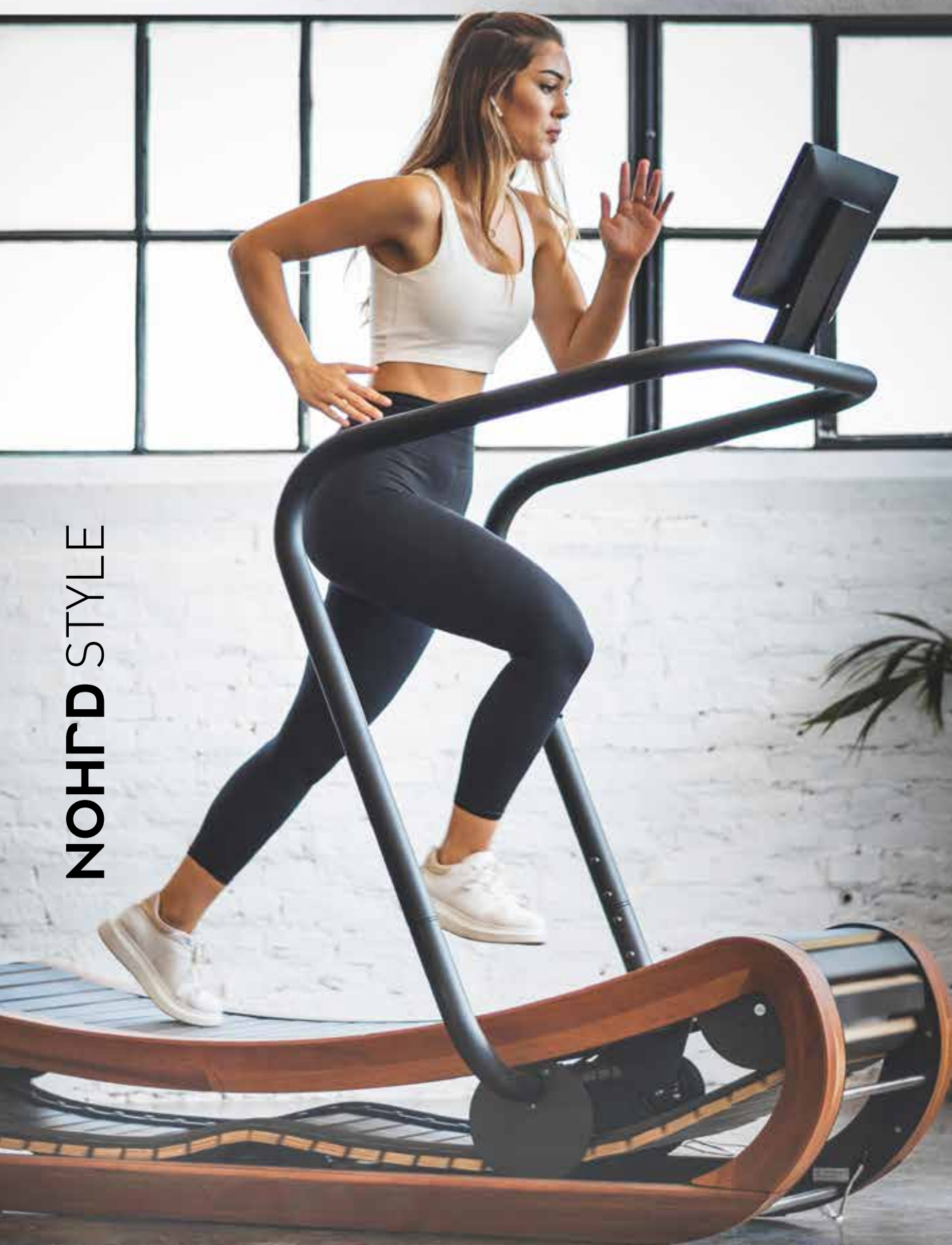
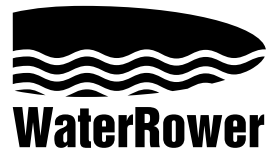




NOHRD STYLE





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**THE ORIGINAL**  
SINCE 1988



PLUS X AWARD®

Row  
**With Us...**





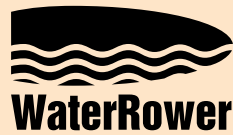
**WaterRower**

**WaterRower**







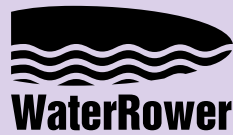


# **Water & Rowing**

## **Keep it natural**

---

Keep it simple. Rowing is meant for water. Bring the beauty of outdoor rowing indoors and experience the natural feel of an oar gliding through water. Hear the sound of the water moving with you. Catch. Drive. Finish. Recover. One fluid movement: repeat and repeat. It's simple, by nature.



