. You can choose between the following programs:

Time or distance training:

Set a time or distance that you want to complete and concentrate exclusively on achieving this goal during training.

Versatility drill:

Here you receive many different and at the same time unpredictable training impulses; just as if a coach were at your side. You determine a training focus and this is complemented by constant variations in the sense of extremely effective 'differential training'.

Competition training:

In competition mode, you compete against a virtual or real opponent and have to hoist a number of sails of your choice as quickly as possible. It's all about winning or losing here; the training focus is different again and high intensity is guaranteed.

Depending on the program, you are given the following parameters: Speed, time, distance, power in watts or calories per hour.

The power monitor can be swiveled and can be operated from both sides. This means it can be easily read from both sides during training. A balance sensor prevents the display from being upside down. The buttons can be operated directly on the glass plate (touch). The monitor is rotated in the working direction and displays various measured values such as revolutions per minute, time, watts etc.

Application: Home to light institutional use, payload: approx. 125kg

**The Shark
Fitness Company**



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Device dimensions: L110 x W80 x H120cm, weight 50kg (without water filling)

Accessories: Water pump, chlorine tablet

Warranty: 2 years on labor and material (excluding consumables)