



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.

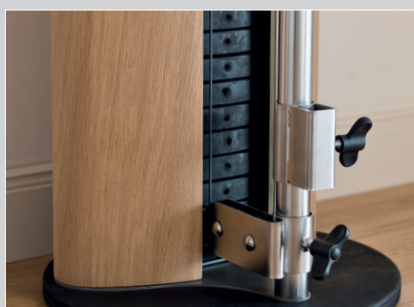
The NOHrD SlimBeam cuts a fine figure in home fitness, as well, combining a stylish, sharp design with a sleek body. Thanks to its slender silhouette, curved shape and high-quality wood, the SlimBeam delivers a professional cable exercise station for every kind of functional training.

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.

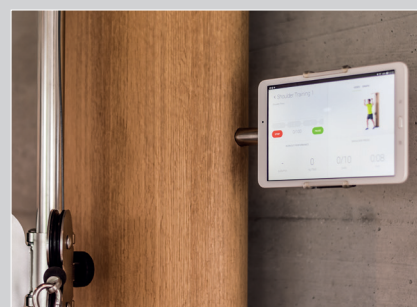
In addition to the SlimBeam exercise manual, the SlimBeam can be used in combination with the interactive SlimBeam exercise app for Android tablets. The tablet holder is sold separately and can be attached to the SlimBeam's frame, on the side, at any time.



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



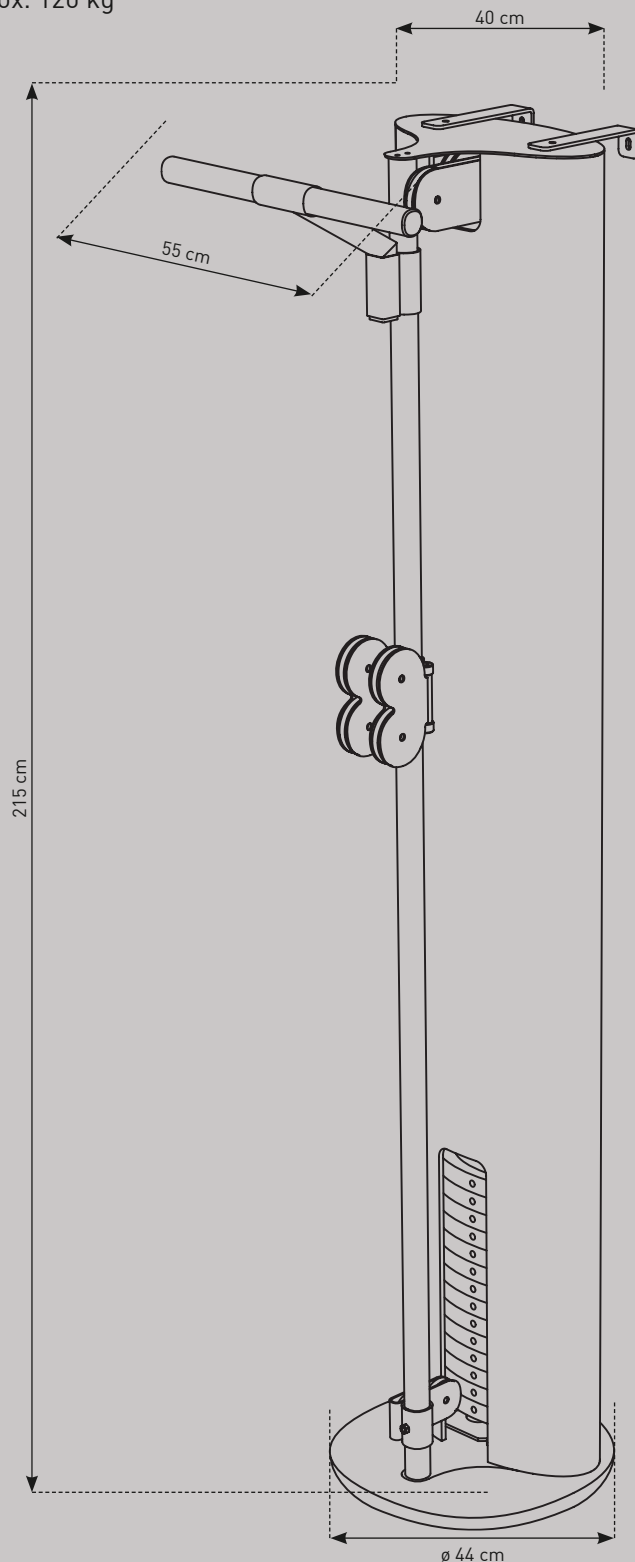
Rubberized weight plates for non-clanking, noise reduced training sessions.



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.

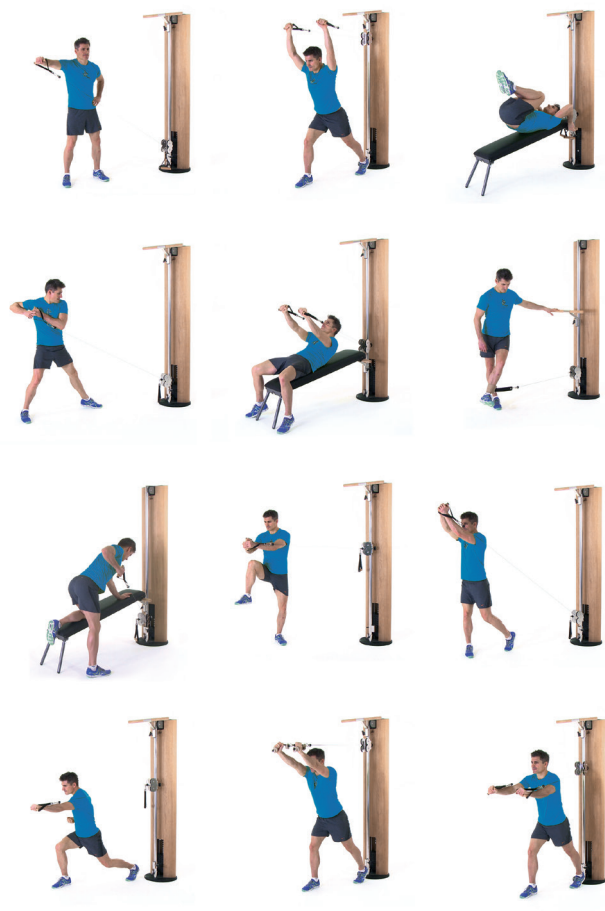


SlimBeam Training

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



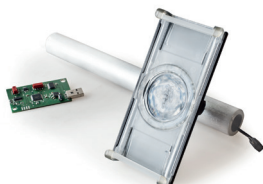
Lubricant
For use in case of pulling hitches.
Content 400ml. Lubricates and protects.

15211



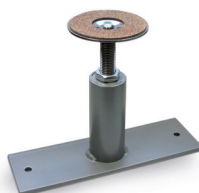
Cable for ratio
Available in different lengths for various transformation ratios. (3:1 is standard length).

| | |
|-----------|-------|
| 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 | 15100 |
| Club | 15101 |
| Oak | 15106 |
| Cherry | 15103 |

Models

| | |
|-----------------|-------|
| Walnut | 15104 |
| White* | 15110 |
| Black | 15112 |
| Stainless steel | 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