



Wooden Fitness Innovations



MADE
IN
GERMANY

WaterRower: Made in the US

WaterRower Rowing Machines (pp. 04-15)



WaterGrinder Upper Body Trainer (pp. 16-21)



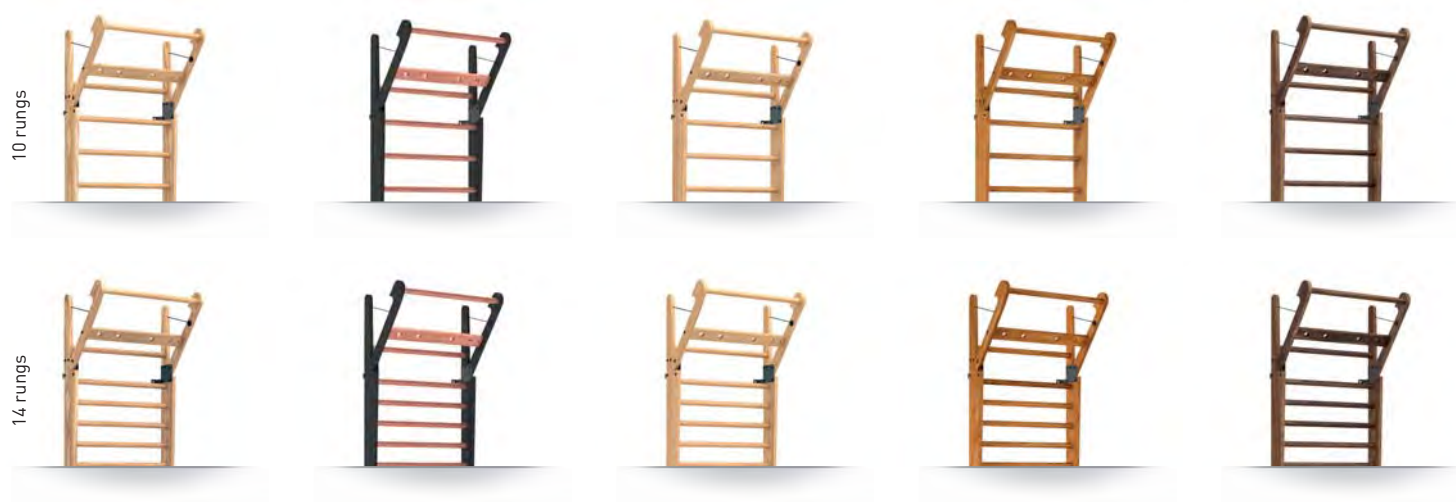
Slim Beam Cable Machines (pp. 22-31)



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TriaTrainer (pp. 46-51)



HaptikBall



Pilabar



HedgeHock



GENERAL INFORMATION: WOOD

Please note that our solid wood is exclusively selected from sustainably managed forests in the USA and Germany. Only guaranteed young and smooth heartwood will be processed.

The premium quality wooden pieces are oiled for protection against dirt and stains. Wood is a natural raw material which can deviate in color and consistency. Each product is one of a kind. Solid wood darkens naturally over time. This pertains to cherry wood especially.

GENERAL INFORMATION: LEATHER

We use all natural and handworked leather, exclusively from Germany.

- tanning of the leather is „Made in Germany“
- ISO 9001 Quality Seal
- vegetable-based tanned leather / genuine leather scent
- exceptionally good skin compatibility
- unproblematic disposal (unlike chrome leather)

Even high-quality genuine leather may show undesired natural characteristics or markings. No skins are flawless.

Skins are frequently surface-treated with polyurethane and acrylates which render the leather an unnatural, synthetic look. Our vegetable-tanned, genuine leather remains natural to the greatest possible extent. Natural leather will darken slightly over time.

FURTHER INFORMATION:

Image processing and print may cause color deviations. Prices may be subject to change.

THE ORIGINAL
SINCE 1988



WaterRower

"Made in the US"

The Original

WaterRower rowing machines have been manufactured with the utmost care and attention to detail for more than 25 years. WaterRower represents design in your home interior, at the workplace and in the fitness studio.



WaterRower

Outstanding: The Design

The WaterRower is not merely an eye-catcher but also a technical highlight. The rowing machine features a compact and straight-line structure which will elegantly fit into all home interiors, due to its blend of materials.

The water tank provides the user a visual, as well as an acoustic feedback during your workout. Resistance does not need to be adjusted manually but, as is typical with water, adapts to the user's input. The WaterRower can be stood upright after use in one simple move.



Well Thought-Out

In an upright position, the WaterRower occupies no more space than a chair. Its center of gravity lies at the water tank which enables you to lift it at the rail-end nearly effortlessly. In all positions, the water remains safely in the tank.

During your workout the seat glides silently on the rails, according to your rowing stroke. Eight ball bearing mounted rolls made of anti-abrasion polyurethane ensure perfect rolling on the rails. The seat is ergonomically cushioned, further providing comfort during use.

The foot board offers the highest level of flexibility when in an optimal rowing position. The ergonomic foot pads and straps are both individually adjustable, guaranteeing maximum comfort.

The extremely durable, rubber feet provide protection and skid resistance for all types of flooring. The performance monitor can further be connected to your PC and used with our free software We-Row.

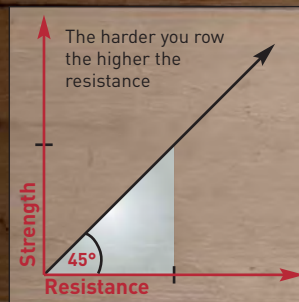


The WaterRower water tank

The heart of the WaterRower is its water tank and ergonomic paddle design. The paddle enables maximum pull of water, resulting in an even, smooth and jerk-free resistance. As is unique with water resistance, it is self-determined, meaning it precisely adjusts to the individual movement and strength input of the rower. Pulling slowly or gently results in little resistance, whereas an increase in strength or speed will intensify the resistance while constantly remaining fluid and smooth.



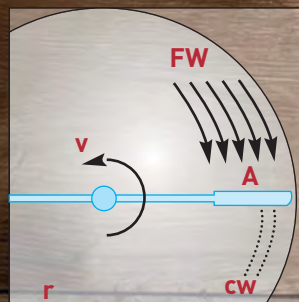
In real rowing, the skiff moves through water based on muscular strength input. Scullers can experience the element of water through pulling their oars. Water provides a natural and familiar resistance when rowing. The WaterRower can truly simulate outdoor rowing through its use of water as resistance.



Pressure against the paddle increases, the faster the paddle (pulled by you) pushes the given amount of water. The harder you pull the paddle, the more resistance will increase, as well as training results.