# **Right down to the core**

# **The full-body workout**

---

It's not all arms & legs. If you really want to sweat-it, rowing uses 84% of muscle mass every stroke. Push yourself. The harder you do, the greater the resistance. Burn calories and build strength with minimal impact on joints and the lower back.





1. Two rails for  
a quiet glide

2. Cushioned  
rowing seat

3. Foot straps

4. Performance  
monitor

5. Ergonomic  
waterflywheel



6. Dolly wheels for easy  
positioning and upright  
storage







# Highlights and Insights

	 Bestseller	 For Studios	 Deluxe	 Beginner	 With SmartRow
Specs	Wooden Rowers	M1 HiRise M1 LoRise	S1 Stainless Steel	A1	Performance Ergometer
Dimensions (l x w x h)	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	220 x 56 x 53
Weight in kg (without water)	30,5	36,0 33,5	40,0	28,0	33,0
Seat height in cm	31,0	51,0 33,5	30,0	26,0	31,0
Max. weight limit in kg	150	180	180	130	150
Max. water limit in l	18	18	18	18	18
# of rails	2	2	2	1	2
Upright storage	yes	yes	yes	yes	yes
Materials	wood	aluminum	electropolished stainless steel	wood, aluminum	wood
Use with laptop holder	yes	no	no	no	built-in
Use with tablet holder	yes	no	no	yes	no
Use with HiRise adapter	yes	no	yes	no	yes
Fitted cover available	yes	no	yes	no	no
XL rails available	yes	no	no	no	exclusively
Use with ComModule	yes	yes	yes	no	no
Connectivity	S4, USB	S4, USB	S4, USB	no USB	SmartRow no USB
# shipping packages	2	2	2	2	2

Find out more online:



# **Which WaterRower is right for you?**

---

Choose your model to match your needs.

It's all there. Finest quality, solid wood  
or stainless steel, high- or low-rise and  
extra-long rail models with a collection  
of accessories for extra comfort or  
enhanced performance.







**NOHRD Bike**

The passion  
**project**







# **Races are coming Let's ride**

---

Thanks to planetary gearing in a solid wood frame, the NOHRD Bike's eddy break current delivers a smooth, comfortable ride. Infinitely variable resistance setting and the specially designed handlebars support both upright and racing cycling positions.









# **A whole new look On a whole new level**

---

Meet the beautiful fusion of advanced technology with a sleek, minimal aesthetic. The NOHrD Bike makes zero compromise to deliver the ultimate indoor cycling experience.

Designed for all fitness levels and desired workout intensity.



iPad compatible (iOS 10.2 or later version); Android requirement: 5.0 or later version.





# Highlights and Insights



Specs	NOHRD Bike	NOHRD Bike XS	NOHRD Bike Pro
Min. dimensions in cm (h x l x w)	117 x 113 x 60	117 x 113 x 60	153 x 113 x 60
Weight in kg	60	60	62
Floor footprint in cm	90 x 65	90 x 65	90 x 65
Max. weight limit in kg	200	200	200
Seat height in cm	90 - 112	85 - 107	90 - 112
Saddle angle in degrees	30	30	30
Saddle bracket	universal	universal	universal
Gear ratio	1:8	1:8	1:8
Saddle extension in cm	17,5	17,5	17,5
Flywheel oscillation in kg	5,5	5,5	5,5
Diameter in cm	40	40	40
Handlebar extension in cm	27,5	27,5	27,5
Handlebar folds back	yes	yes	no
Connectivity	Bluetooth to iOS / Android	Bluetooth to iOS / Android	Touchscreen incl. App
Mains power connection required	no	no	yes
# shipping packages	2	2	3





**SlimBeam**



Simplicity becomes  
**elegance**











# Stand-alone beauty Our design winner

---

Design needn't be complicated. The SlimBeam is a professional, multi-use cable station which will win you over with its sophisticated design and high-level functionality. The sleek, minimal silhouette, in our selection of high-quality wood render the SlimBeam the appeal of an exquisite piece of furniture, which will fit into any home interior.







# **Form meets function**

## **Push, pull, go...**

---

The SlimBeam's butterfly feature enables use with one or two handles for exercise, focusing on one or both sides of the body simultaneously.

