



Wooden Fitness Innovations



MADE IN GERMANY
WaterRower: Made in the US

www.nohrd.com



WaterRower
pp. 4-13



NOHRD Bike
pp. 14-23



SlimBeam
pp. 24-31



WaterGrinder
pp. 56-61



TriaTrainer
pp. 62-67



NOHRD Wall
pp. 68-71



Sprintbok
pp. 32-39



WallBars
pp. 40-47



SwingBells
pp. 48-55



Eau-Me Board
pp. 72-75



W-Workx
pp. 76-81



HedgeHock
pp. 82-83



WaterRower
Rowing Machines

THE ORIGINAL
SINCE 1988







Water Resistance Perfection

WaterRower rowing machines have been manufactured with utmost care and attention to detail for more than 30 years, standing for high-quality design in the home, workplace or fitness studio. All WaterRower models are made of select, high-grade materials and assembled by hand to ensure customer satisfaction.

The WaterRower's patented water tank and unique WaterFlywheel design implement a specially formed paddle to cup the moving water, producing unrivalled simulation of rowing with its inherent benefits of a highly effective, full-body and "joint-friendly" workout.

Post-workout, the WaterRower can be easily stood upright for storing.

Advantages of water resistance:

- no jerkiness or jarring, reduces risk of injury
- water is smooth and even
- works the muscle groups in proportion to their strength



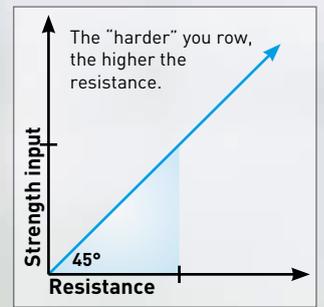
The beauty of water resistance: automatically adjusts to user's strength input.



Easy upright storing: no wider than a dining room chair.



S4 Performance Monitor with USB port: compatible with rowing software "We-Row".



Pressure on the WaterFlywheel increases the harder you "pull the paddle", as the user must push the water in the tank.

"The harder you pull, the harder it gets."

Ultimate Rowing

Rowing ranks among the most efficient sports in terms of conditioning strength and endurance, by spreading work over a wide range of muscles. A well-performed rowing stroke will engage 84% of the body's muscle mass- from your hands holding onto oars, to your feet pushing off in the boat, and all the muscles in between.

The WaterRower is unrivaled in benefits derived per unit of time. Training on other common aerobic exercise equipment such as treadmills, cycles or ellipticals utilize far less muscle mass and burn fewer calories, generating less overall exercise benefits.

Rowing promotes functional muscle fitness. Users will experience enhanced muscle durability, resilience and performance, all contributing to optimal body posture.

Rowing is the best exercise for arthritis, moving the joints through a full range of motion with minimal impact and body weight on the joints. Rowing machine exercise is a guaranteed balance of strength and endurance demands on the body, making it the perfect workout for today's busy schedules. Users will further be invigorated by the WaterRower's unique blend of wood, moving water and rhythm experienced with each stroke. Sensory satisfaction guaranteed!



Low impact: friendly on the joints, thanks to rowing's fluid stroke motion.



A rowing workout delivers a perfect balance of strength and endurance stimuli.



The rowing stroke uses 84% of the body's muscle mass: works arms, shoulders, back, legs, abs and glutes.

New: Performance Ergometer

The new WaterRower model "Performance Ergometer" is a specially designed WaterRower model in oak, featuring the built-in SmartRow instead of the S4-Monitor. The Performance Ergometer further includes the XL-Rails, a special footboard with professional footstraps, a wider, easy-grip handle and the WaterRower SmartRow phone and tablet holder (140 – 206 mm).

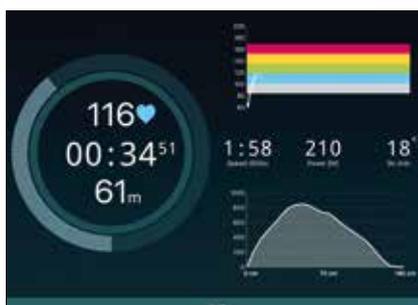
SmartRow allows you to track your exercise data with even more precision – directly on your Smartphone. During rowing, your strength input is converted into a measurable unit, rendering your training sessions and results 100% comparable between each WaterRower machine – regardless of the tank's water level.

After your workout, SmartRow will display an overview of the following data: time, distance, stroke number, calories and average performance in Watt / kg. Heart rate can also be monitored and displayed.

A further popular feature of the SmartRow is the "Pacer" which allows you to pre-select a speed – or pace- against which you want to row. Performance data can be shared via WhatsApp, iMessage, Facebook or E-Mail. Apple Health and Strava connections are also possible.



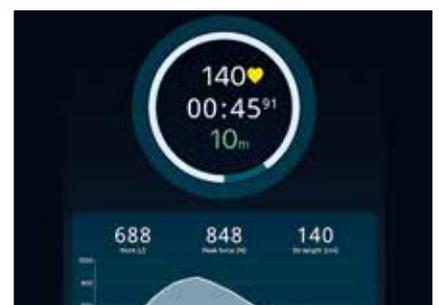
The WaterRower Performance Ergometer's footboard was inspired in design by the original WaterRower models from 1988.



Tablet view: clear display of heart and stroke rates.



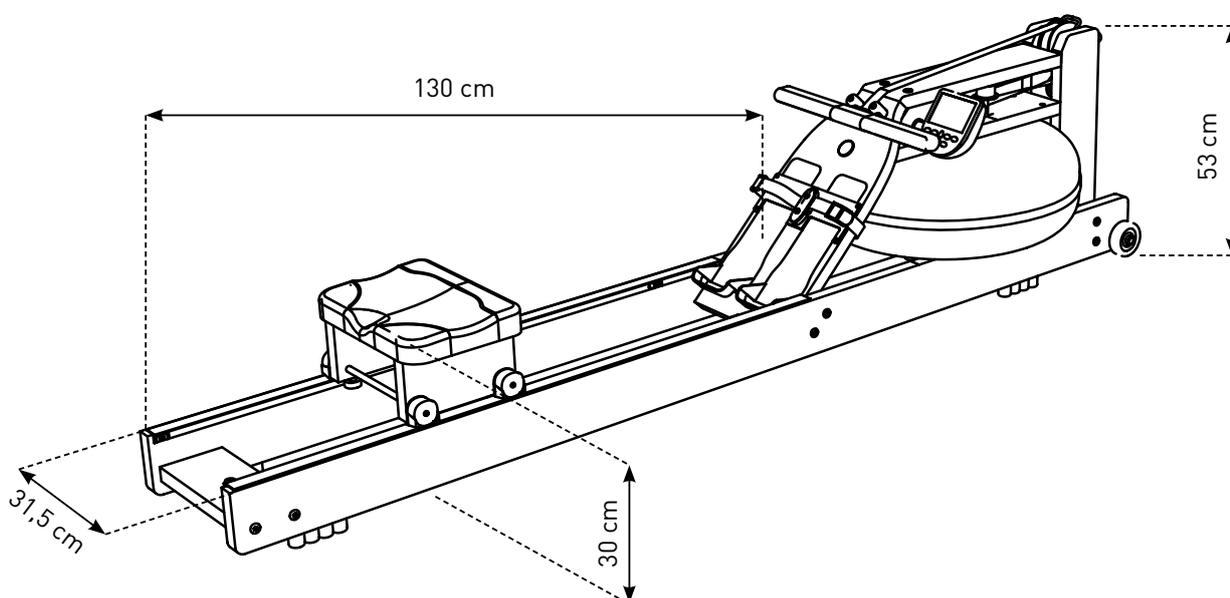
Various interfaces provide optimal performance overview during your rowing workout.



"Pacer" mode allows you to row against a computer opponent.

Technical Details

WaterRower Rowing Machines	Wood Models	M1 HiRise M1 LoRise	S1 Stainless 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 limit in kg	150	180	180	130
Max. water limit in l	20	20	20	20
# of rails	2	2	2	1
We-Row compatible	yes	yes	yes	no
Upright storage	yes	yes	yes	yes
# packages with delivery	2	2	2	2
Monitor version	S4, USB	S4, USB	S4, USB	kein USB
Materials	wood	aluminum	stainless steel, electropolished	wood, aluminum
Recommended use	home, studio	Studio	Privat, Studio	Privat, Studio
Use with laptop holder	yes	no	no	yes
Use with HiRise adapter	yes	no	yes	no
Fitted cover available	yes	no	yes	no



WaterRower Models



Oak



Performance Ergometer



Ash



A1



Club



S1



Shadow



M1 LoRise



Cherry



M1 HiRise



Walnut

Model	Order No.
Oak	10107
Ash	10100
Club	10103
Shadow	10105
Cherry	10106
Walnut	10108

Model	Order No.
Performance Ergometer	10108
A1	10113
S1 Stainless Steel	10110
M1 LoRise	10111
M1 HiRise	10112

„Made in the US“

WaterRower Accessories



ANT+ HEART RATE MONITORING KIT

Digitally coded 2.4 Ghz connection for heart rate monitoring. The S4 Performance Monitor is extended by a connector for wireless reception from the coupled transmitter (chest strap).

10306



POLAR CHEST STRAP

The chest strap (heart rate transmitter) sends your data to the heart rate receiver or compatible watch.

10307



POLAR HEART RATE RECEIVER

Connects by cable to the WaterRower Performance Monitor. Transmits received data to the S4 Monitor.

10305



BLUETOOTH & ANT+ CHEST BELT

The WaterRower Digital (Chest Belt) Heart Rate Transmitter uses state of the art ANT+ wireless technology to communicate with the Digital Receiver (required item not included, see Accessories).

10318



SMARTPHONE / TABLET HOLDER

The Smartphone/Tablet Holder is mounted and fastened tight onto the WaterRower frame. Can be closed flat when not in use. Smartphone-bracket included.

10236 (Oak)
10231 (Ash)
10232 (Club)
10233 (Cherry)
10234 (Walnut)
10237 (Shadow)



MEDIUM / LARGE TABLET HOLDER INSERT

Designed to hold medium sized tablets or smartphones for the tablet arm. The rear side is fitted with a screw thread for fastening the insert to the tablet holder. A spring mechanism allows for easy adjusting to tablet/smartphone size.

140 - 206 mm 10229
164 - 242 mm 10230



LAPTOP STAND

Laptop stand made of wood, fits on the WaterRower top deck. Safety ridge protects laptop from slipping. Suitable for laptops up to 17" and tablets up to max. width of 24 cm. Dimensions in cm: 38 x 28 x 22

10217 (Oak)
10212 (Ash)
10213 (Club)
10214 (Cherry)
10215 (Walnut)
10224 (Shadow)



HIRISE-ADAPTER

The HiRise-Adapter increases sitting height by 20 cm, making standing up from/sitting down on machine more comfortable.

10219 (Oak)
10206 (Ash)
10208 (Club / Shadow)
10209 (Cherry)
10210 (Walnut)



XL-RAILS

All WaterRower models available in XL-version, suitable for users 6'5" and taller (2m). XL rails can also be combined with the HiRise Adapter.

Available only as a surcharge to WaterRower models.

10218 (Oak)
10200 (Ash)
10202 (Club)
10203 (Cherry)
10204 (Walnut)
10225 (Shadow)



CARE KIT

The perfect set for the care and maintenance of your WaterRower.

Includes:

- 1 cleaning spray (synthetics)
- 1 cleaning oil (wood)
- 3 cotton cloths
- 1 sanding fleece
- 1 year supply chloride tablets

10304



1-YEAR PACKET CHLORIDE TABLETS

Slow-dissolving, quality care tablets. Use one tablet every two months to keep your water tank free of lime deposit and residue. 6 tablets per packet.

10313



BLUE WATER DYE

One full bottle per dosage adds a wonderful, deep blue hue to your WaterRower's water. Do not use with chloride tablets!

10303



ERGONOMIC ROWING GRIPS

Put over each end of the handlebar for the best protection against chafed hands. The ergonomically shaped, extremely soft grips are specially made to always maintain their original form.

10315



FITTED COVER

The WaterRower fitted cover is easy to put on the rowing machine, providing protection against the elements, such as dust, rain or high levels of humidity.