Advantages of water resistance:

- water is gentle and protects your joints
- amount of strain can be precisely graded and is 100% self-determined
- the pleasant rhythmic swish of water is soothing



v = velocity with which a body (leg boat or paddle) moves across water
 cw = coefficient of respective body
 A = front surface
 r = density of the water

$$FW = 1/2 \cdot A \cdot cw \cdot r \cdot v^2$$

With water resistance FW we determine the energy working against the current direction, which decelerates the body in its movement.

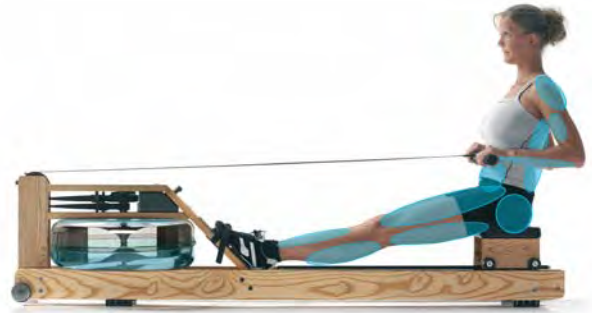


Strenght and Condition

Rowing embodies all the elements of smooth and efficient exercise, providing you with optimal opportunity to effectively increase performance. Perfect for men or women of any age, rowing is suited for the experienced and ambitious, as well as the beginner athlete.

Most types of sport concentrate on training either strength or endurance, making it time-consuming to improve in both areas. Rowing can remedy this. A rowing workout will deliver a rare balance between strength and condition stimuli, perfectly meeting today's demands on exercising one's perfect sport when subject to overloaded daily schedules.

A rowing workout trains 84% of the body's musculature simultaneously, including abs, glutes, back and legs. The resulting muscle gain will protect against arthrosis and bad posture. Water resistance rowing exercise is consistently easy on the joints and therefore extremely low-risk for injury.



Rowing works 84% of the body's muscles: abs, glutes, back and legs

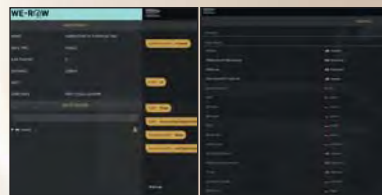


Online Rowing

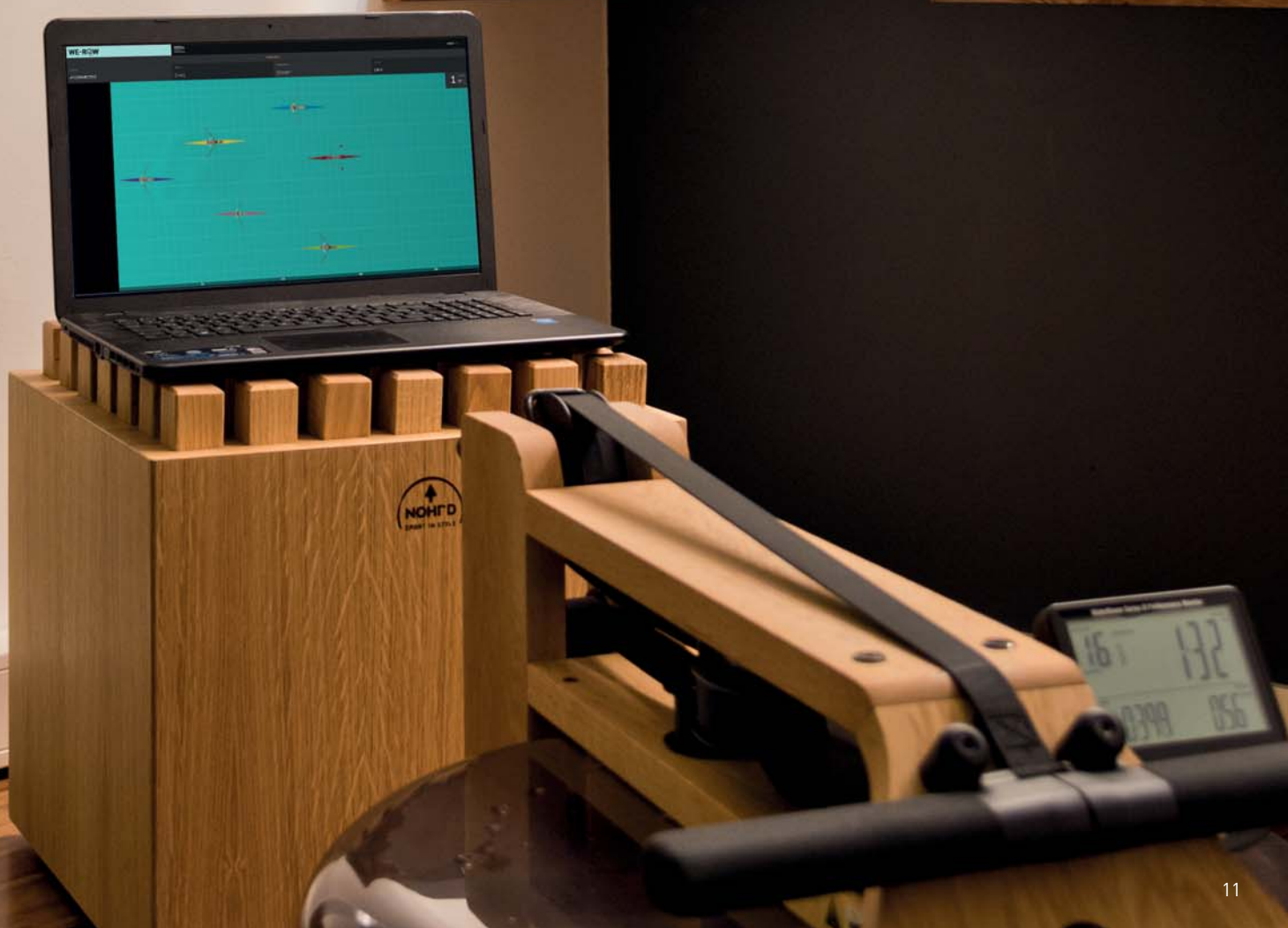
Connect, free of charge, with We-Row and race against other WaterRower owners. Or, if you prefer, set up your own private training . You will have the option to store your data and access at any time, which will allow you to chart your progress and also share with other users. Enjoy this web function for a guaranteed fun dimension to your workout, allowing you to set up your own races and compete against other users.

WE-ROW

For further information click on:
www.we-row.com



includes chat-function, live races and option to set up your own race.