Various grips and accessory bar, strap and bench are available to target all muscle groups for a full-body workout.



GYMCOES







# Highlights and Insights

Specs	SlimBeam
Dimensions in cm (h x l x w)	215 x 40 x 20
Weight in kg	120
Dimensions in cm (h x l x w)	ø 44 cm
Max. weight limit in kg	100
# 5 kg weight plates	15
Standard ratio cable	3:1
Available ratio cables	1:1, 2:1
Distance to wall in cm	10
Single extension 3:1 in kg	0,83 - 12,50
Double extension 3:1 in kg	1,65 - 25,00
Single extension 2:1 in kg	1,25 - 18,75
Double extension 2:1 in kg	2,50 - 37,50
Single extension 1:1 in kg	2,50 - 37,50
Double extension 1:1 in kg	5,00 - 75,00
Max. length single extension / double extension in m	8 / 4
Connectivity	Bluetooth to Android: with electronic training system
# shipping packages	4



EXERCISE BENCH



LAT BAR



NOHRD CARE SET



CEILING CLAMP



EXTENSION HANDLES



ELECTRONIC TRAINING SYSTEM

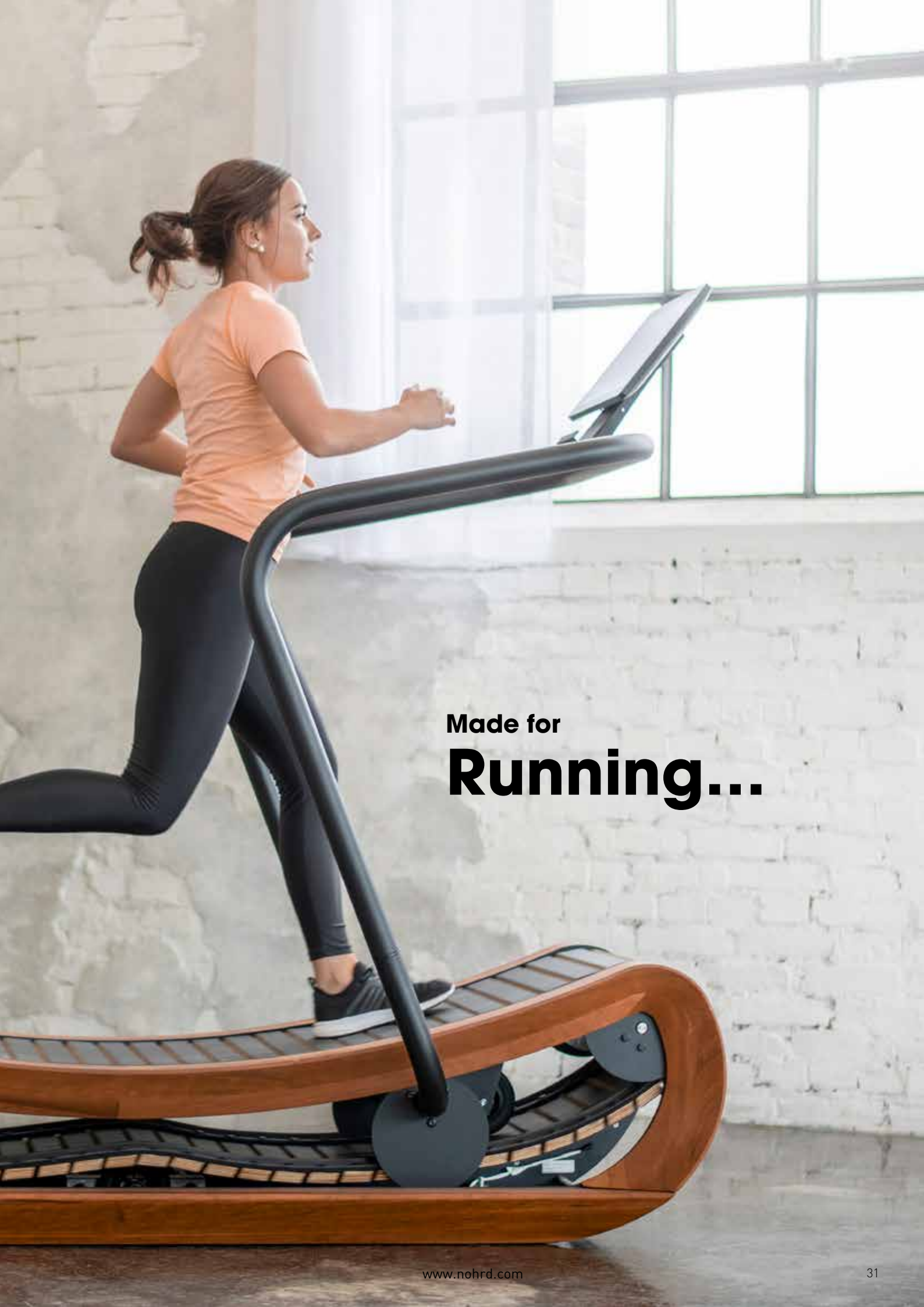




SPRINTBOK

by





Made for  
**Running...**





# **Exuding excellence**

# **The curved advantage**

---

The Sprintbok by NOHRD's most appealing aesthetic feature is its smoothed, curved frame design – surpassed only by its industry-leading functionality. Manufactured from the highest quality sustainable materials available, this treadmill is not just for looks. When in use, the wooden frame and patented flexion system offer ideal shock absorption and protection from injury.