Suitable only for wooden models with 2 rails.

10300



FLOOR MAT

Our floor mat prevents the WaterRower from slipping on especially smooth or delicate surfaces, while protecting your floor. Dimensions in cm: 228 x 90 x 0.5

10301



WATERROWER BLUETOOTH COMMODULE

The WaterRower ComModule allows you to have an interactive rowing experience by turning your S4 Performance Monitor into a Bluetooth® enabled device. Enjoy connecting to WaterRower and Third-Party developed apps via your Android or iOS devices.

10312



ERGO- SEAT CUSHION

Relieves pressure and significantly increases seat comfort. The ergo-seat cushion is specially designed to meet the demands of rowing exercise and is suitable for all WaterRower seats.

10317



SMARTROW

The WaterRower Smart Row extension delivers 100% comparable data on your rowing exercise - independently of the monitor- directly to your smartphone.

10226





NOHRD Bike

Indoor Cycle

Unmistakable,
Innovative Design





Luxury Indoor Cycle

Introducing the NOHrD Bike – an indoor cycle with an innovative, aesthetic design adhering to our continuous high demands on functionality. Using advanced planetary gearing with a solid wood and steel frame, this bike is extremely durable, perfectly suited for professional use in the fitness studio or home gym.

Having pursued a minimalist, sleek design inherent to athletic cycling, the NOHrD Bike boasts an impressive, clear structure with a distinct flow. Cyclists will appreciate being able to train in both an upright or racing position, for which the handlebar provides various

grip possibilities and can be adjusted for a range of cycling angles. The NOHrD Bike technical features include an innovative planetary gear unit, as well as a smooth, wear-free brake technology based on eddy current, guaranteeing extraordinary durability. Pedal stroke resistance is precise and infinitely variable by turning the setting-disc.

Designed for maximal stability within minimal space, the NOHrD Bike requires a mere 0.44 sq meters, seamlessly fitting into any interior environment. The foot sections are further equipped with rubberized rollers for easy positioning and storing.



The NOHrD Bike comes in a selection of various wood, suitable for all interiors.



Compact planetary gear unit with a 1:8 ratio and freewheel backpedal.



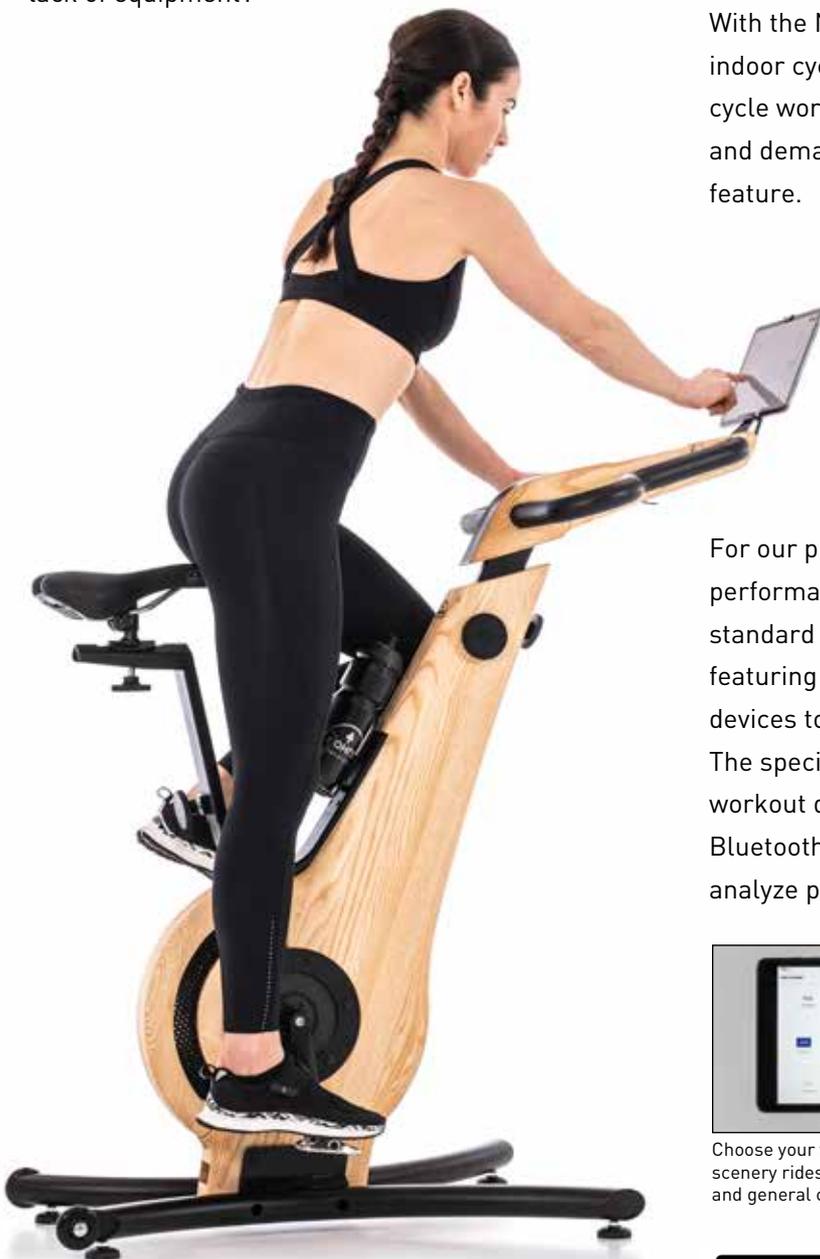
Includes tablet holder feature for tablet accessory and performance data overview.



Cycle Training & App

Cycling has long been among the frontrunners of home and indoor fitness - easy to perform and highly effective. The ideal low-impact activity, stationary cycling protects the hip, knee and ankle joints, while enabling you to build muscular endurance. Turning up pedal resistance will effectively work your quads, glutes, hamstrings and calves to increase overall strength and thus improve your ability to perform every day physical tasks and activities.

Hindered by weather conditions, time of day or lack of equipment?



The NOHRD Bike provides the perfect cardiovascular indoor exercise with calorie burning effects. As with a “runner’s high”, a stationary cycle workout can achieve the release of endorphins to lower overall stress levels and trigger your body’s immune resistance.

Indoor cycles are justifiably highly popular pieces of fitness equipment, as a workout will mirror classic outdoor cycling in function. Indoor cycling is user-, as well as beginner- friendly, can be performed from the comfort of a sitting position and is easy on the joints.

With the NOHRD Bike you will be selecting a high-end indoor cycle for your home fitness routine. Plan your cycle workout according to your immediate time frame and demands on challenge - with or without our app feature.

The standard NOHRD Bike models feature a tablet holder for use of the Bike App.

For our pre-designed cycling workouts and performance data overview, select between or standard NOHRD Bike models for home use, featuring phone/ tablet holders for users’ personal devices to access the NOHRD Bike App.

The specially developed app records your cycle workout data and transmits to your tablet via Bluetooth, enabling you to precisely track and analyze personal performance.



Choose your workout: free training, scenery rides, cyber cycling courses and general cycle workouts.



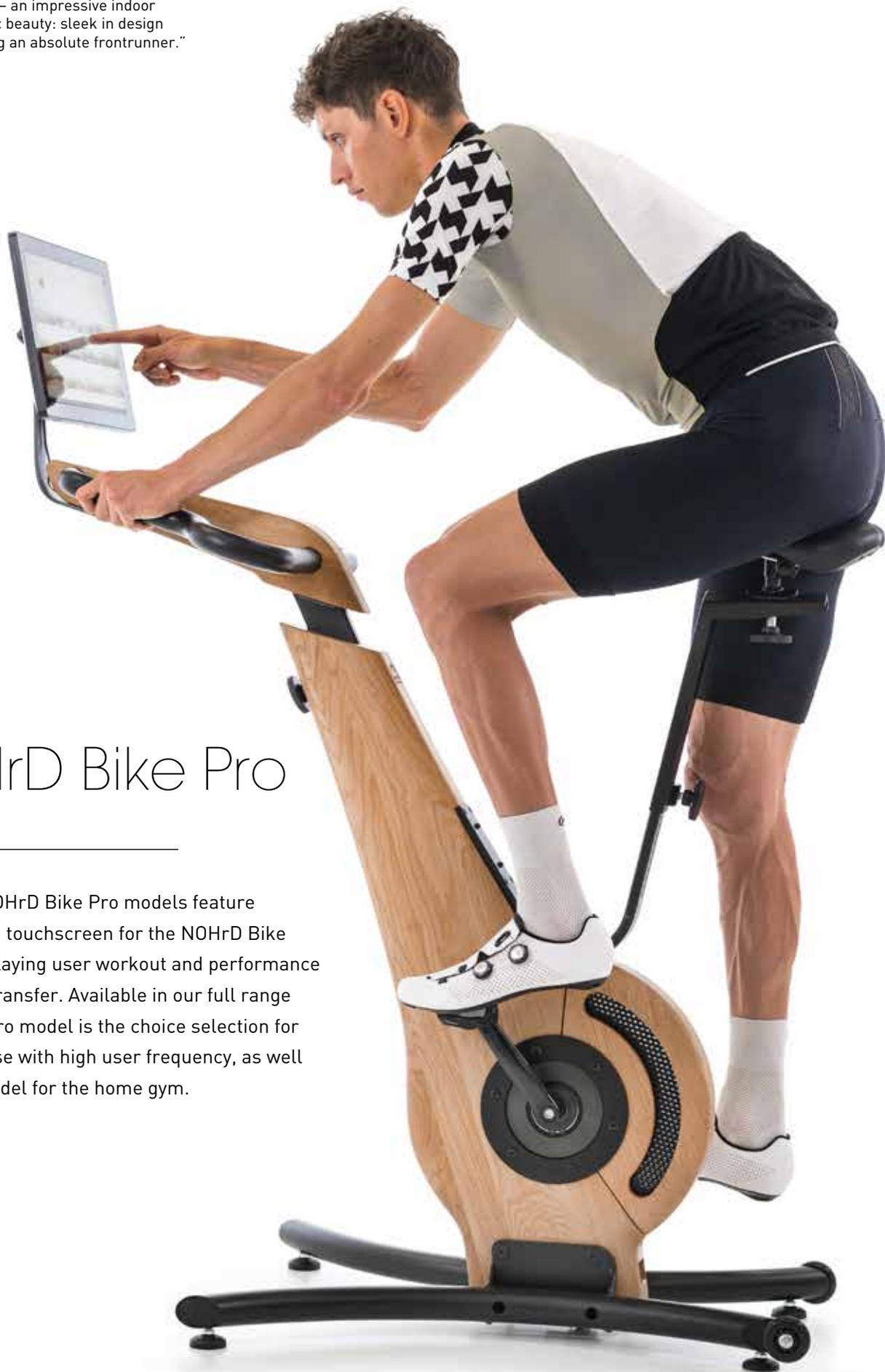
Set your tablet/phone directly into the handlebar’s fixture. The App is free of charge for iOS and Android tablets.



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

Björn Thurau,
Professional racing cyclist

„The NOhrD Bike – an impressive indoor cycle; an aesthetic beauty: sleek in design and by engineering an absolute frontrunner.“

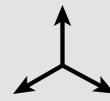


NOhrD Bike Pro

Our newest NOhrD Bike Pro models feature a built-in 17.3" touchscreen for the NOhrD Bike software, displaying user workout and performance data via USB transfer. Available in our full range of wood, the Pro model is the choice selection for commercial use with high user frequency, as well as a luxury model for the home gym.