WaterRower Details

WaterRower Rowing Machines	Wooden Models	M1 HiRise M1 LoRise	S1 Premium Steel	A1
Dimensions in cm	210 x 56 x 53	223 x 56 x 69 223 x 56 x 53	210 x 56 x 53	215 x 56 x 53
Weight in kg without water	30,5	36,0 33,5	40,0	28,0
Seat height in cm	31,0	51,0 33,5	30,0	26,0
Max. Weight Load	150	180	180	130
Max. Water Quantity in liters	20	20	20	20
Rail(s)	2	2	2	1
Usable with We-Row	yes	yes	yes	no
Upright Position Possible	yes	yes	yes	yes
Delivery Packages	2	2	2	2
Monitor Version	S4, USB	S4, USB	S4, USB	kein USB
Materials	Wood	Aluminum	Electropolished Premium Steel	Wood, Aluminum
Recommended Use	Home, Studio	Studio	Home, Studio	Home, Studio
Laptop-Holder Optional	yes	no	no	yes
HiRise Adapter Optional	yes	no	yes	no
Cover Optional	yes	no	yes	no



WaterRower Models



A1



S1 Premium Steel



Oak



M1 LoRise



Ash



M1 HiRise



Club



Cherry



Walnut

Models	Order No.
A1 Monorail	10.113
Oak	10.107
Ash	10.100
Club	10.103
Cherry	10.106
Walnut	10.108
S1 Premium Steel	10.110
M1 LoRise	10.111
M1 HiRise	10.112

All WaterRower models are manufactured with premium-quality materials and assembled by hand. Guaranteed top quality right down to the last detail.

Delivery includes 2 packages. Assembly is easy and safe - complete with handbook featuring illustrated instructions for correct rowing technique.

"Made in the US"



WaterRower Accessories



ANT HEART RATE SET

Digital-coded 2.4 Ghz connection for receiving heart rate. Use S4 Performance Monitor connector for wireless reception from paired Server (chest strap). Includes transmitter and receiver.

10.306



POLAR CHEST STRAP

Chest strap (heart rate transmitter) sends your data to heart rate receiver or compatible watch.

10.307



POLAR HEART RATE RECEIVER

Simply plug cable into WaterRower Performance Monitor. Received data transmitted/ displayed on S4 Performance Monitor.

10.305



LAPTOP HOLDER

Laptop holder made of wood to be mounted onto WaterRower top deck. Made with anti-slip safety trim for your laptop. Suitable for laptops up to 17" and tablets max. width 24cm.

Dimensions cm: 38 x 28 x 22

Tablet not included in delivery

10.217 (oak)
10.212 (ash)
10.213 (club)
10.214 (cherry)
10.215 (walnut)



XL RAILS

All WaterRower models may be purchased in XL-version, suitable for users over 6'5". XL-rails can also be combined with HiRise adapter (s. below)

10.218 (oak)
10.200 (ash)
10.202 (clu)
10.203 (cherry)
10.204 (Walnut)

HIRISE ADAPTER

The HiRise-Adapter will heighten your seat position by 20cm. Ideal for easy getting on/off machine.

10.219 (oak)
10.206 (ash)
10.208 (club)
10.209 (cherry)
10.210 (walnut)





CARE SET

Provides optimal care for your WaterRower.
Set includes:
1 plastic cleaner, 1 wood oil
3 cotton cloths, 1 abrasive fabric
12 month supply of chlorine tablets

10.304



12-MONTH PACK CHLORINE TABLETS

High-quality, slow-dissolving care tablets.
Place 1 tablet in the water tank every 2 months
to keep your tank residue-free.
6 tablets/pack

10.313



BLUE WATERCOLOR

Pour full content into your (filled) water tank
for a strong blue water color.
Not for use with chlorine tablets!

10.303



OARSOME ROWING GRIPS

Fitted over the WaterRower grip, providing
optimal protection against chafing. Ergonomic
grips are made of especially soft synthetic,
which permanently maintains shape.

10.315



PROTECTION COVER

The WaterRower protection cover can be easily
pulled over your rowing machine, providing
ideal protection against dust, rain or high-level
humidity.

10.300



FLOOR MAT

This mat will prevent your WaterRower from
sliding on extremely smooth or delicate floors,
simultaneously protecting your flooring.

10.301



ROWING TECHNIQUE DVD

Xeno Müller, Olympic Gold and Silver Medalist
provides detailed instruction for a proper and
efficient technique, while demonstrating how to
increase your fitness level with WaterRower.

10.312



ERGO-SEAT CUSHION

Provides extra comfort and pressure relief.
Ergo-Seat cushion specially designed to meet
rowing demands and is suitable for all Water-
Rower seats.

10.317



"Made in Germany"

Pure Intensity

In sailing it is the grinder's task to transform wind into propulsion by hoisting the sails as quickly as possible.

Grinders do the backbreaking work on board and are, unquestionably, high-performance athletes. Using maximum physical strength and stamina, grinders hoist the sails by cranking the winches. Sailors today do this by performing a classic rotating or grinding movement.

Nohrd's WaterGrinder now provides you with the chance to pursue this sport at home, without having to deny yourself the element of water. Achieve the fitness of a racing grinder in the process!





WaterGrinder

Form meets function

Nohrd WaterGrinder is easy to use while offering countless training possibilities. In just one step you can adjust the monitor, the hand pedals (crank) and seat.

The waterdrop shape of our wooden frame is a true eyecatcher in the home or studio.

The G1 performance monitor can be swung to each side while a balance sensor recognises its position. This allows for training on each side of the machine. The buttons function on a touch-screen principle.

The paddle is shaped ergonomically and pushes the water extremely efficiently, thanks to its concave surface. Water resistance can be self-determined ie. within each movement, resistance adapts to strength input: The harder you grind the higher the resistance.

The hand pedals can be set in various height positions which allows you to further adjust the resistance. The smaller the rotation the higher the intensity.

The seat can be hooked in on both sides in 3 different positions each.

The WaterGrinder is set on 2 powder-coated steel arms, curved in such a way that even wheelchair users can train at the machine. The 4 feet are adjustable in height so that the machine can be levelled to the floor.





WaterGrinder in oak. The hand pedals can be set in 8 different positions. The touch-screen can be swiveled to either side and easily read from both settings.

Condition, strength, endurance

Stationary bikes, elliptical trainers and treadmills are all highly effective exercise machines, yet they only condition your cardiovascular system through your lower body. All cardio workouts contain muscular and body-shaping components, but there is a clear deficit in upper body training. Nohrd WaterGrinder will compensate this to a whole new extent by working your arms, shoulders, chest and abs, as well as your entire back. Your upper body joints and spine are provided the necessary movement and stress stimuli necessary for building daily resilience.