# **For natural control Manual curved treadmill**

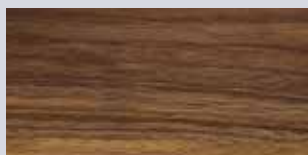
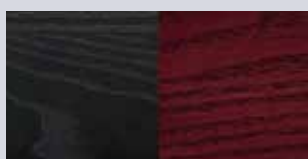
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Enjoy the natural control felt during an outdoor run. Choose your pace, choose your speed- the Sprintbok by NOHRD knows no mechanical limits. Improve technique, thanks to the curved slat belt promoting mid-and front-foot striking: the natural way of running, coveted by the best runners in the world.



# Highlights and Insights

Specs	Sprintbok
Dimensions in cm (h x l x w)	180 x 86 x 175
Weight in kg	160
Max. weight limit	160
Running surface in cm	160 x 45
Min. surface height from floor in cm	32
Wooden frame width in cm	8
Tablet size in inches	17,3
Mains power required	230 V two-pin plug for tablet-connection: 12 V
Connection cables	2 m inkl. Adapter
# shipping packages	1 pallet







A modern interior space featuring a large, multi-paned window on the left, a textured brick wall, a large potted plant in a white ceramic pot on the right, and a wooden desk with a metal stand in the foreground. The floor is polished and reflective.