Technical Details

- Planetary gear unit: 1:8 ratio
- Pedal stroke: infinitely variable / resistance: magnetic brake
- Saddle bar extension: 17.5cm
- Suitable for body height range: 160cm – 200cm
- Hybrid pedals (compatible with clip system)
- Bike exercise app incl.
- Weight: approx. 60kg
- Floor space: 80cm x 60cm
- Disc flywheel oscillation: 5.5kg
- Handlebar extension: 27.5cm
- Saddle angle: 30 degrees
- Saddle bracket: universal
- Battery pack, integrated USB charger socket incl.
- Rubber wheels for easy manoeuvring



H: 117 - 131 cm
L: 113 - 125 cm
W: 60 cm



60 kg
Unit weight



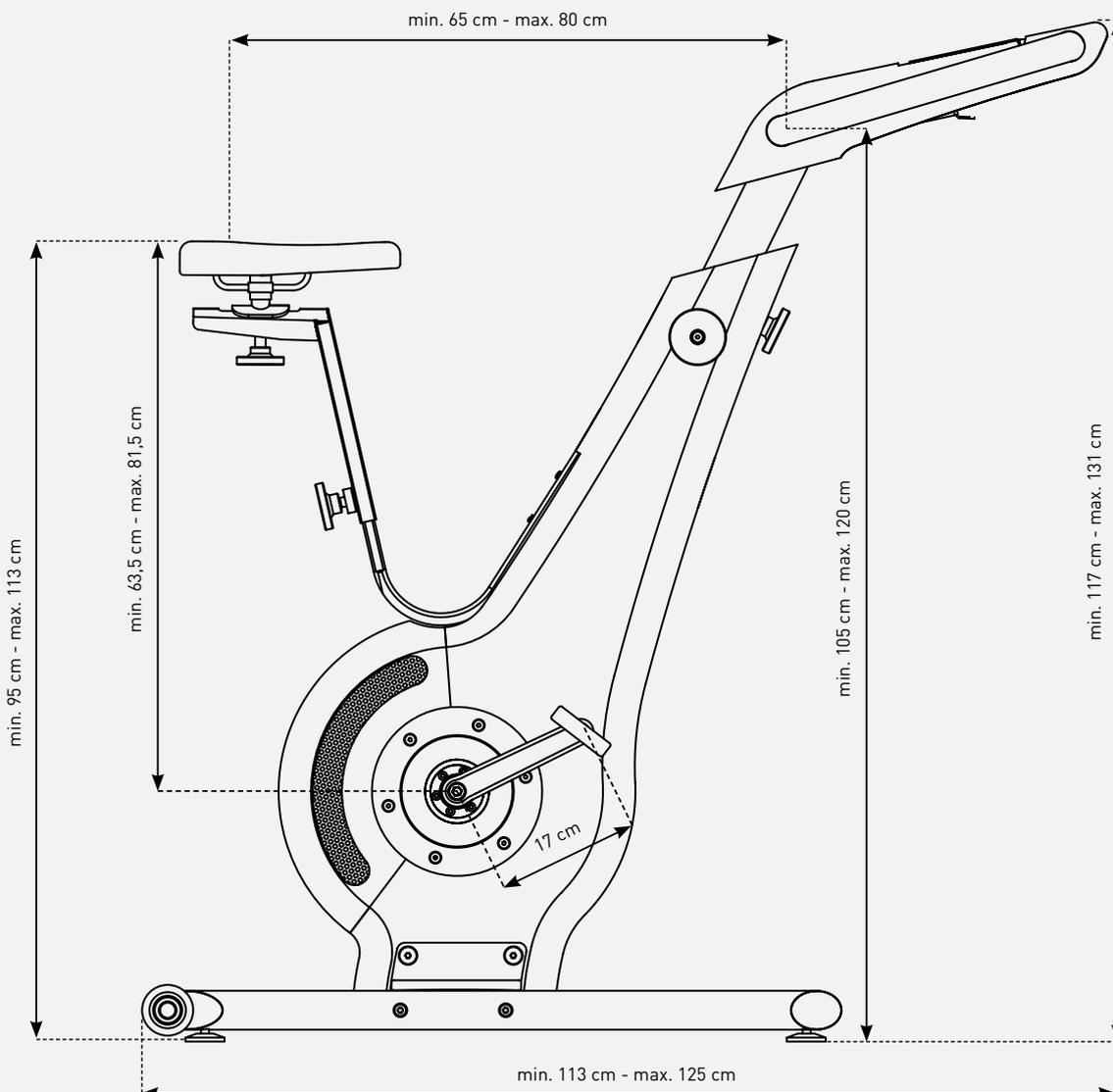
200 kg
Max. user weight



2 Packages
30 kg, 120 x 37 x 57 cm
30 kg, 60 x 78 x 18 cm



Endurance Strength



1. Adjustable handlebar with many grip possibilities and with fold-over function (for laptop stand)

2. Fold-away tablet holder

8. Sturdy and durable wood frame

3. Infinitely variable resistance setting

7. Necessary floor space only 80 cm x 60 cm

4. Interchangeable / convertible pedals (similar to image)

6. Adjustable saddle positions

5. Rubberized rollers for easy manoeuvring



NOHrD Bike Accessories



COMFORT-SADDLE

Recommended for a cushioned, more comfortable seat, also for longer recreational rides.

22205



BROOKS-SADDLE

Top of the line saddle by Brooks – ideal for long-distance, athletic rides. High-quality, hand-stitched genuine leather.

22202



CLIPLESS PEDALS

Ideal for the racing cyclist.

22227



TOE CLIPS

Add-on for standard NOHrD Bike pedals for better traction during high intensity cycling. Use instead of clipless pedals.

22200



BOTTLE HOLDER

Fits seamlessly into the bike's design, suitable for standard bike bottles. Easy to mount.

22201



WATER BOTTLE

Ideal for all workouts: the NOHrD water bottle, fits into bottle holder accessory. Lightweight and safe with sport cap.

22207



USB EXTENSION CABLE 3.0 M

For frequent workouts and long-distance rides: the USB extension cable connects the NOHrD Bike directly to a power outlet.

22209



LAPTOP SUPPORT TRAY

Looking for relief from your office chair? The laptop tray converts your NOHrD Bike into a practical workstation!

Ash	22210
Oak	22214
Shadow	22215
Club	22211
Cherry	22212
Walnut	22213



BACK SUPPORT

Optional saddle extension, especially suitable for use with the laptop support tray.

22204

NOHrD Bike Models



Ash



Club



Oak



Shadow



Cherry



Walnut

Model	Order No.	Model	Order No.
Ash	22100	Shadow	22105
Ash Pro	22120	Shadow Pro	22125
Club	22101	Cherry	22102
Club Pro	22121	Cherry Pro	22122
Oak	22104	Walnut	22103
Oak Pro	22124	Walnut Pro	22123

Included accessories: owner's manual, power bank

N.B.: All NOHrD Bike models come equipped with black platform pedals (not as featured in above images)





SlimBeam Cable Machine





Design Cable Machine

Cable stations are versatile and multi-functional exercise machines. It's no mystery as to why they remain a classic in exercise equipment. Fitness studios, as well as physiotherapy centers have been relying on cable exercise for years.

The NOHRD SlimBeam cuts a fine figure in home fitness, as well, combining a stylish, sharp design with a sleek body. Thanks to its slender silhouette, curved shape and high-quality wood, the SlimBeam delivers a professional cable exercise station for every kind of functional training.

The SlimBeam's best feature is the butterfly, enabling you to work your body both on one or both sides. It can be swiveled and set at any height. The cables are synthetically coated and run fluidly over the ball bearing wheels, providing an optimal training effect.

In addition to the SlimBeam exercise manual, the SlimBeam can be used in combination with the interactive SlimBeam exercise app for Android tablets. The tablet holder is sold separately and can be attached to the SlimBeam's frame, on the side, at any time.



The SlimBeam Butterfly enables users to exercise on one or both sides of the body. Can be swiveled and set at desired height.



Rubberized weight plates for non-clanking, noise reduced training sessions.

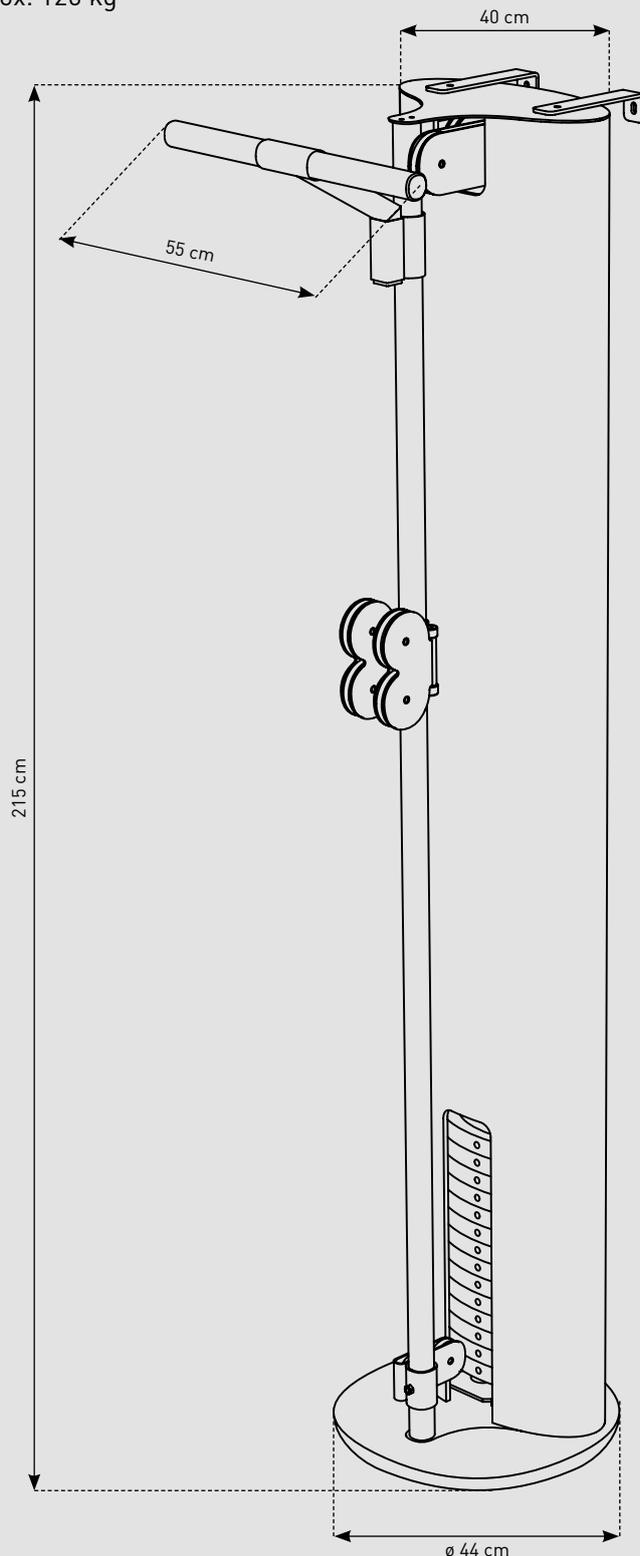


Optional electronic training system with performance data, virtual coach and ready-made workouts.



Technical Details

Base plate: \varnothing 44 cm
Height: 215 cm
Width: 40 cm
Depth: 20 cm
Distance to wall: 10 cm
14 weights: 5 kg each
1 start weight: 5 kg
Total weight: approx. 120 kg
Ratio: 3:1



H: 215 cm
L: 40 cm
W: 20 cm



120 kg
Unit weight



100 kg
Max. user weight



4 Packages
39 kg, 223 x 52 x 31 cm
23 kg, 47 x 64 x 26 cm
2 x 35 kg, 25 x 17 x 18 cm



**Strength
Coordination**

Matthias Steiner,
 Olympic weightlifting champion,
 fitness and nutrition coach
 (www.steinerprinzip.com).
 A true NOHRD Fitness enthusiast,
 he has fully outfitted his home
 gym with NOHRD equipment.



SlimBeam Training

NOHRD SlimBeam cable ratios can be set to enable pulling up to a length of 8m – ideal for conditioning a golf or tennis stroke. Stacking the rubberized weight plates and varying butterfly adjustments will increase your workout's intensity.

Advantages of cable training:

- increases your coordination
- multiple muscle groups worked simultaneously
- increases stability
- increases core strength through continuous core engagement
- adjustable features provide wide range of motion during exercise

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 by the amount of rolls set for use. The SlimBeam can be converted for this, requiring a separate cable.