Your legs are meant to sustain continuous stress throughout the day and therefore take longer to stimulate effectively. Your arms, however, are designed to handle shorter exertions and are able to rest most of the day.

Nohrd WaterGrinder takes advantage of this factor and provides you with quick muscular fatigue by initiating endurance training through your arms, granting you extremely efficient and short training sessions. Nohrd WaterGrinder conditions strength and endurance simultaneously. Muscles like teamwork and the necessary communication this entails! With our WaterGrinder you will work your muscle chains within their networks, while consistently improving communication between the nervous and muscular systems, as well as conditioning your connective tissue (fascia).



- Dynamically trained muscle system
- Statically trained muscle system



WaterGrinder Model Overview



Ash



ClubSport



Oak



Cherry



Walnut

Models

Ash
Club-Sport
Oak
Cherry
Walnut

Order-No.

14.100
14.101
14.104
14.102
14.103

Technical Details

Height: 120 cm
Length: 110 cm
Width: 80 cm
Weight: 50,0 kg (without water)

Includes performance monitor.



"Made in Germany"

SlimBeam

Cable machines are one of the classic exercise machines. Fitness studios and physio therapy centers always have at least one gym cable, due to their versatility and functionality.

Choosing Nohrd's SlimBeam means selecting an exercise machine which features all the benefits of traditional cable machines, along with a top design, capable of blending into your home interior.

Enjoy the SlimBeam's slender shape, soft contours and high-quality wood, available in a broad range of shades and colours, to suit your tastes.





The Nohrd SlimBeam was further chosen for the 2016 German Design Award.



Nohrd SlimBeam was awarded the 2014 „Plus X Prize“ in 3 categories



SlimBeam



Diversity in the smallest of places

The Nohrd SlimBeam will win you over with its sleek physique and its minimal space requirements. With its 215 cm height and 40 cm width, this cable machine proves to be an aesthetic highlight for any interior ambience.

The SlimBeam is fixed at 10 cm from your wall and protrudes merely 20 cm in total into the room. Its base measures less than a half square meter.

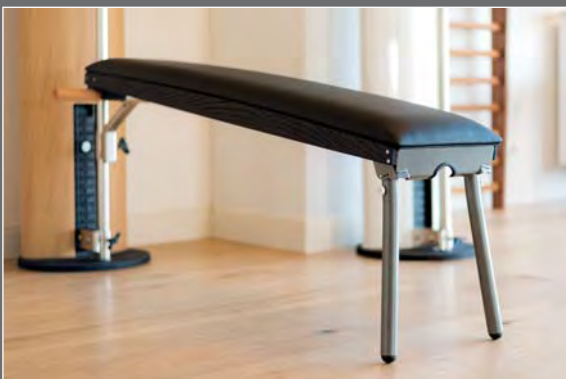
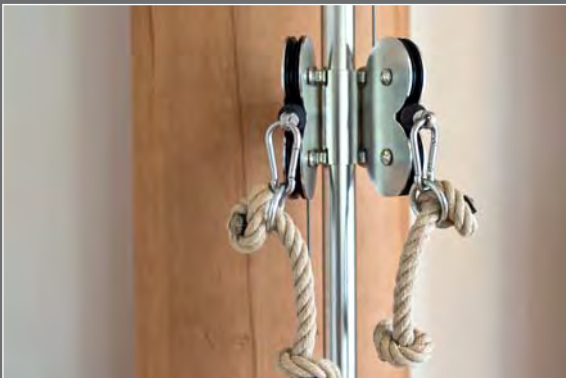
The butterfly is the SlimBeam's main feature, allowing you to train on one or both sides. It can be swiveled and set at any height. The fixtures adapter can hold a pull-up or lat bar. The adapter can also be set

onto the front pole at any height.

The pull-up bar is included with each SlimBeam purchase. It can be adjusted in height with the fixtures adapter. When attached at the bottom, it serves as the base for the exercise bench.

14 weights at 5kg, plus the start weight at 5kg are elegantly housed in each Slim-Beam.

The individual cable ratio (standard 3:1) permits various grades of weight.



Functional Training

Functional training is justifiably a current trend. Exercising in this classic, yet contemporary way will provide your body with the exact impulses and stimuli it requires to fully challenge itself and improve your performance levels.

The Nohrd SlimBeam is the perfect total body home fitness machine. We have developed a workout manual which will provide you with exercises of all levels of intensity, guaranteed to meet your training needs.

You can select the intensity within a featured exercise by the indicated level of difficulty. Try starting with exercises for a single muscle group and gradually increase.

You can find these exercises in the beginning of your manual for the following muscle groups: arms, shoulders, chest, abs, back and legs.

The cable machine's range of motion is intrinsic. Extension length of up to 4 meters (double) or 8 meters (single, at 3:1 cable ratio) guarantee maximum functional expansion. The maximal weight of 12.5 kg (single extension) or 25.0 (double extension) is distributed over 15 weight plates, delivering an extremely precise and harmonious weight gradation.

Extension	3:1 cable ratio kg	2:1 cable ratio kg	1:1 cable ratio kg
Single	0,83 - 12,50	1,25 - 18,75	2,50 - 37,50
Double	1,65 - 25,00	2,50 - 37,50	5,00 - 75,00

The cable ratio can be changed through the amount of rolls provided for use. The SlimBeam can be converted for this. A separate pulling cable is required.





Interactive: Personal Trainer

One of our newest features is the SlimBeam's training app, with its practical tablet holder mounted at the side of the machine. This can be used in addition to the included exercise manual.

The SlimBeam's body is manufactured in such a way that the tablet holder can be attached at any time. Use by connecting your tablet (android only) to a USB plug and download the training app. During your workout, the pre-set weight, repetitions and cable length are automatically recognized and clearly displayed. Each exercise is featured by video in detail.

Functions overview:

- weight recognition
- reps display
- total weight display
- suggested weight settings
- suggested butterfly settings
- full-body workouts
- isolation exercises
- instructional videos
- personal profile with training overview
- android compatible
- available separately (p. 30)
- cable length / pull history
- graphic display of pull





The SlimBeam tablet holder is mounted to the side of the machine. The SlimBeam's body is equipped with an electronic system which will gather your data.