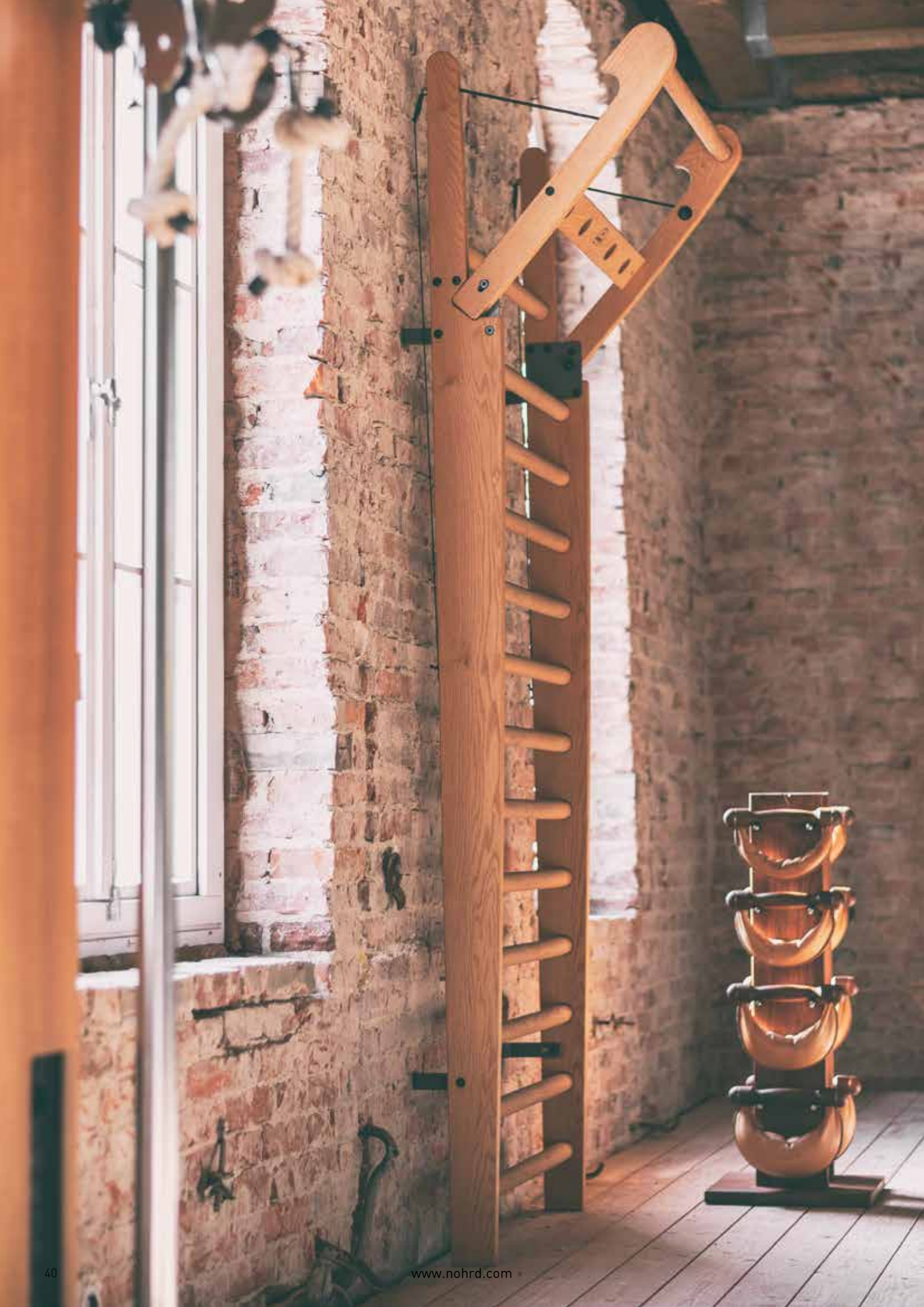
A coveted  
**classic ...**



**WallBars**











# Exceptional versatility For all fitness levels

---

A stylish update for an old-school classic, the NOHRD WallBars' gently curved frame will enhance any gym aesthetic. Suitable for strength, mobility, and coordination exercises. The foldout arm can be opened for pull-ups and other bodyweight suspension exercises, while users can choose from a range of accessories to mount on the WallBars for more exercise variety.