SlimBeam Accessories



Exercise bench
features foldout legs, black

Artificial leather	15214
Genuine leather	15215



Pull-up bar

Black	15228
Ash	15229
Club	15230
Oak	15232
Cherry	15233
Walnut	15234



Extension handles

Black	15208
Ash	15222
Club	15223
Oak	15225
Cherry	15226
Walnut	15227



Equipment adapter

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

15201



Aluminum lat bars

Lat bars made of featherweight aluminum with a ribbed surface for an optimal grip. Use for back, upper core and lat exercises. Length: approx. 120 cm, approx. 52 cm.

Long bar	15216
Short bar	15251



Ankle strap

Made of high quality artificial leather with felt lining.

Natural	15207
Black	15250



Cleaning set

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

15210



Lubricant

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

15211



Cable for ratio

Available in different lengths for various transformation ratios. (3:1 is standard length).

3:1 ratio	15204
2:1 ratio	15205
1:1 ratio	15206



Electronic training system *

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

15236



Ceiling clamp

Use for various ceiling heights.

232 - 242 cm	15218
241 - 259 cm	15219
258 - 276 cm	15220



Lat upgrade set

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

15217

* 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 Models



Ash



Club



Oak



Cherry



Walnut



White



Black



Stainless Steel

Models

Ash
Club
Oak
Cherry

Order No.

15100
15101
15106
15103

Models

Walnut
White*
Black
Stainless steel

Order No.

15104
15110
15112
15105

* Further colors/materials available. SlimBeam white/color is coated with high pressure laminate (HPL). SlimBeam black is stained oakwood veneer.

Equipment included: Pull-up bar with adapter, cord





SPRINTBOK

by





Running the Curve

Running enthusiasts are well acquainted with the advantages of motorless treadmills. Fully powered by the user's legs, the Sprintbok knows no speed limitations. Whether training for endurance, sprint or interval runs – the Sprintbok perfectly absorbs any kind of running training through its ball bearing mounted slats.

The running belt's gentle inward curve renders the motorless treadmill even more benefits for a natural running feel. Shifting the body's center of gravity enables the runner to change rhythm and speed nearly effortlessly.

Compared to motorized models, the Sprintbok guarantees a heightened, more intense and effective treadmill workout, yielding a higher calorie burn, due to higher level of effort.

Distance, sprint and interval runs – all forms of running training can be practiced on the Sprintbok. Exceptionally quiet during use, its cushioned belt reacts instantly to any shift in your speed input. The Sprintbok automatically adapts to all running styles and speeds without any unpleasant, persistent motor noise – this enables fluid change between sprint and slower-paced running.



Suitable for all running workouts: endurance training, sprints & intervals. Adapts to any running style and speed.



Features ball bearing mounted polyurethane wheels for easy handling and 4 height-adjustable feet for a firm stand.



Inclinable 17.3" monitor screen for a clear overview of performance data. Further workout features available in Sprintbok-App.

The pre-installed monitor screen displays distance, time and speed on a speedometer. Further user modes are available in the Sprintbok-App:

- free training
- scenery runs
- fitness trails





Highest Quality Materials

62 sound and impact absorbing laminated wood slats guarantee a nearly noiseless running experience. Enjoy a natural, forest running feel, thanks to the absorbent natural rubber, layered between slats and belt. The natural linoleum, laminated wood slats guarantee anti-slip self-propulsion, even with a wet surface.

The powder-coated, black handlebar elegantly accents the Sprintbok's curved design, for a steady grip when required.

The handlebar features the monitor screen at the top, with all cables and electronic engineering stored safely on the inside of the rails.

The Sprintbok engages your running musculature much more intensely than traditional treadmills. The user's continuous, self-determined energy, used to power the treadmill, builds running muscles faster. The weighted, spaced belt and slats provide the perfect, natural running momentum, thanks to the combination of industrial high-quality ball bearings and milled precision rolls which guarantee it's quiet sound when in use.

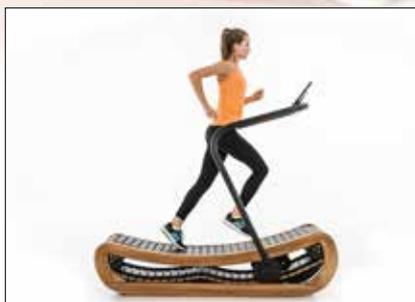
Sprintbok Training

The principle of the motorless Sprintbok treadmill is based on the runner's foot effectively pushing the slat belt backwards at the strike point. The curved belt surface, featuring vertical and horizontal contours, enhances the downward and backward pulling of the belt – ideal for a more natural pace.

Once the foot strikes, the runner's bodyweight contributes to pushing the treadmill belt downwards and backwards. The foot's point of contact is always slightly in front of the body's center of gravity. The high-quality, ball bearing mounted running slats reduce horizontal friction during the strike phase. Less friction when the foot strikes, encourages more muscle engagement.



Easy, intuitive familiarization: start with a simple walk to get a feel for self-powering the treadmill. Once you find your balance at a walk pace, the transition to a comfortable jog is easy.



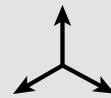
Picking up speed: shifting your body's center of gravity slightly forward, while running more forward, "into" the curve will increase the running pace.



Train for speed: the Sprintbok instantly reacts to the user's speed increase. The flexible slats ensure minimal strain on the joints.

Technical Details

- Weight: 120 kg
- Running surface: 160 cm x 45 cm
- Min. running surface height: 32 cm
- Wooden frame width: 8 cm
- 2 polyurethane wheels for easy manoeuvring
- 17.3" tablet incl. with 3 training modes:
 - Free-training, scenery/city runs, fitness trails
- Quiet running noise when in use, thanks to vibration-reducing, natural rubber



H: 160 cm
L: 175 cm
W: 86 cm



160 kg
Unit weight



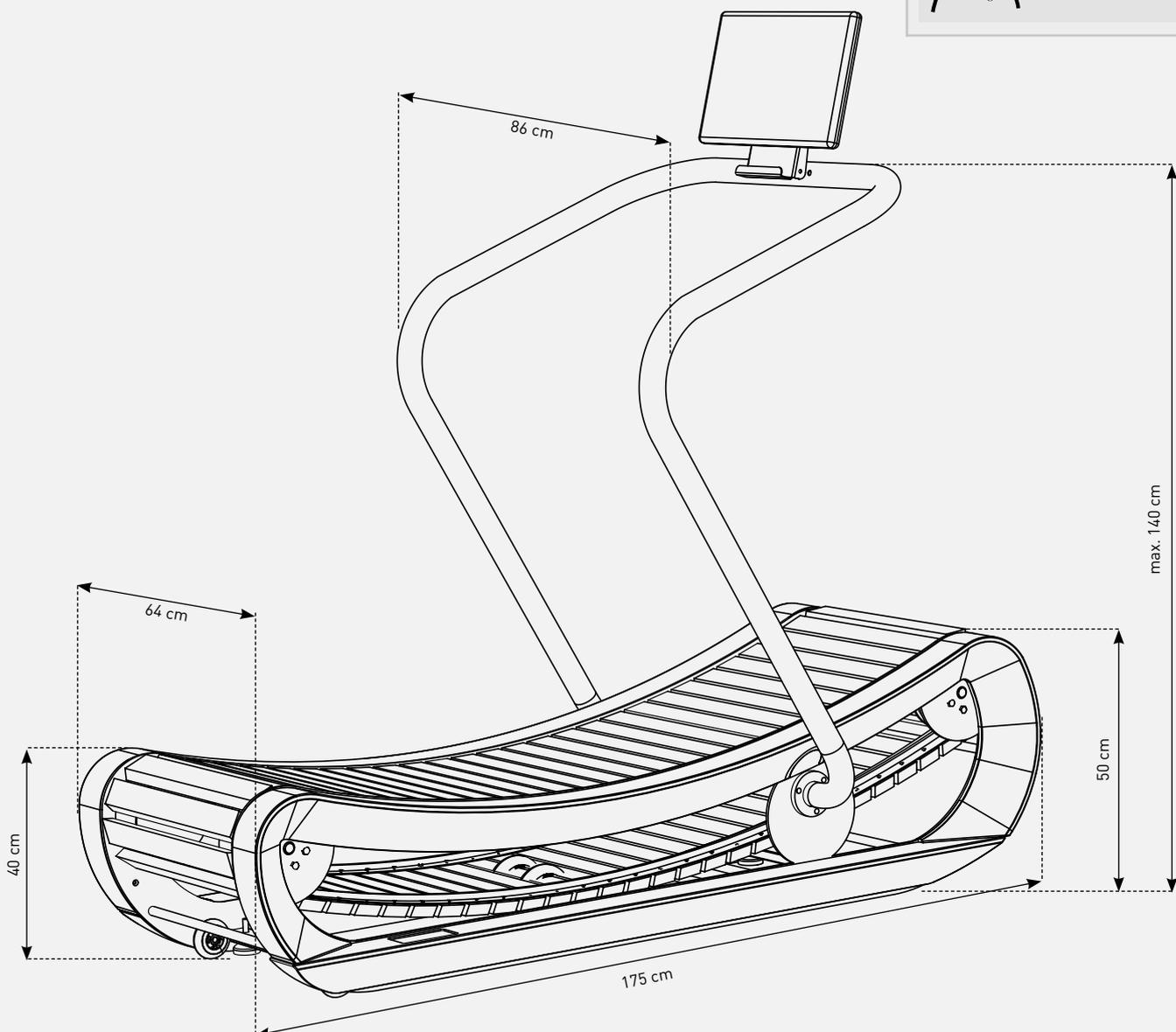
160 kg
Max. user weight



1 Package
250 kg, 180 x 90 x 80 cm



Endurance



Sprintbok Models



Ash



Club



Oak



Shadow



Cherry



Walnut

Model	Order No.	Model	Order No.
Ash	23100	Shadow	23105
Club	23101	Cherry	23102
Oak	23104	Walnut	23103

Included accessories: Owner's manual, accessory bag for safekeeping



WallBars

Wooden Wall Bars

A multi-functional classic







With Overhead Foldout Bar

NOHrD WallBars, a classic piece of fitness equipment for multi-functional exercise, featuring a unique overhead foldout bar to expand your workout range.

Ideal for hanging or pull-up exercise, the foldout bar clicks into position when opened, providing the necessary stability and space for hanging and swinging exercises.

Elegant, sturdy and strong, the WallBars is the perfect allrounder and space-saver combined. The CombiTrainer, Bench and Multi-Adapter accessory equipment can each be placed directly onto the bars for easy storage.

The WallBars is ideal for all areas of fitness training, especially strength building, mobility and coordination exercise. Made of solid wood and fitted with a durable cord for the foldout bar, the WallBars is ideal for the multi-functional workout.