SlimBeam Accessories



Exercise bench
features foldout legs, black

Artificial leather 15.214
Genuine leather 15.215



Pull-up bar

Black	15.228
Ash	15.229
Club-Sport	15.230
Oak	15.232
Cherry	15.233
Walnut	15.234



Extension handle bars

Black	15.208
Ash	15.222
Club-Sport	15.223
Oak	15.225
Cherry	15.226
Walnut	15.227



Equipment adapter

The equipment adapter is attached to the front bar and is height-adjustable.
15.201



Aluminum lat bar

Lat bar made of featherweight aluminum with a ribbed surface for an optimal grip. Use for back, upper core and lat exercises. Length: approx. 120cm
15.216



Ankle strap

Made of high quality artificial leather with felt lining.
15.207



Cleaning set

3x microfiber cloths, 1x abrasive fabric
1x wood care oil, 1x metal emulsion
15.210



Lubricant

For use in case of pulling hitches.
Content 400ml. Lubricates and protects.
15.211



Electronic training system *

Includes universal tablet holder (android) for sizes up to 13".
Main frame only / tablet not included
15.236



Cable for ratio

Available in different lengths for various transformation ratios. (3:1 is standard length).
3:1 ratio 15.204
2:1 ratio 15.205
1:1 ratio 15.206



Ceiling clamp

Use for various ceiling heights.
232 - 242 cm 15.218
241 - 259 cm 15.219
258 - 276 cm 15.220



Lat upgrade set

Extension for pull-up bar by 2 wheels for lat exercises.
15.217

* The SlimBeam is delivered with pre-installed sensor technology. Only SlimBeams containing this technology can be used with the electronic training system. If you own an older model SlimBeam, the sensory technology can be ordered as a conversion set. Please inquire by telephone.

SlimBeam Model Overview



Ash



Club-Sport



Oak



Cherry



Walnut



Stainless steel



White



Black

Models

Order No.

Ash	15.100
Club-Sport	15.101
Oak	15.106
Cherry	15.103
Walnut	15.104
Stainless steel	15.105
White*	15.110
Black	15.112

* Further colors/materials available. 

* SlimBeam white/color is coated with high pressure laminate (HPL).

* SlimBeam black is stained oakwood veneer.

Technische Details

Base plate:	ø 44 cm
Height:	215 cm
Width:	40 cm
Depth:	20 cm
Distance to wall:	10 cm
14 weights:	je 5 kg
1 start weight:	5 kg
Total weight:	ca. 120 kg
Ratio:	3:1

Equipment included:
Pull-up bar with adapter, cord,
extensions handle bars



Swing

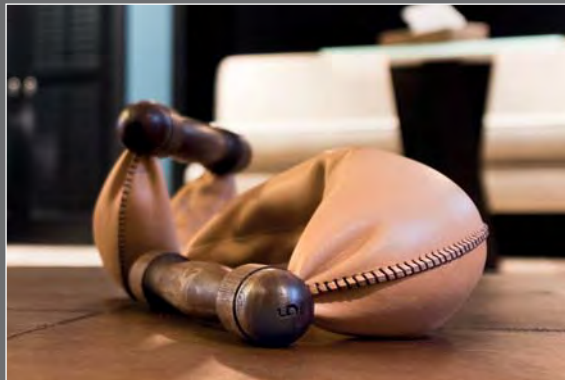


"Made in Germany"

Swinging force

Swinging movements belong to our daily routine. They are highly effective and, therefore, a natural component of our repertoire of moves. This becomes clear to us when our resilience (ability to withstand stress) diminishes and pain simply hinders our momentum. Prevent this by incorporating swing- training into your workout: muscles, joints and connective tissue will become flexible, supple and more resilient.

The Nohrd Swing's change of emphasis, extending beyond the extremities, will increase elasticity. Your connective tissue is precisely designed for such flexibility (bounce) and also requires this resilience to stay in shape.



NOHrD Swing Free Weights

Use Swing workouts to regain the body tone and resilience of your youth. All Swing free weights are filled with an iron granulate (pellets), which support the dynamic imbalance of the movement by shifting within the leather sack. Your hand's extra movements deliver varying exercise stimuli for your joints, muscles and connective tissue. Physical performance and resilience will be your results.



The Swing Design

Our Swing free weights are manufactured from start to finish by hand. We cut, sand, stitch and oil each of our Swing weights at our facility in Nohrdhorn.

The pellets are encased in hand-stitched genuine leather pouches (available in black and beige), which contain a metal splint for stability. The free weights are available in 1, 2, 4, 6 and 8 kg, either in full sets (incl. Swing-Tower or Swing-Board) or separately.

The Swing-Tower is made of solid wood and offers space for up to 8 Swing free weights.

The exercises feature a methodical buildup and contain simple isolation sequences, as well as complex and more demanding routines.

Use the Swing tower's wooden stand feature for tablets and smartphones, enabling you to view exercise videos during your workout. Alternatively, the exercise manual can be set into the top of the tower in order for you to follow the exercise more easily.



Swing free weights overview



Swing free weights

Wood	Weight	Order-No.
Ash	1 kg	13.100
Ash	2 kg	13.104
Ash	4 kg	13.108
Ash	6 kg	13.112
Ash	8 kg	13.116
Club-Sport	1 kg	13.101
Club-Sport	2 kg	13.105
Club-Sport	4 kg	13.109
Club-Sport	6 kg	13.113
Club-Sport	8 kg	13.117
Oak	1 kg	13.125
Oak	2 kg	13.126
Oak	4 kg	13.127
Oak	6 kg	13.128
Oak	8 kg	13.129

Wood	Weight	Order-No.
Cherry	1 kg	13.102
Cherry	2 kg	13.106
Cherry	4 kg	13.110
Cherry	6 kg	13.114
Cherry	8 kg	13.118
Walnut	1 kg	13.103
Walnut	2 kg	13.107
Walnut	4 kg	13.111
Walnut	6 kg	13.115
Walnut	8 kg	13.119

The Swing models Ash through Cherry are all made with black leather. For walnut, tan leather (natural) is used.

All Swing free weights are packaged and delivered in a fitted cardboard box.