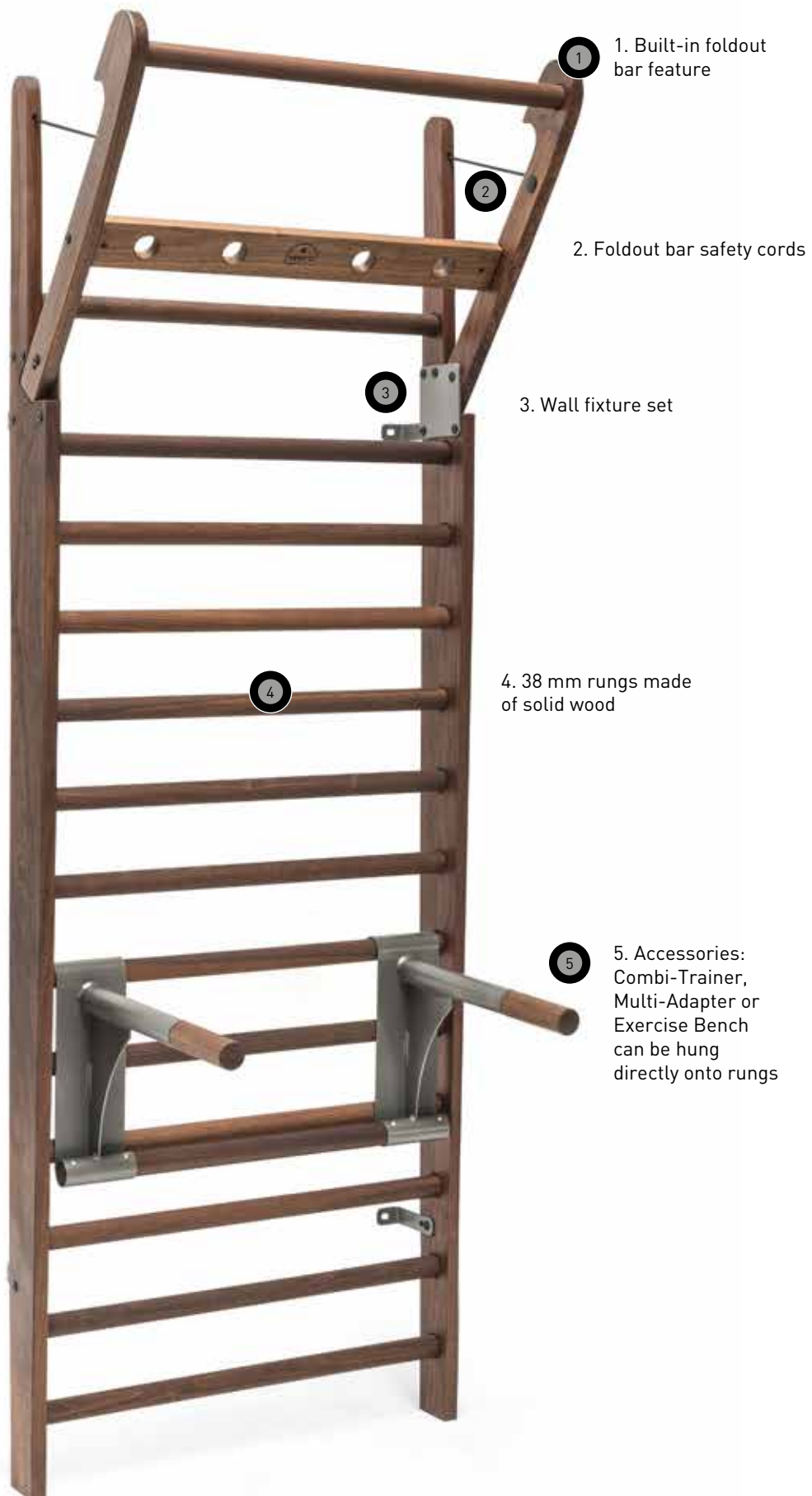


# Highlights and Insights



Specs	WallBars 10 / 14 bars	CombiTrainer	Multi-Adapter
Dimensions in cm (h x l x b)	230 x 79 x 13	190 x 60 x 50	70 x 50 x 34
Weight in kg	19 / 21	20	6
Max. weight limit in kg	120	120	150
Diameter rungs in mm	38	-	38
Distance to wall in cm	6	-	-
Distance between rungs in cm	9,9 / 17,7	-	-
Bench surface in cm	-	85 x 35	-
# shipping packages	1	1	1









**Be**  
**dynamic...**



**SwingBells**





# Functional fitness Resistance training

---

Build strength, stamina and coordination with the beautiful handcrafted-alternative to traditional kettlebells: each SwingBell consists of a solid wood handle with a hand-stitched leather case. Contrary to conventional static weights, the iron pellet filling shifts within the SwingBells' leather pouch to stimulate smaller stabilizing muscles and connective tissue.









# Highlights and Insights



Specs	SwingTower	SwingBoard	SwingBell
Dimensions in cm (h x l x w)	87 x 34 x 34	157 x 22 x 8,6	13 - 20 x 25 x 6 -12
Weight in kg	10 (without SwingBells)	5 (without SwingBells)	1-8
Max. # SwingBells	8	8	-
Assembly required	no	yes	-
Tablet holder	yes	no	-
# shipping packages	3	3	1-2