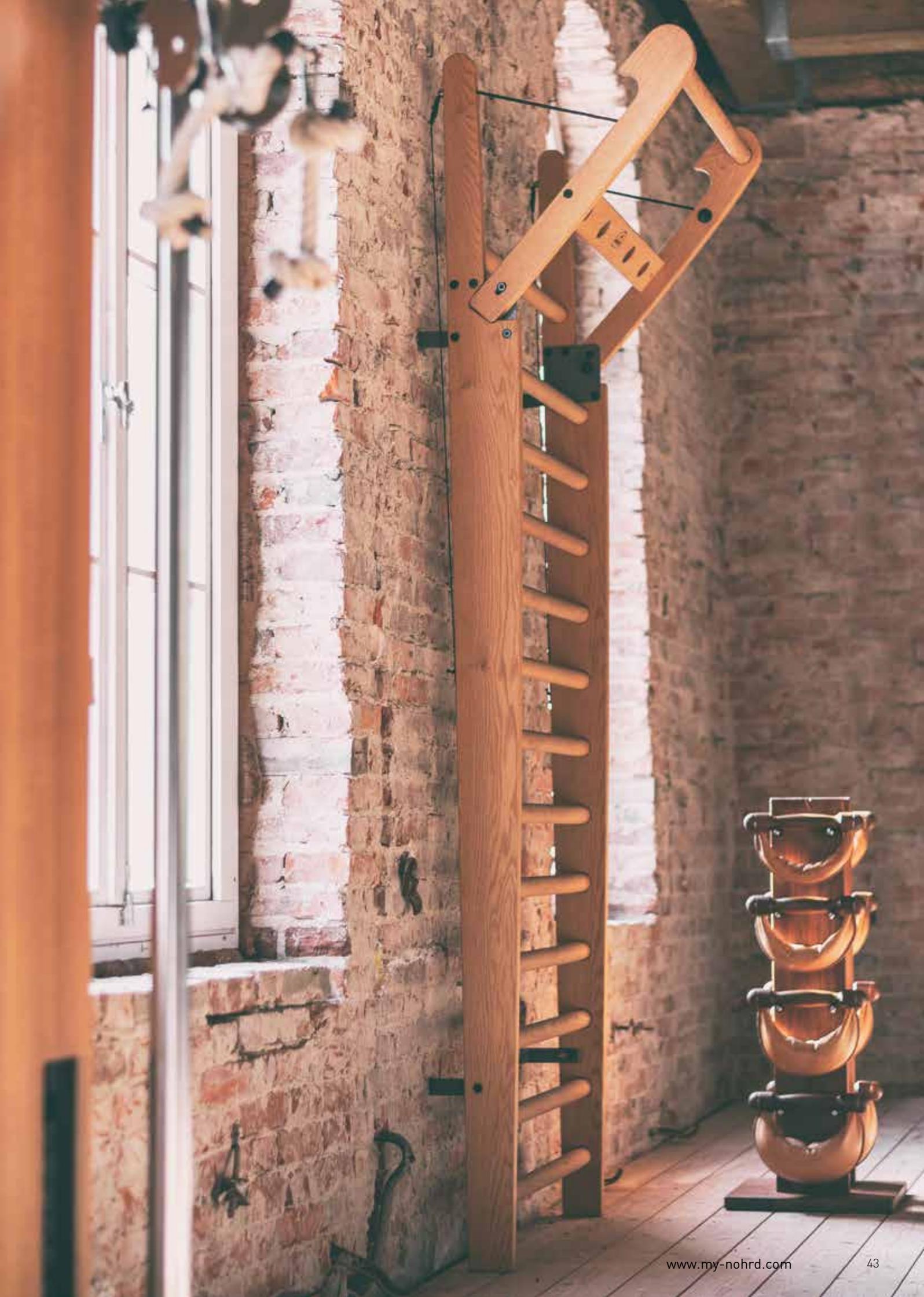
See NOHrD WallBars accessories for a wide range of possibilities to enhance your workout.



NOHrD MultiAdapter can be hung into any rung and used in 2 different positions.



Featuring 10 or 14 rungs, with overhead foldout bar for a variety of grip and hanging positions.



CombiTrainer

Exercise with body weight resistance, in sitting, prone or standing positions.

The CombiTrainer enables you to target individual muscle groups, making your WallBars an efficient multi-functional exercise station.

The CombiTrainer cables run silently through the ball bearing mounted rollers, while the gliding seat cushion is upholstered with a non-slip fabric for a safe hold. This WallBars accessory functions 100% on body weight resistance.



Models

Ash
Club
Oak
Cherry
Walnut

Order No.

12230
12231
12232
12233
12234

Technical Details

Length: 190 cm
Width: 60 cm
Bench cushion: 85 cm x 35 cm (L x W)

WallBars not included.

WallBars Accessories



Multi-Adapter

Extension provides multiple grip and exercise possibilities to complete your workout.
Dimensions: approx. 70 cm x 50 cm x 34 cm (W x D x H) Weight: approx. 5.5 kg, made of wood / metal

Double Handle Support

Place the Multi-Adapter into the rungs, both grip bars facing forward, for exercises such as pull-ups, hanging pull-ups, knee raises and ab crunches.

Single Cross Bar Support

Place the Multi-Adapter into the rungs, cross bar facing forward, for further exercises such as triceps dips or toe jumps (bottom rung).

Ash	12200
Club	12201
Oak	12218
Cherry	12202
Walnut	12203



FOLDOUT BAR LOCK (2X / SET)

Installed to replace the included overhead foldout bar fixing bracket. Use the adjusting knob to set the foldout bar into closed position to allow full hanging capacity.

12240



EXTENSION

NOHRD WallBars can be extended in height by 21.5 cm. The extension bar can be easily mounted onto the WallBars (bottom rung).

Ash	12212
Club	12214
Oak	12219
Cherry	12215
Walnut	12216



EXERCISE BENCH

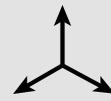
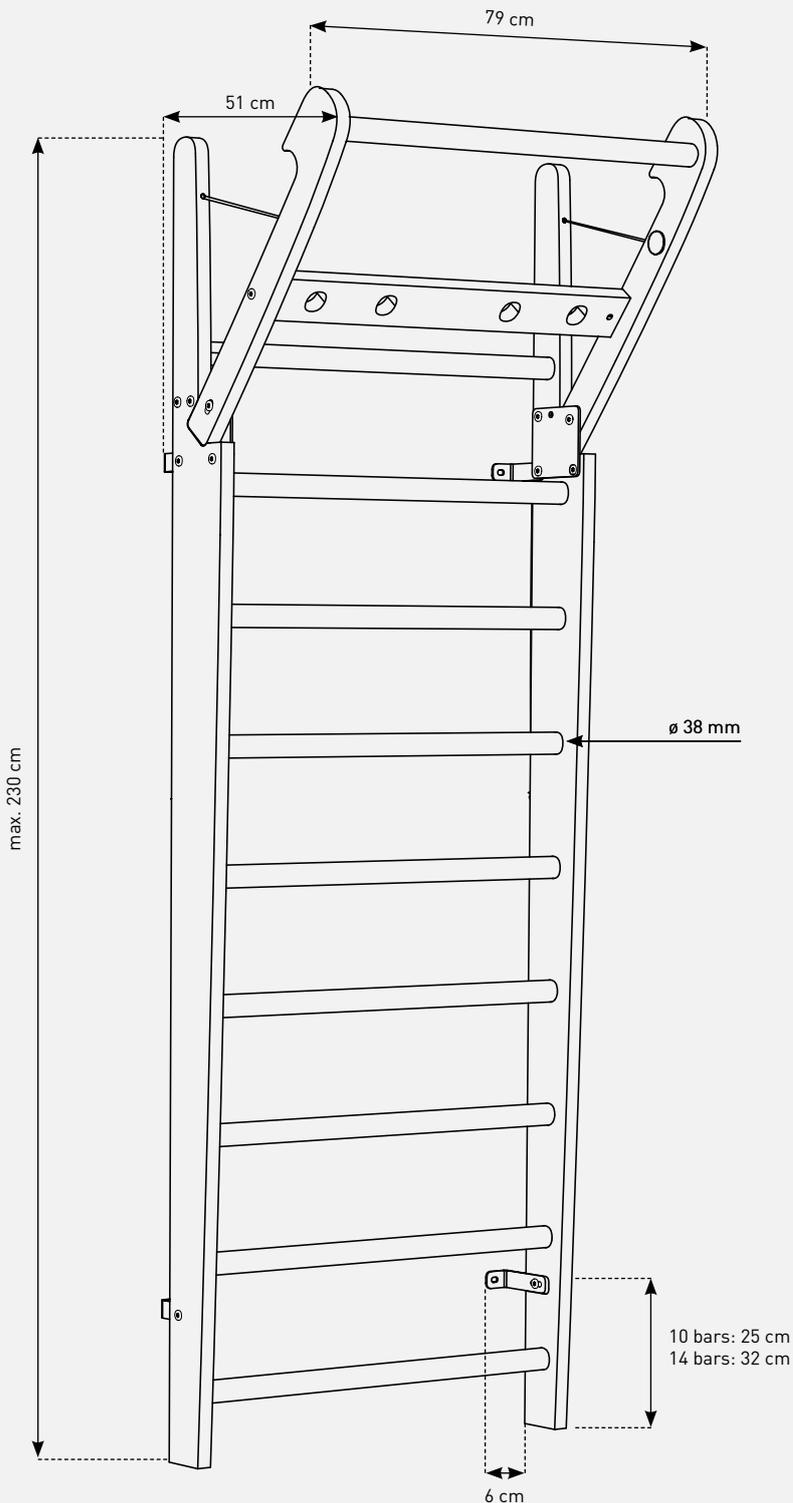
Can be hung onto any rung up to 95cm for various angles. When hung flat onto WallBars, functions as back support. This is also ideal storage position. Dimensions: 136 cm x 33 cm.

GL Schwarz	12220
AL Schwarz	12221
GL Rot	12222
AL Rot	12223
GL Braun	12224
AL Braun	12225
GL Natur	12226
AL Natur	12227

GL = Genuine leather, AL = artificial leather

Technical Details

- Dimensions (closed position): 230 x 79 x 13 cm (H x W x D)
- Weight 10 / 14: 19 kg / 21 kg
- Space between rungs: 9.9 cm – 17.7 cm
- Max. hanging capacity: approx. 120 kg
- Rung diameter: 38 mm



H: 230 cm
L: 79 cm
W: 13 cm



19 / 21 kg
Equipment weight
10 / 14 bars



120 kg
max. user weight



1 Package
21 kg, 15 x 21 x 222 cm



**Strength
Coordination**

WallBars Models



Ash



Club



Oak



Shadow



Cherry



Walnut

Models	Bars	Order No.
Ash	10	12103
Ash	14	12102
Club	10	12105
Club	14	12104
Oak	10	12111
Oak	14	12110

Models	Bars	Order No.
Shadow	10	12113
Shadow	14	12112
Cherry	10	12107
Cherry	14	12106
Walnut	10	12109
Walnut	14	12108

Included accessories: Owner's manual



SwingBells

Leather Free Weights

Made of solid wood and hand-stitched
genuine leather





Free Weight Training

NOHRD SwingBells are a smart alternative to the classic free weight or kettlebell-style dumbbell. When in use, the SwingBell constantly shifts its center of gravity, due to its iron granule filling, extending the exercise motion beyond just the length of your arm.

The genuine leather/wood free weights are the perfect workout component in combination with other exercise equipment. SwingBell workouts can be just as effective as push-ups, pull-ups or squats, as your core is virtually always engaged.

The result: noticeable increase in strength, muscle mass and coordination. Even shorter exercise sessions will work the targeted areas intensely.

Last but not least, the SwingBells' gorgeous "wood & leather" aesthetics, as well as their absolute minimal space requirement makes this piece of exercise equipment an absolute favorite!



Work your connective tissue (fascia training) through ever-shifting granule pellets.



The SwingBell Tower and Board holds up to 8 genuine leather SwingBells.

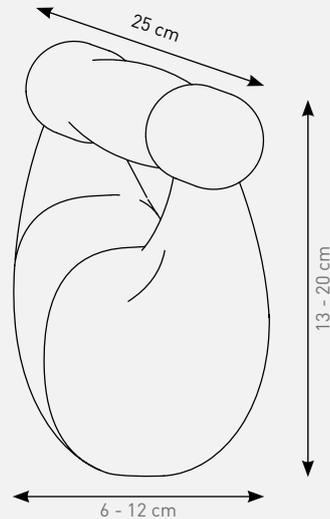


NOHRD SwingBells are available in different kinds of wood and leather colours.



Technical Details

- Selection of weights: 1, 2, 4, 6, 8 kg
- Hand-stitched genuine leather
- Granular iron filling
- Practical storage with SwingTower or SwingBoard



SwingBells



SwingBells (indiv.)

Wood	Weight	Order No.
Ash	1 kg	13100
Ash	2 kg	13104
Ash	4 kg	13108
Ash	6 kg	13112
Ash	8 kg	13116
Club	1 kg	13101
Club	2 kg	13105
Club	4 kg	13109
Club	6 kg	13113
Club	8 kg	13117
Oak	1 kg	13125
Oak	2 kg	13126
Oak	4 kg	13127
Oak	6 kg	13128
Oak	8 kg	13129

Wood	Weight	Order No.
Cherry	1 kg	13102
Cherry	2 kg	13106
Cherry	4 kg	13110
Cherry	6 kg	13114
Cherry	8 kg	13118
Walnut	1 kg	13103
Walnut	2 kg	13107
Walnut	4 kg	13111
Walnut	6 kg	13115
Walnut	8 kg	13119

SwingBells are made with genuine, black leather. For SwingBells in walnut wood, natural (beige) genuine leather is used.