Swing Model Overview



Ash



Club-Sport



Oak



Cherry



Walnut



Ash



Club-Sport



Oak



Cherry



Walnut

Swing Tower

Models	Weights	Order-No.
Ash	1, 2, 4, 6 kg	13.200
Ash	2, 4, 6, 8 kg	13.201
Club-Sport	1, 2, 4, 6 kg	13.203
Club-Sport	2, 4, 6, 8 kg	13.204
Oak	1, 2, 4, 6 kg	13.214
Oak	2, 4, 6, 8 kg	13.215
Cherry	1, 2, 4, 6 kg	13.206
Cherry	2, 4, 6, 8 kg	13.207
Walnut	1, 2, 4, 6 kg	13.209
Walnut	2, 4, 6, 8 kg	13.210

Technical Details Tower

H x W x D: 87 cm x 15 cm x 15 cm
 Weight: 10 kg (without free-weights)
 Base plate: 34 x 34 x 2,6 cm

Swing Boards

Models	Weights	Order-No.
Ash	1, 2, 4, 6 kg	13.300
Ash	2, 4, 6, 8 kg	13.301
Club-Sport	1, 2, 4, 6 kg	13.303
Club-Sport	2, 4, 6, 8 kg	13.304
Oak	1, 2, 4, 6 kg	13.314
Oak	2, 4, 6, 8 kg	13.315
Cherry	1, 2, 4, 6 kg	13.306
Cherry	2, 4, 6, 8 kg	13.307
Walnut	1, 2, 4, 6 kg	13.309
Walnut	2, 4, 6, 8 kg	13.310

Technical Details Board

H x W x D: 157 cm x 22 cm x 8,6 cm
 Weight: 5 kg (without free weights)



"Made in Germany"

A Classic

Wall bars are a truly classic piece of sports equipment- there's hardly a gym without one! The fine woods used to manufacture NOHRD WallBars, along with its curved silhouette, present a high-quality piece of furniture which will blend in effortlessly to your home interior.

Available in ash, oak, cherry and walnut woods. The safety cords on the built-in side side arm ensure safe training and retract automatically when folded up.





WallBars

Multifunctional Training Station



The WallBars feature a foldout function. The top rung serves as a pull-up bar and can be used for hanging or swinging from.

The multi-adapter can be hooked onto the WallBars in two different positions.

The CombiTrainer can be set on the rungs in varying heights and provides you with a great number of extra exercises.

Lengthen the height of your WallBars with the WallBars-extension piece.

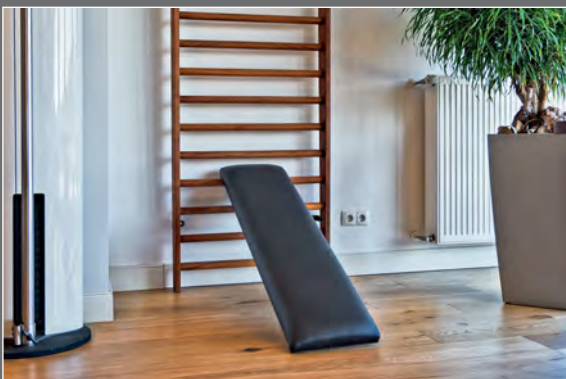
Multifunctional workouts

Wall bars are ideal for multifunctional workouts. Gyms usually feature wall bars for climbing, hanging or swinging your body. The upper bar side arm is perfect for pull-ups or hanging and swinging exercises. Enjoy simply moving your body but also specific stretching exercise.

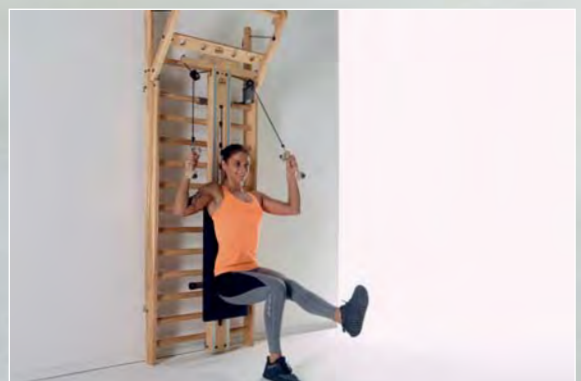
Working out on the wall bars strengthens your core and back muscles and proves effective for treating back pain. Indeed, wall bars are most versatile. Use each rung to exercise on or broaden your workout palette with our range of accessories.

Attach the WallBars multi-adapter and hook in the workout bench or tie on elastic resistance bands to any rung.

Nohrd WallBars will prove to be your full-body, multifunctional training station!



The CombiTrainer is ideal for the use with the 14-rung WallBars. It can be set at varying heights. The higher rung you hook it into, the harder the exercise.



The Perfect Combination

The CombiTrainer will considerably extend your range of exercises on the WallBars. It can be hooked into different heights. The lying surface is upholstered with a special non-slip material to guarantee a good hold during exercise. The CombiTrainer functions exclusively with body weight for resistance.

Thanks to variable sitting and prone positions, all muscle groups can be trained effectively. The cable control runs smoothly and silently over the ball bearing mounted rolls. After your workout the CombiTrainer can be hung into the WallBars for storage.



Models	Order-No.
Ash	12.230
Club-Sport	12.231
Oak	12.232
Cherry	12.233
Walnut	12.234

Price does not include WallBars

Technical Details

Length: 190 cm
Width: 60 cm
Lying surface: 85 cm x 35 cm (L x B)

"Made in Germany"

WallBars Accessories



LEATHER BENCH

Can be hung on any rung. Measurements: 33 x 136
GL = Genuine Leather, AL = Artificial Leather

Measurements: 136 cm x 33 cm.

EL Black	12.220
KL Black	12.221
EL Red	12.222
KL Red	12.223
EL Brown	12.224
KL Brown	12.225
EL Natural	12.226
KL Natural	12.227



SIDE ARM LOCKING MECHANISM

Used in place of existing side arm fixture. The side arm can be fastened shut, thanks to the knob, rendering the side arm full stability in closed position.

12.240



WALLBARS EXTENSION

21.5 cm extension incl bar. Extension can be easily hung on to any wall bar. Available in ash, oak, cherry and walnut wood.

Ash	12.212
Club-Sport	12.214
Oak	12.219
Cherry	12.215
Walnut	12.216



MULTI-ADAPTER

1 unit – 2 functions:

Simply turn upside down and hang onto bar of your choice.

1. Triceps support (crutch, prop)
2. Horizontal bar

Ash	12.200
Club-Sport	12.201
Oak	12.218
Cherry	12.202
Walnut	12.203



WallBars Model Overview



Ash



Club-Sport



Oak



Cherry



Walnut



Models	Bars	Order-No.
Ash	10	12.103
Ash	14	12.102
Club-Sport	10	12.105
Club-Sport	14	12.104
Oak	10	12.111
Oak	14	12.110
Cherry	10	12.107
Cherry	14	12.106
Walnut	10	12.109
Walnut	14	12.108

Technical Details

Measurements (closed): 230 x 79 x 13 cm (length/width/depth)