1. SwingTower for secure storage when not in use



2. Hand-stitched leather pouches contain an inner case of iron pellets

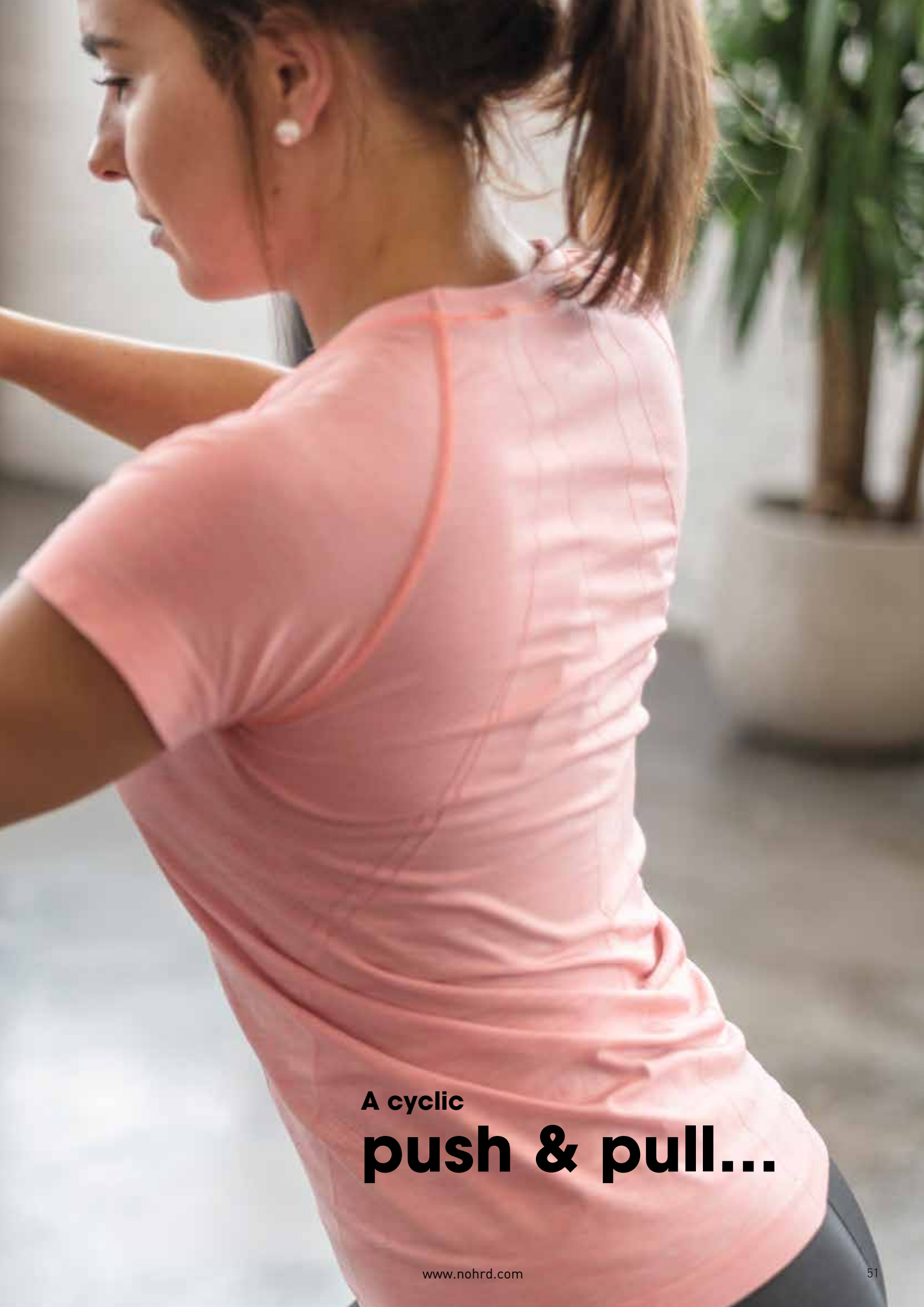
3. Ergonomic handles formed from solid, oiled wood for a comfortable grip





## WaterGrinder





**A cyclic**

**push & pull...**









# For cup-winning shape Sculpt & strengthen

---

A grinder session on the NOHRD upper body erg is likely one of the best workouts you've never tried. Consider that the fastest sailing crews belong to the world's top athletes, demonstrating herculean levels of core, arm, lower back strength and incredible stamina. Train like the pros and take on this core-shredding exercise. The WaterGrinder's smooth and even water resistance will leave you feeling close to the seas.





# Highlights and Insights

Specs	WaterGrinder
Dimensions in cm (h x l x w)	120 x 110 x 80
Weight in kg	50
Max. weight limit in kg	120
Max. water limit in l	20
Exercise setting positions	10 (sitting/standing)
Handle crank setting positions	8
Performance monitor incl.	yes (swivels to each side)
Mains power required	230 V two-pin plug for 5 V performance monitor
Connection cables	2 m incl. adapter
# shipping packages	3





1

1. Hand pedals can be set in 8 different positions for more intensity

2

2. New touchscreen performance monitor with built-in workouts

3

3. Removable seat sets on either side, at three different heights

4

4. Ergonomically shaped water flywheel for self-determined resistance





**TriaTrainer**



**3-2-1**

**workout bench**





# The multi-tasker

## Three designs in one

---

Three different bench positions for a whole lot of exercise! Use closed setting for ab and core training. Work back muscles and glutes on the semi-bench, and full-extension for all favourite bench workouts with or without free weights.