SwingTower / SwingBoard



Ash



Club



Oak



Cherry



Walnut



Ash



Club



Oak



Cherry



Walnut

SwingTower

Models	Weights	Order No.
Ash	1, 2, 4, 6 kg	13200
Ash	2, 4, 6, 8 kg	13201
Club	1, 2, 4, 6 kg	13203
Club	2, 4, 6, 8 kg	13204
Oak	1, 2, 4, 6 kg	13214
Oak	2, 4, 6, 8 kg	13215
Cherry	1, 2, 4, 6 kg	13206
Cherry	2, 4, 6, 8 kg	13207
Walnut	1, 2, 4, 6 kg	13209
Walnut	2, 4, 6, 8 kg	13210

Technical Details Tower

H x W x D: 87 cm x 15 cm x 15 cm
 Weight: 10 kg (w/o SwingBells)
 Baseplate: 34 x 34 x 2.6 cm

SwingBoard

Models	Weights	Order No.
Ash	1, 2, 4, 6 kg	13300
Ash	2, 4, 6, 8 kg	13301
Club	1, 2, 4, 6 kg	13303
Club	2, 4, 6, 8 kg	13304
Oak	1, 2, 4, 6 kg	13314
Oak	2, 4, 6, 8 kg	13315
Cherry	1, 2, 4, 6 kg	13306
Cherry	2, 4, 6, 8 kg	13307
Walnut	1, 2, 4, 6 kg	13309
Walnut	2, 4, 6, 8 kg	13310

Technical Details Board

H x W x D: 157 cm x 22 cm x 8.6 cm
 Weight: 5 kg (w/o SwingBells)



HaptikBall

Handheld, Weighted Fitness Ball

Available in different sizes

Genuine Leather / Hand-stitched

For squeezing, holding, lifting, throwing, swinging – or simple horsing around: the NOHrD HaptikBall is a handheld, weighted fitness ball, designed to work your hand, forearm and connective tissue.

Hand strength tends peak in our 30s and decrease as we age. Developing and maintaining grip strength is important - not just for optimizing regular workout sessions, but for supporting our all-day use of our hands.

Muscles required for gripping run along the forearm, through to the wrists, hands and fingers.

Incorporating some HaptikBall action into your exercise routine will promote muscle endurance, while keeping your forearms and hands strong – even the simplest HaptikBall moves can be highly effective.

The HaptikBall comes in a range of weights to add variety to your exercise routine. Beyond mere strength training, you can expect to improve balance and coordination, while also having fun and reducing stress while the ball is “in play”!



The NOHrD HaptikBall is filled with iron granules for malleability and an easy grip.



Toss, squeeze, lift, hold or juggle- enjoy a huge variety of moves!



Each HaptikBall is oiled with beeswax for protection against sweat and moisture.

Models	Order No.
300 g	17100
650 g	17103
1250 g	17101
2100 g	17102

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.





WaterGrinder

Upper Body Fitness

Upper Body Fitness Trainer
Water Resistance



Intense Upper Body Training

Hoist the sails, turn wind into propulsion, reel in the forces of wind and water – this is the backbreaking task of a grinder on board a racing yacht. Not to be underestimated in their exertion of physical strength and endurance, grinders are true high-performance athletes.

Grinders race to turn the winches on sea-going yachts to raise the sails, with a classic crank motion. The NOHRD WaterGrinder brings this intense sport to your home, enabling you to achieve the impressive fitness levels of a racing grinder, without having to forego the element of water!

The WaterGrinder is easy to use while providing a full range of upper body exercise. Its elegant, drop-shape wooden frame is a true eye-catcher in the home gym or studio.



Sit or stand: position the wooden seat on either side of the WaterGrinder at 3 different heights.



The touchscreen performance monitor can be swiveled to either side of the machine for training.



Inspired by competitive sailing: all WaterGrinder positions will work your upper body- pecs, abs, back, arms and shoulders.

Strength and Endurance

Stationary bicycles, cross- and elliptical trainers and treadmills are all highly effective machines, however they mainly condition the cardiovascular system via the lower extremities. Further, all cardio training has a muscular, body-toning component, resulting in a clear upper body fitness deficit.

The NOHRD WaterGrinder can counterbalance this problem, as it works to condition your entire upper body- arms, shoulders, pecs and abs, as well as your entire back musculature.

The WaterGrinder provides fast muscle fatigue through shorter, extremely effective training sessions, building strength and endurance simultaneously.

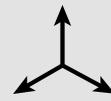
When exercising at the WaterGrinder the upper body is in an upright position, with the entire core muscles actively engaged. The workout will directly affect the supporting musculature - necessary for building muscle.



- Dynamic muscle training
- Static muscle training

Technical Details

- 110 x 80 x 120 cm (L x W x H)
- Weight: approx. 50 kg (without water)
- Swivel-mounted monitor incl.
- Water resistance



H: 120 cm
L: 110 cm
W: 80 cm



50 kg

Weight without water



120 kg

Max. user weight

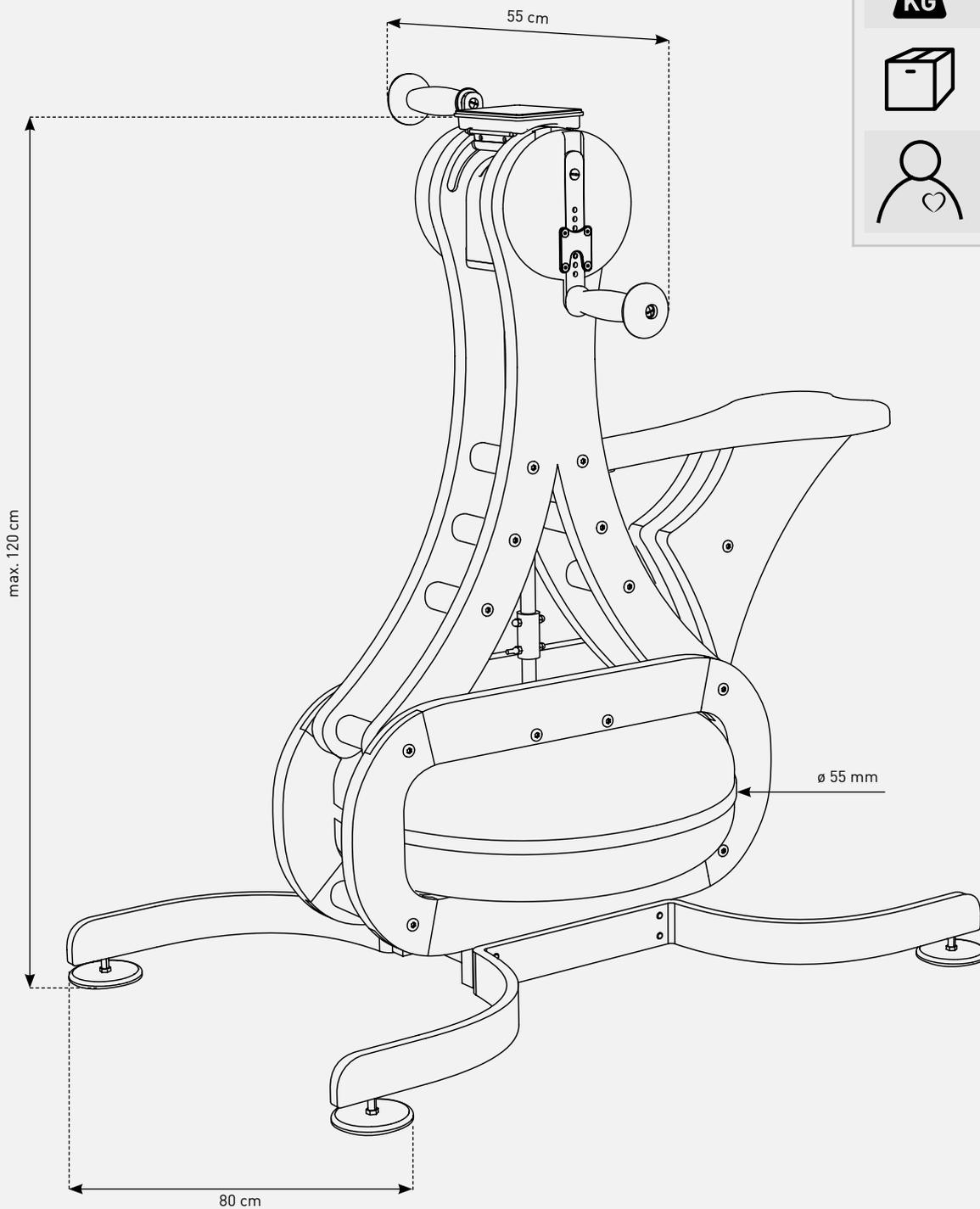


3 Packages

14 kg, 62 x 49 x 80 cm
26 kg, 62 x 28 x 110 cm
18 kg, 14 x 29 x 112 cm



**Strength
Endurance**



WaterGrinder Models



Ash



Club



Oak



Cherry



Walnut

Model	Order No.	Model	Order No.
Ash	14100	Cherry	14102
Club	14101	Walnut	14103
Oak	14104		

Included in delivery: owner's manual





TriaTrainer

3 - in 1 Exercise Bench

Abdominal Trainer, Back Extension &
Weight Bench



The Three-in-One Advantage

Meet the TriaTrainer abdominal trainer, back extension and weight bench all in one compact piece of fitness equipment. This versatile exercise bench combines a contemporary, elegant aesthetic with an athletic, minimalistic sturdiness.

In a closed position the TriaTrainer serves as the perfect abs and core trainer. The sit-up bench meets all abdominal workout demands, guaranteeing an optimal workout. In its folded position, the TriaTrainer enables efficient exercising in less than 1 m² space. It can be perfectly combined with other exercise equipment for a total body workout!

Your back can be exposed to a variety of strain during your daily routine, stemming maybe from hard physical labor, long periods of sitting and bad posture. Specific back training is highly recommended for preventing complications and pain. In its semi-opened position, your TriaTrainer is an effective back extension tool for specific exercises focused on strengthening your back and glutes.

Fully extended, the multi-functional TriaTrainer converts into a classic weight bench for free-weight training. Free weight exercise has become hugely popular, in that it benefits all levels of fitness.



Manufactured in our range of high-quality wood and leathers – the TriaTrainer suits all interiors.



Perfect combinations – the TriaTrainer can be used with a multitude of other workout equipment.



The TriaTrainer exudes a puristic elegance among classic weight benches.