Weight 10 / 14 bars: 19 kg / 21 kg

Space between bars: 9,9 cm - 17,7 cm

Max. suspension: ca. 120 kg



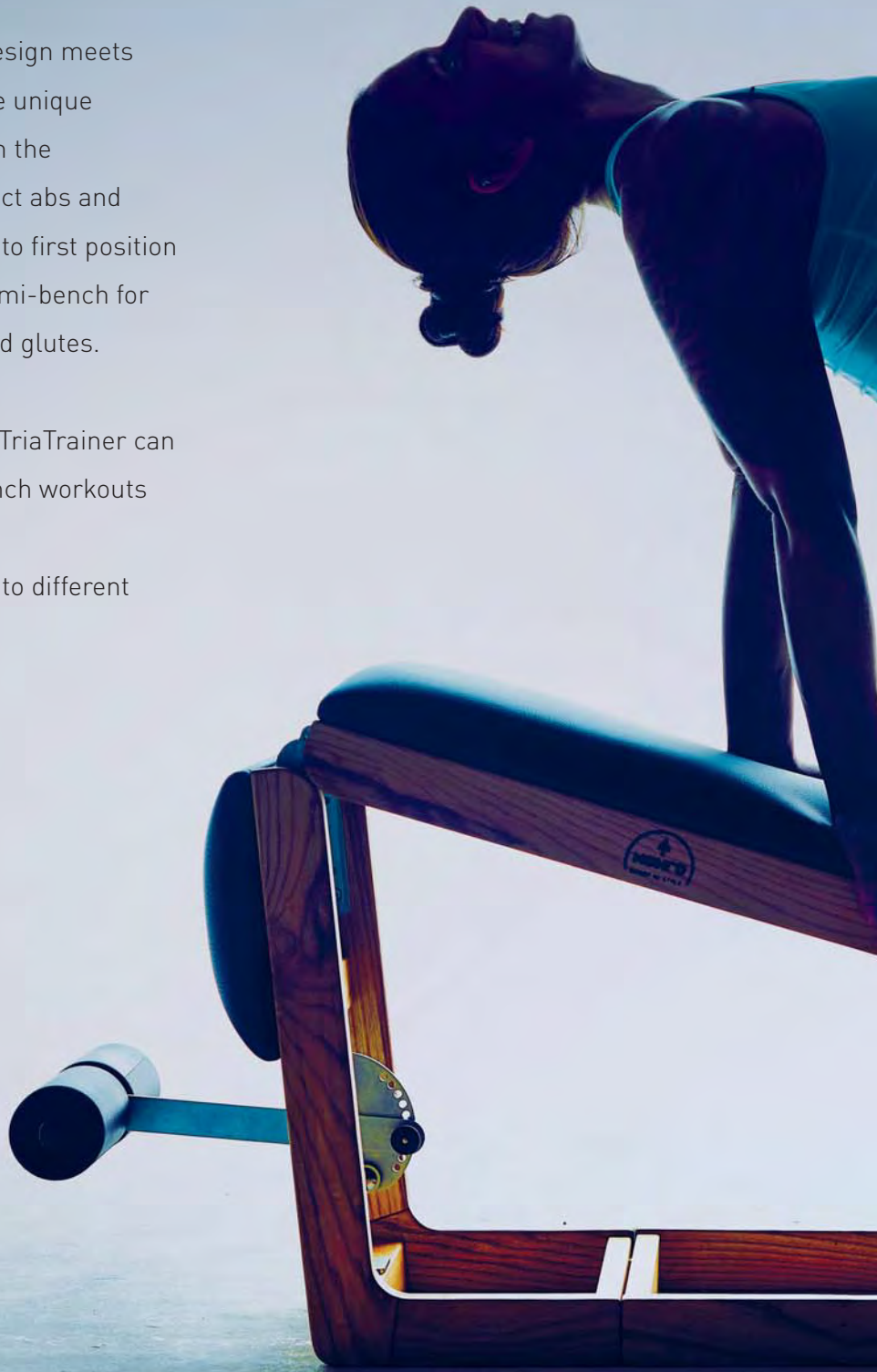
"Made in Germany"

Three-in-one

Contemporary, minimalistic design meets variety! This best describes the unique TriaTrainer. In a closed position the TriaTrainer serves as the perfect abs and core trainer. Unfold one side into first position and convert the chair into a semi-bench for working your back muscles and glutes.

Opened into full extension the TriaTrainer can be used for all well-known bench workouts with or without free weights.

The footrest can be adjusted into different positions for users' comfort.





TriaTrainer



Abdominal trainer



Back Extension Bench



Weight Bench

Versatile Exercise

A strong core is indispensable in today's fitness for good posture. Strong abdominal and back musculature both stabilize the core. The resulting upright walk counteracts hollow back, while our organs are held tight in place by a corset of muscles.

The TriaTrainer's slanted angle provides the ideal workout position for obtaining the beloved 6-pack, as well as for working obliques and transverse abdominis.

The TriaTrainer is perfect as a classic bench press. Set in barbell position, all basic exercises for building chest muscle can be performed.

Today, athletes of all levels include chest and barbell bench exercises in their workout routine, as these muscles will build and shape quickly, delivering fast results. Especially when subject to time constraints, or doing intense workouts, chest training is ideal, as these muscles get stimulated to develop.





TriaTrainer Model Overview



Ash



ClubSport



Oak



Cherry



Walnut
[Genuine leather natural]

TriaTrainer Models

Models	Leather	Order No.
Ash	Artificial	19.100
Ash	Genuine	19.101
Club-Sport	Artificial	19.102
Club-Sport	Genuine	19.103
Oak	Artificial	19.104
Oak	Genuine	19.105
Cherry	Artificial	19.106
Cherry	Genuine	19.107
Walnut	Artificial	19.108
Walnut	Genuine	19.109
Walnut	Genuine natural	19.121

Technical Details

Dim. folded (l x w x h): 90 cm x 35 cm x 55 cm
 Dim. unfolded (l x w x h): 140 cm x 35 cm x 44 cm
 Weight: 14 kg, max. suspension: 150 kg

HaptikBall

For holding, squeezing, lifting, throwing, swinging or just simply playing! Works your hand, forearm and also connective tissues during swinging exercises. Ideal for coordination, stimulation, strengthening, mobilisation, balance and stress relief.

The HaptikBall is hand-stitched and made of genuine leather. Its interior is filled with granulate material (pellets).

Available in 4 different weights:

0.3kg, 0.65kg, 1.25kg, 2.10kg.

Genuine, organically tanned cowhide leather, oiled with beeswax to protect from sweat and water.



HaptikBall Models

Models	Order-No.
300 g	17.100
650 g	17.103
1250 g	17.101
2100 g	17.102

Technical Details

Weights: 300 g, 650 g, 1250 g, 2100 g
 Diameter 300 g: approx. 6 cm
 Diameter 650 g: approx. 7 cm
 Diameter 1250 g: approx. 8 cm
 Diameter 2100 g: approx. 10 cm

The HaptikBall is packaged in a fitted cardboard box.