# Highlights and Insights

Specs	TriaTrainer
Dim. closed position in cm (h x l x w)	55 x 90 x 35
Dim. opened position in cm (h x l x w)	140 x 35 x 44
Weight in kg	14
Max. weight limit in kg	120
Adjustable footrest	yes, 10 positions
Bench setting positions	3
# shipping packages	1





1. Upholstered bench cushioning, available in genuine and artificial leather

2. Built-in hinges for easy adjustment and setting

3. Adjustable footrest for up to 12 positions







## **NOHrD Wall Compact**

The complete  
**training  
solution**







# Maximum workout For minimal space

---

This ultimate fitness station boasts sleek new contours and a contemporary look. Designed to maximize available space, users can take advantage of virtual training and daily streamed workouts for full-body, strength and endurance training. Workout sessions combine cable machine, free weight and body exercises with ski erg training - all sure to get your heart pumping.





# Highlights and Insights

Specs	NOHRD Wall Compact
Dimensions in cm (h x l x w)	121,5 x 217 x 50
Weight in kg	250
Max. weight limit in kg	150
Max. weight cable station in kg At 3 : 1 / 2 : 1 / 1 : 1 ratio	25.0 / 37.5 / 75.0
Touchscreen monitor incl.	yes
# SwingBell free weights	8
Mains power required	230 V two-pin plug
Connection cables	at rear of equipment
# shipping packages	1 pallet



1. Double cable weight stack

2. Ski erg to simulate classic cross-country skiing, based on eddy current brake system

3. Touchscreen for full range of exercises and daily streamed workouts

4. Shelf space for personal items

5. Full set of NOHrD SwingBells for free weight exercises





# Eau-Me, oh my

## Find your balance

---

A new-generation balance board, designed to challenge you with a constantly unsteady, shifting base. Water adds the extra dimension to balance training, following its own will in the direction of an unbalanced movement, and always working against you.

There simply are no regular patterns for the body to memorize, triggering new compensatory moves with each use.






## Eau-Me Board



Keep it  
**steady**





1. High-grade wood  
veneer footplate

2. Sturdy plastic base casing for  
max. 6,5l water





# Highlights and Insights

Specs	Eau-Me Board
Dimensions in cm (h x diameter)	17 x 64
Weight in kg (without water)	10
Max. weight limit in kg	250
Max. water limit in l	6,5
Materials	real wood veneer or HPL laminated multiplex board
# shipping packages	1





## NOHRD WeightBench



Expand  
**the regimen**



# Heavyweight champion: The essential bench

---

A steady must-have for fitness enthusiasts:  
The NOHRD WeightBench is a flat-to-incline workout bench, designed with both function and aesthetics in mind. Ideal for bench press and other heavy weight lifting exercises, the bench can be adjusted into 8 different positions to provide optimal support and help you maintain good posture.







1. Upholstered in  
hand worked leather



4. Adjustable backrest:  
8 positions



2. Seat can be front-raised  
for a firm hold during lifting



3. High-quality, durable  
solid wood frame





# Highlights and Insights

Specs	NOHRD WeightBench
Dimensions in cm (folded) (h x l x w)	135 x 35 x 44
Weight in kg	20
Max. weight limit in kg	400
Upholstered bench surface in cm	90 x 32
Upholstered seat surface in cm	39 x 30
Bench setting positions (prone / seat)	8 / 2
# shipping packages	1







**DumbBells**





The path to  
**more muscles**









# The gym classic gets a luxury makeover

---

The simple truth: dumbbells require more stabilization, which activates more muscle fibres. Truly effective in overloading muscles for strength-building purposes, thanks to full range of motion – gain strength and power in every muscle group.







# Highlights and Insights



Specs	NOHRD DumbBells Rack	NOHRD DumbBells
Dimensions in cm (h x l x w)	135 x 100 x 50	14 x 21 cm 18 x 29 cm
Weight in kg	320	5 - 25
Max. # DumbBells	18	-
# shipping packages	10	1 each



1. High-grade, nickel-plated steel with full range of NOHRD wood disc accents

2. 18 dumbbells: 5kg – 25kg



3. Angled, solid wood DumbBell-Rack designed for maximum space-saving and stability





**HaptikBall**





# That little extra Goes a long way

---

For squeezing, holding, lifting, throwing, swinging and playing. The benefits of exercising with these hand-stitched leather balls are plenty. Release tension and relieve stress, boost circulation and strengthen fingers, hands and forearms while improving coordination and balance.

Fun for all ages!





Wooden Fitness Innovations



**MADE IN GERMANY**

WaterRower: Made in the US

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Tel. +49 59 21 - 17 98 400 · Fax +49 59 21 - 17 98 411  
info@nohrd.de · www.nohrd.com