Abdominal Trainer



Back Extension

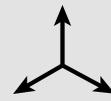


Weight Bench



Technical Details

- Dimensions (closed position): 90 x 35 x 55 cm
- Dimensions (open position): 140 x 35 x 44 cm
- Weight: 14 kg
- Max. weight load: 150 kg
- Footrest adjustable in 10 positions
- Available in genuine or artificial leather
- Includes hooks for locking in closed position
- Optional felt sliders for extra floor protection



H: 55 cm
L: 90 cm
W: 35 cm



14 kg
Unit weight



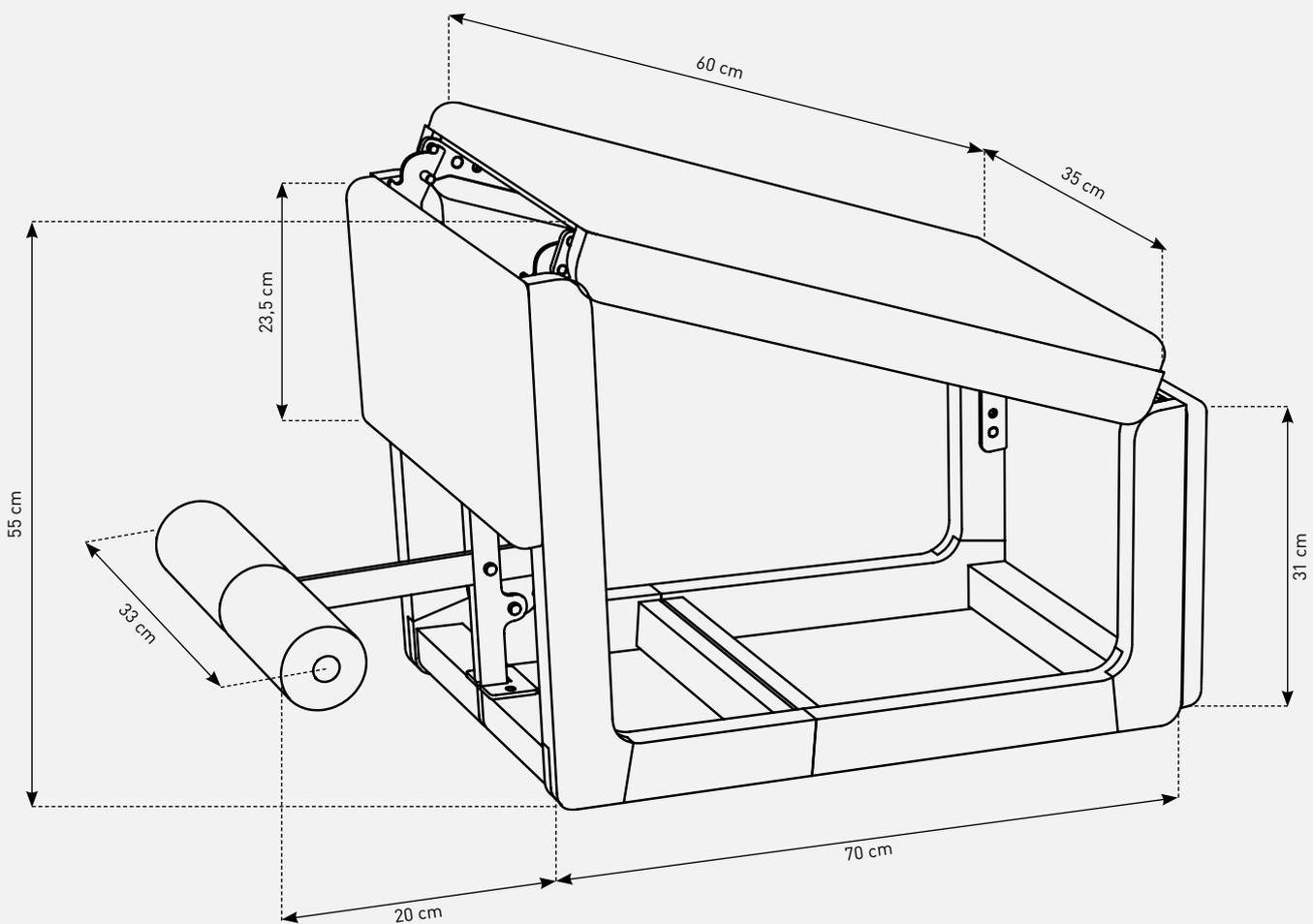
150 kg
Max. user weight



1 Package
17 kg, 58 x 39 x 80 cm



Strength



TriaTrainer Models



Ash



Club



Oak



Cherry



Walnut black



Walnut natural

Model	Leather	Order No.	Model	Leather	Order No.
Ash	Artificial leather	19100	Cherry	Artificial leather	19106
Ash	Genuine leather	19101	Cherry	Genuine leather	19107
Club	Artificial leather	19102	Walnut	Artificial leather	19108
Club	Genuine leather	19103	Walnut	Genuine leather	19109
Oak	Artificial leather	19104	Walnut	Genuine leather natural	19121
Oak	Genuine leather	19105			

Accessories included: owner's manual



NOHrD Wall: Superior Fitness System

Introducing our complete exercise wall with an integrated, virtual training system and up to 5 freely combinable modules, for short, high-intensity interval training, with a combination of different functional training workouts. The NOHrD Wall is a luxury, all-in-one fitness system for limited available spaces.

In keeping with today's trend toward functional designs for organized spaces, this ultimate exercise station is designed to meet your highest demands in terms of workout variety and aesthetic appeal.

Designed as an entire fitness solution, the NOHrD wall is suitable for the home gym, health clubs and personal training studios. The NOHrD Wall further proves to be a choice selection for hotels, looking to offer exclusive, in-room exercise options for their guests.

The main unit features the virtual training system with an interactive digital Coach, combining all NOHrD Wall modules and leading the user through pre-configured workouts. Users can select from interval or functional-training workouts, as well as desired training time and intensity level.



A digital coach leads you through your workout. Each exercise is in video format.



Efficient full-body exercise with cable machines based on weight stack or eddy current brake resistance. NOHrD WallBars is further available as a module.



NOHrD SwingBells set included to complete your exercise program. Store directly on ready-made module fixtures.

The Modules

Module 1: Cable Machine / Weight Plates

The NOHRD Wall cable weight unit comes in a brushed-steel-look encasement (robust MDF) for the weight stack. The cable ratio is 3:1, decreasing the weight of the stack by 2/3 and guaranteeing a smooth pull with minimal wear.

Module 2: Main Frame

The main frame module is the heart of the NOHRD Wall fitness system, consisting of a 22" touchscreen and the rack section for the SwingBells. A minibar and/or drawers can be integrated and ordered separately for this module.

Module 3: Cable Machine / NOHRD Ski

Our ski ergometer cable machine consists of a unique eddy current brake system with a disc resistance setting for strength and endurance training.

Module 4: WallBars

The WallBars Module holds up to 14 bars depending on the chosen overall height, and can be selected in any width between 60-80 cm. This module is a favorite for body weight and stretching exercise.

Module : Shelves & Storage

The shelf module can be manufactured in any width from 32-80 cm. This module is ideal for meeting space-specific width requirements.



Technical Details:

Module 1: width 32.3 cm

Module 2: width 56.3 cm

Module 3: width 32.3 cm

Module 4: width 60-80 cm

Module 5: width 50-80 cm

Side rails (a+b): width 1.9 cm

Height: min. 220 cm - 240 cm

1. Cable Machine / Weight Plates

Model	Order No.
Ash	20111
Oak	20101
Club	20121
Cherry	20131
Walnut	20141

2. Main Frame / SwingBells (2, 4, 6, 8 kg) incl.

Model	Order No.
Ash	20110
Oak	20100
Club	20120
Cherry	20130
Walnut	20140

3. Cable Machine / NOHRD Ski

Model	Order No.
Ash	20112
Oak	20102
Club	20122
Cherry	20132
Walnut	20142

4. WallBars

Model	Order No.
Ash	20114
Oak	20104
Club	20124
Cherry	20134
Walnut	20144

5. Shelves

Model	Order No.
Ash	20113
Oak	20103
Club	20123
Cherry	20133
Walnut	20143

6. Accessories

Model	Order No.
Mini Bar	20200
Drawer	20201

Assembly costs can be requested separately.

NOHrD Wall Compact

NEW Product available Jan. 2020

The new, compact version of the NOHrD Wall further embodies our high-quality design and technical know-how – carefully studied and developed, right down to the last detail, providing you with an elegant, combinable fitness station that will effortlessly blend into any interior.

This streamlined fitness wall boasts sleek new contours and a contemporary look for full-body workouts, strength and endurance training. The NOHrD Wall Compact also includes virtual coach

training via a 20" touchscreen, our cable machine with a 75 kg weight stack and a full set of the coveted, hand-stitched leather SwingBells, which are stored directly onto the wall.

Its most exciting feature is undeniably the incorporation of the new NOHrD-Ski ergometer cable machine. With an eddy current brake system and disc resistance setting, this cross-country ski simulator will get your body pumping – full sweat guaranteed!

Dimensions (W x H x D) approx.

121,5 cm x 217 cm x 32 cm







NOhrD Eau-Me Board

The Eau-Me Board is a new-generation balance board boasting a patented combination of classic balance training with the element of water.

Balance boards are suitable for all ages and, if used regularly, will enhance fitness and balance while always remaining easy on the joints – in the home, office or studio.

Put simply, the Eau-Me Board is all about balance, challenging the user with a constantly unsteady, shifting base – thus, forcing the body to react with each tilt.

The user's compensatory moves engage the deep muscular system while the body responds to continual impulses.

The main difference to conventional balance boards is the Eau-Me Board's use of water. Water follows its own will, thus, working against you. The result: water flow shifts direction with each move of the user.

No regular patterns can be practiced or memorized – the body is triggered into immediate reaction to the water's apparently arbitrary stimuli.



The Eau-Me Board is available in various kinds of wood.



Engage deep musculature while trying to keep your balance.

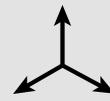


Up the challenge by adding and combining exercises e.g. free-weights with squats.



Technical Details

- Dimensions: $\varnothing 64$ cm x 17 cm
- Weight (without water): 7,5 kg
- Max. weight load: 250 kg
- Max. 6.5 l tap water
- Material: real wood veneer multiplex panels or HPL laminated panels, resp.



\varnothing : 64 cm
H: 17cm



10 kg

Unit weight



250 kg

Max. user weight

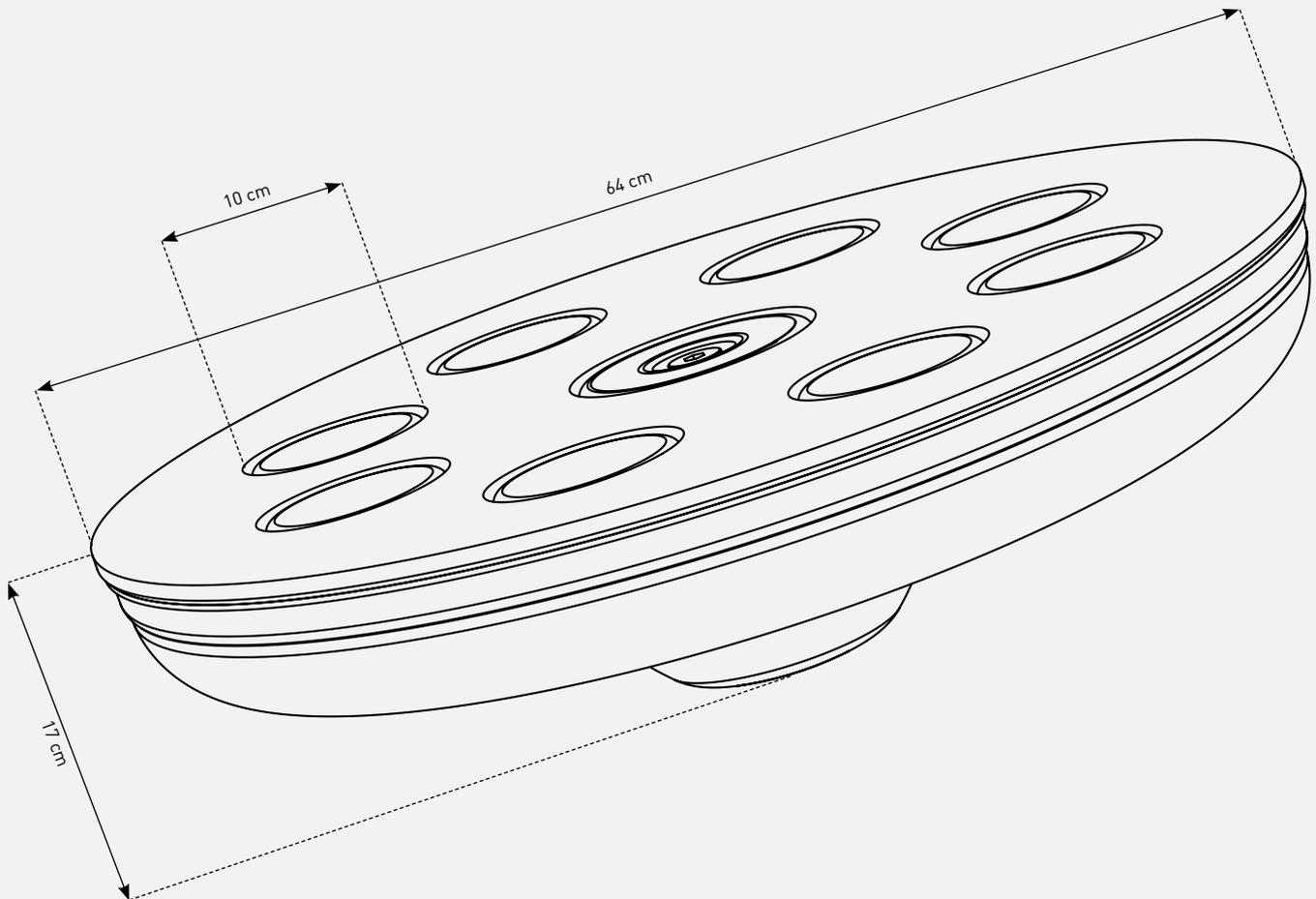


1 Package

10 kg, 67 x 65 x 19 cm



Coordination



Eau-Me Board Models



Ash



Club



Oak



Cherry



Walnut



Stainless Steel



Black



Grey



Blue



Yellow



Red

Model

Ash
Club
Oak
Cherry
Walnut
Black

Order No.

