



NOHRD Wall

All-in-one Fitness System

Complete fitness solution suitable for home and commercial training





Modular 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.

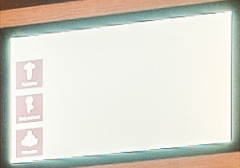
In keeping with today's trend toward functional designs for organized spaces, this ultimate exercise station is designed to meet your highest demands in terms of workout variety and aesthetic appeal.

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.



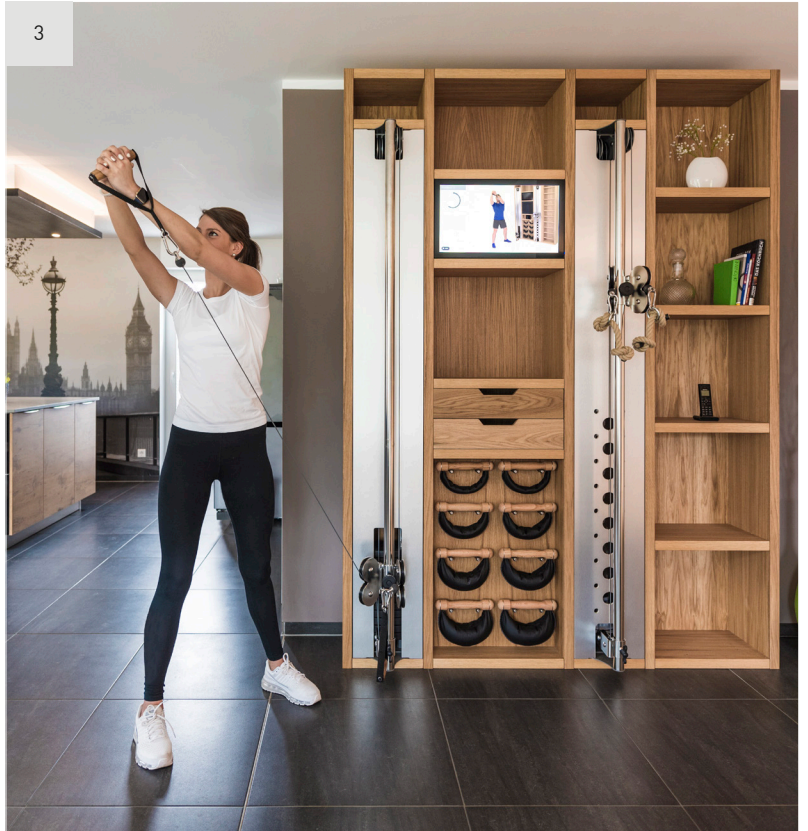
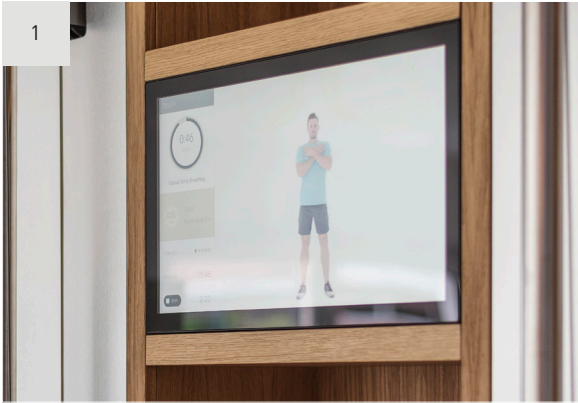
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The Modules



1. A digital coach leads you through your workout. Each exercise is in video format.
2. NOHrD SwingBells set included to complete your exercise program. Store directly on ready-made module fixtures.
3. Efficient full-body exercise with cable machines based on weight stack or eddy current brake resistance. NOHrD WallBars is further available as a module.

a 1 2 3 4 5 b



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

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.

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.