Pilabar - the fitness bar

The Pilabar distinguishes itself from other training bars by its four rubber-rimmed, fixed rings. These are the basis of innumerable isometric strength and stretching exercises which force your body and musculature to counterbalance each other. The Pilabar can be used vertically or horizontally to hold your body in balance, to strengthen and stretch.

Held vertically, it mainly serves as a balance support to help you perform many ballet, standing and coordination exercises.

Used horizontally, the Pilabar offers countless varieties to strengthen and stretch your musculature.

By gently rolling the Pilabar, you will find a wide range of full-body and functional exercises is possible.

Implement the Pilabar to ramp up your workout, challenge yourself more, increase metabolism and improve your flexibility. Better balance, core stability and resulting joint relief will further heighten your body-awareness.



Pilabar Models

Pilabar bar
Floor stand
Wall rack

Order-No.

18.100
18.102
18.104

Technical Details

Made of beech wood.
Length: 103 cm
Diameter: 6,5 cm
Weight: 600 g

Exercise manual included.
Packaged in a fitted cardboard box.

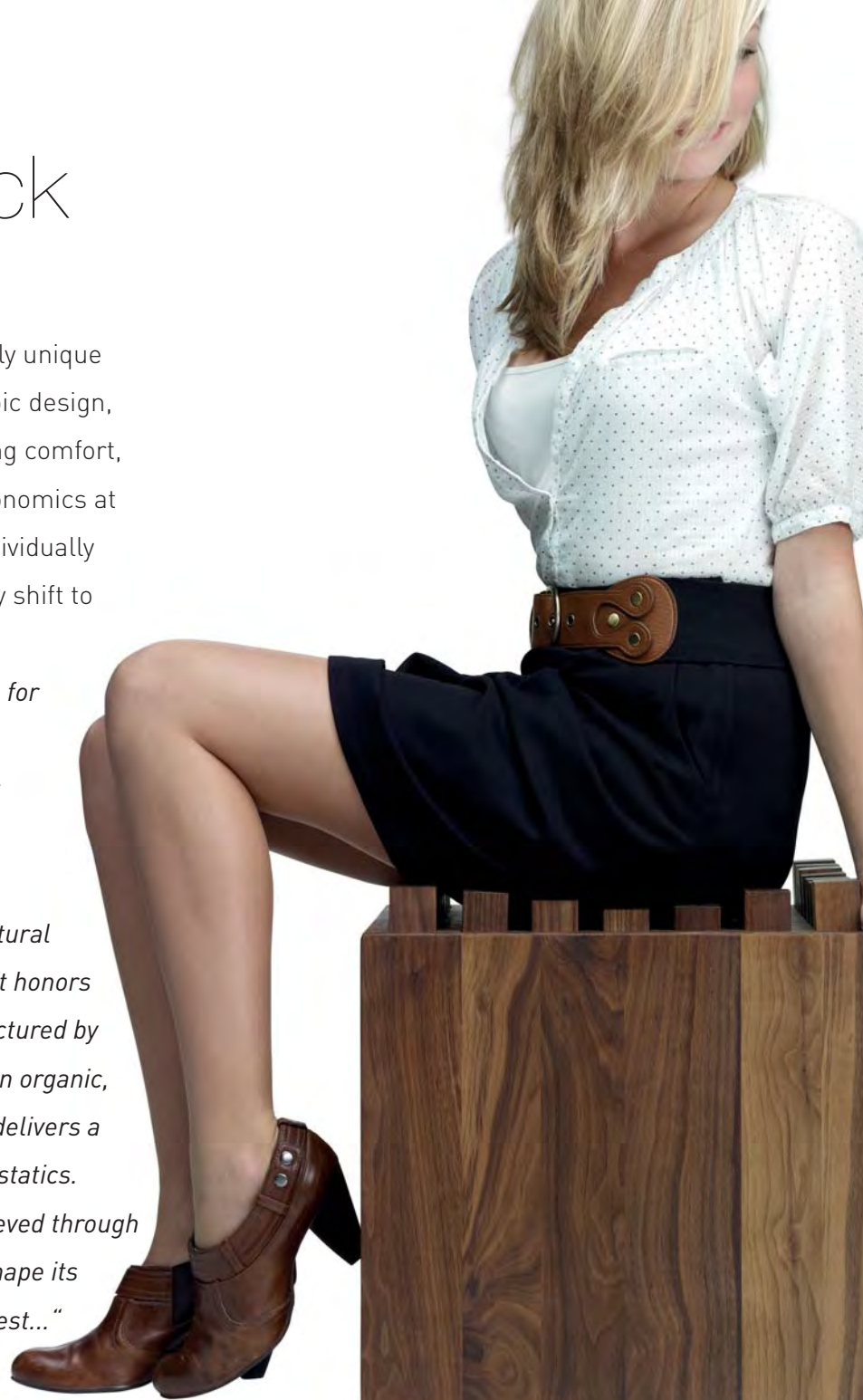


HedgeHock

The HedgeHock offers you a truly unique sitting experience. Its sharp cubic design, seemingly contradictory to sitting comfort, at first glance, gives way to ergonomics at its finest, once seated, as 49 individually cushioned wooden blocks gently shift to accommodate all body shapes.

„Sitting. Everyone sits, every day, for hours. But what really makes a difference in sitting? We all enjoy ergonomic seat cushions, lounge furniture and modern, synthetic designs and shapes. Yet it is a natural and clear-shaped seat which best honors the archaic action of sitting. Structured by a clean, geometric exterior and an organic, flexible interior, the HedgeHock delivers a harmony between dynamics and statics. When sitting, ergonomics is achieved through flexibility and letting your body shape its ground. Discover wood at its softest...”

Sebastian Brand, Designer



HedgeHock Models

Order-No.

Ash	16.100
Ash with drawer	16.101
Club-Sport	16.102
Club-Sport with drawer	16.103
Oak	16.112
Oak with drawer	16.113
Cherry	16.104
Cherry with drawer	16.105
Walnut	16.106
Walnut with drawer	16.107

Technical Details

Dimensions: 45 x 45 x 45 cm
Weight: 18 kg



Made in Germany

Our wooden machines are produced in our own factory. It is our priority to be environmentally conscious and responsible by using all that comes from the forest in our wood production: wood and bark are raw materials, there is nothing to waste.

Surplus wood is used to produce heat and hot water in our facility. We further produce our own solar energy on a surface spanning 1500 sq.m which powers our machinery.

You will experience our love for detail in each of our products! Manufacturing and hand-assembling our products also enables us to easily meet any individual requests you may have. Do not hesitate to ask us for custom-made details. We look forward to meeting your fitness equipment demands.



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