21100
21101
21104
21102
21103
21105

Model

Stainless Steel*
Grey*
Yellow*
Red*
Blue*

Order No.

21110
21115
21113
21111
21112

*HPL laminated panels





WeightWorkx Fitness Station

With Weight Plates and
Exercise Bench





Weight Training

The NOHRD WeightWorkx comes in ash, oak and walnut models, displaying all the characteristics one looks for in wood manufacturing: sturdiness, pliability and durability. The WeightWorkx fitness station delivers classic cable weight training in an aesthetically beautiful wood & leather design.

Use the WeightWorkx for building muscle with eccentric training, allowing your muscles to support more weight in the eccentric, “contracting-while-lengthening” phase of exercise.

Modern studies show that eccentric exercise is one of the most efficient ways to build strength and muscle and prevent injury.

Take squat or pull-up exercises for an example: the challenge does not only lie in pushing your legs back up or pulling your chin up to the bar, but also in the ‘lowering’ phase. This is how you will train on the WeightWorkx!



Available in DoubleWorkx model for tandem training.



Integrated seat and exercise bench for extended workout.



Free-standing machine, no additional wall or ceiling fixture necessary.

Functional in Every Detail

The rungs provide the user with multiple grip positions for coordination and stretching exercises. The machine's four feet are individually adjustable for a solid stand on all floorings, with the underside rubberized for floor protection.

For cable training simply open the overhead arm. The top pulley is positioned horizontally, while the lower cable is led through a swiveling pulley, enabling smooth gliding exercise to the side.

The bench seat can be adjusted to two positions with an iron peg, which is inserted through the corresponding holes in the wooden frame.

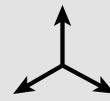
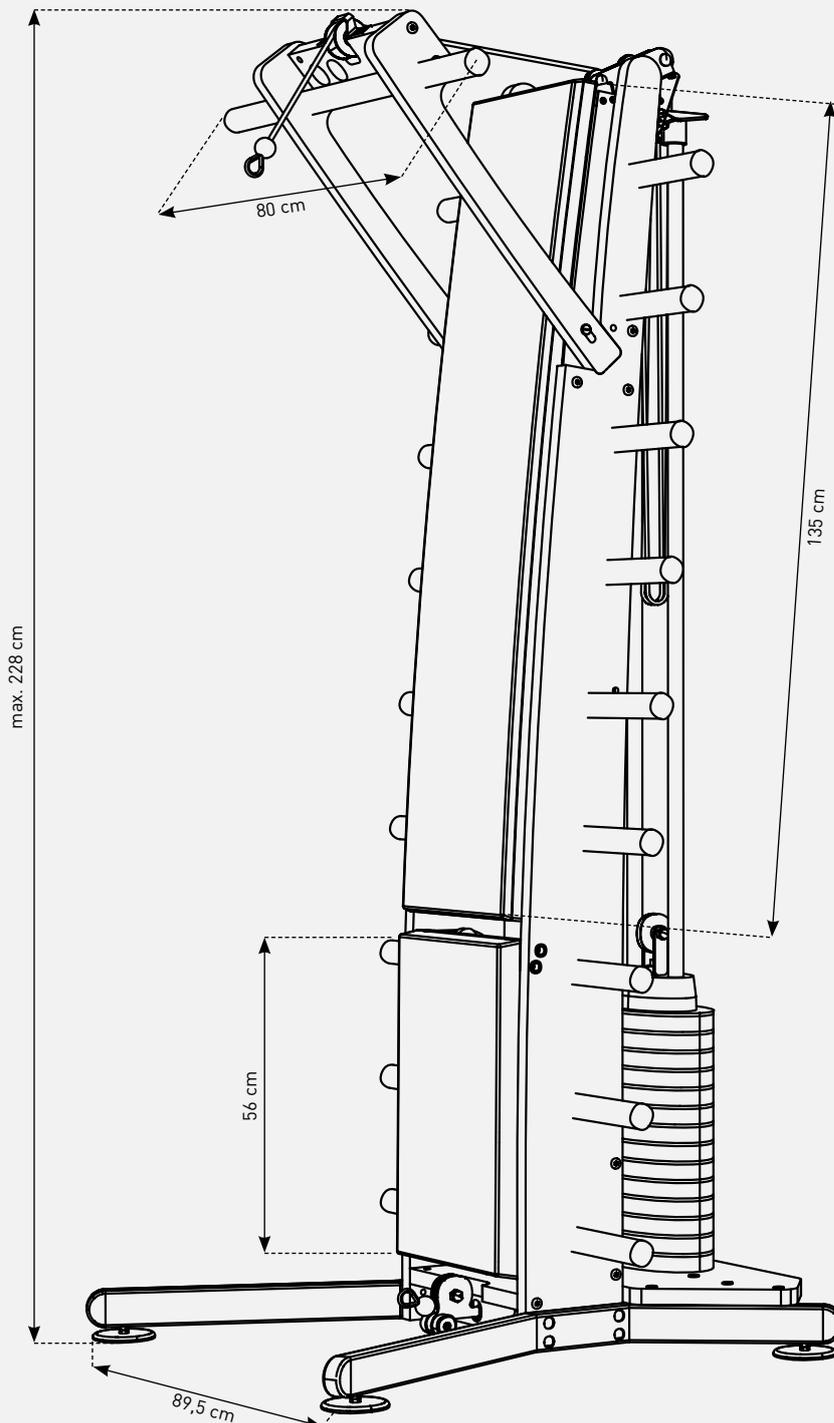
The exercise bench can be easily removed from the WaterWorkx frame and hung into four different positions. The feet are set at the push of a button and click into place.

Each WeightWorkx comes with an owner's manual featuring approx. 100 exercises, specifically pertaining to this fitness station. It can be hung into the rungs for easy viewing at eye-level. Select exercises for individual muscle groups and/or combined- your arms, legs, abs and glutes will get toned according to your goals, while your back and other joints will gain resilience and mobility. The owner's manual contains a multitude of exercises for each body zone.



Technical Details

- Dimensions (foldout bar closed): 89.5 cm x 228 cm x 93 cm
- Dimensions (foldout bar open): 89.5 cm x 216 cm x 172 cm
- Weight: 135 kg
- 10 rungs
- Incl. 2 exercise benches for sitting/prone positions



H: max. 228 cm
L: min. 93 cm
W: 89,5 cm



135 kg

Unit weight



120 kg

Max. user weight



5 Packages

44 kg, 43 x 25 x 227 cm
16 kg, 62 x 23,5 x 72 cm
18 kg, 17 x 36,5 x 139 cm
2 x 35 kg, 25 x 17 x 27,7 cm



Strength

WeightWorkx Models



Ash



Club



Oak



Walnut

DoubleWorkx Bench (optional)

Models	Leather	Order No.
Ash	Artificial	11160
Ash	Genuine	11161
Club	Artificial	11162
Club	Genuine	11163
Oak	Artificial	11164
Oak	Genuine	11165
Walnut	Artificial	11166
Walnut	Genuine	11167

DoubleWorkx Seat (optional)

Models	Leather	Order No.
Ash	Artificial	11168
Ash	Genuine	11169
Club	Artificial	11170
Club	Genuine	11171
Oak	Artificial	11172
Oak	Genuine	11173
Walnut	Artificial	11174
Walnut	Genuine	11175



WeightWorkx

Models	Leather	Order No.
Ash	Artificial	11107
Ash	Genuine	11106
Club	Artificial	11109
Club	Genuine	11108
Oak	Artificial	11153
Oak	Genuine	11152
Walnut	Artificial	11111
Walnut	Genuine	11110

DoubleWorkx

Models	Order No.
Ash	11113
Club	11115
Oak	11154
Walnut	11117

Accessories include: trapeze bar, long bar, short bar, footstrap, cord



HedgeHock

All-Wood Stool

49 surprisingly comfortable
wooden blocks

Strong Lines, Soft Core

A structured, clear and geometrical exterior counterbalance a flexible, moveable interior: the HedgeHock creates a harmony of dynamic and static equilibrium.

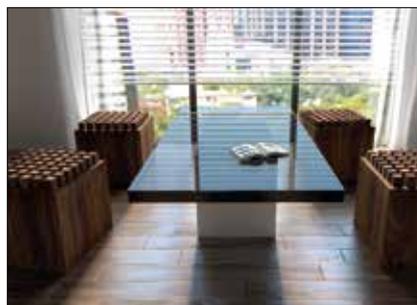
Your body will shape its own mold in the wooden block surface, enabling a true ergonomic sitting position.

It defies logic to think that natural wood can be comfortable- the HedgeHock is, however, a unique sitting experience! The 49 solid wood blocks are individually spring suspended within the outer wood cube.

The HedgeHock is a true interior design highlight, sure to attract attention in the home, office, hotel, waiting room or any other sitting area.



49 individually spring suspended seat blocks shift and conform to any user.



Unique sitting experience in a distinctive design.



Available in our selection of wood - individual seat blocks are made of solid wood.

Model	Order No.
Ash	16100
Club	16102
Oak	16112
Cherry	16104
Walnut	16106



Our Contribution to a Better Environment

Each piece of our wooden exercise equipment is handcrafted in our manufacturing facility. The combination of classic woodcraft and precision machine technology ensure consistent quality and constant progress.

We place high value on respecting our environment, processing all bark and wood completely- there is no waste. Production residue in our facility is used for power generation.

We further use our factory's 4500 sq meter area for producing our own solar electricity, with which we can power our machinery with low-emission efficiency.

At NOHRD we manufacture with solid wood exclusively selected from sustainably managed forests in the USA and Germany. Only guaranteed young and smooth heartwood will be processed. The premium quality wooden elements are oiled for protection against dirt and stains.

WaterRower GmbH
Otto-Hahn-Straße 75
48529 Nordhorn
www.waterrower.de
Tel. +49 (0) 59 21 - 17 98 400
GERMANY

WaterRower USA
560 Metacom Avenue
Warren, RI 02885
www.waterrower.com
Tel. +1 (401) 247 7742
USA

WaterRower United Kingdom
19 Acton Park Estate, The Vale
London, England W3 7QE
www.waterrower.co.uk
Tel. +44 (0)20 8749 9090
UK

WaterRower SARL – France
1 rue Paul Langevin,
59200 Tourcoing
www.waterrower.fr
Tel. +33 (0)3.20.67.20.07
FRANCE

WaterRower Spain / Portugal
C/Cabo Prior 1.
Las Rozas, 28290 Madrid
www.waterrower.com.es
Tel. +34 91 640 7004
SPAIN

WaterRower Italy
Viale Vittorio Veneto 35
31100 TREVISO
www.waterrower.it
Tel. +39 0422 307016
ITALY

WaterRower Benelux
Noord 63 2931 SJ
Krimpen aan de Lek
www.waterrower.nl
Tel. +31(0)180 590 697
NETHERLANDS

WaterRower Australia
72 South Street Rydalmere
NSW 2116
www.waterrower.com.au
Tel. 02 9898 1405
AUSTRALIA

WaterRower Scandinavia
Staermosevej 176
Tommerup 5690
www.waterrower.dk
Tel. +45 22336863
DENMARK

WaterRower Taiwan
27F.3, No.99, Sec.1, Xintai 5th Rd.
Xizhi Dist., New Taipei City 22175
www.waterrower.com.tw
Tel. +886-2-26973198
TAIWAN

WaterRower China
Joseph Xie WaterRower Limited
www.waterrower.com.cn
Tel. +86-592-5900958
CHINA

