



NOHrD Sling rope trainer vintage oak



Rope training for all muscle groups with the sling rope trainer from NOHrD. During sling training with the sling rope trainer, your own body weight forms the resistance and entire muscle chains and inter-muscular coordination are activated and challenged. The sling rope trainer can be used to train classic movement sequences as well as specific muscle groups.

CHF 259.00

- pleasant feel and optimum grip thanks to the use of natural materials
- easily adjustable rope length for 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 using snap hooks
- the black-stained rings offer many holding options during training and are ideal for use with a diameter of 24 cm
- ideal muscle trainer for indoor and outdoor use
- fastening material included in the scope of delivery
- Length of assembly rope 110cm
- Sling rope length 270cm
- Diameter of housing 22cm
- Weight 5kg
- Maximum user weight 150kg
- Finish: Oak stained in vintage design

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