



# NOHRD Bike

## Indoor Cycle

Unmistakable,  
Innovative Design







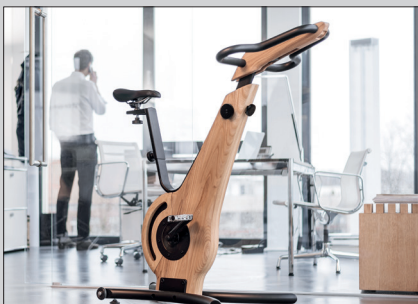
## Luxury Indoor Cycle

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.

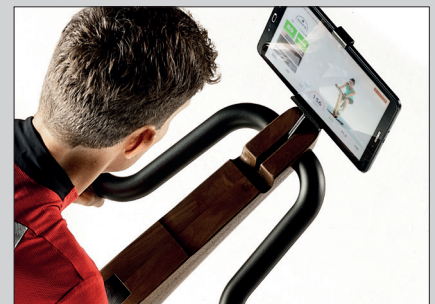
Designed for maximal stability within minimal space, the NOHrD Bike requires a mere 0.44 sq meters, seamlessly fitting into any interior environment. The foot sections are further equipped with rubberized rollers for easy positioning and storing.



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.

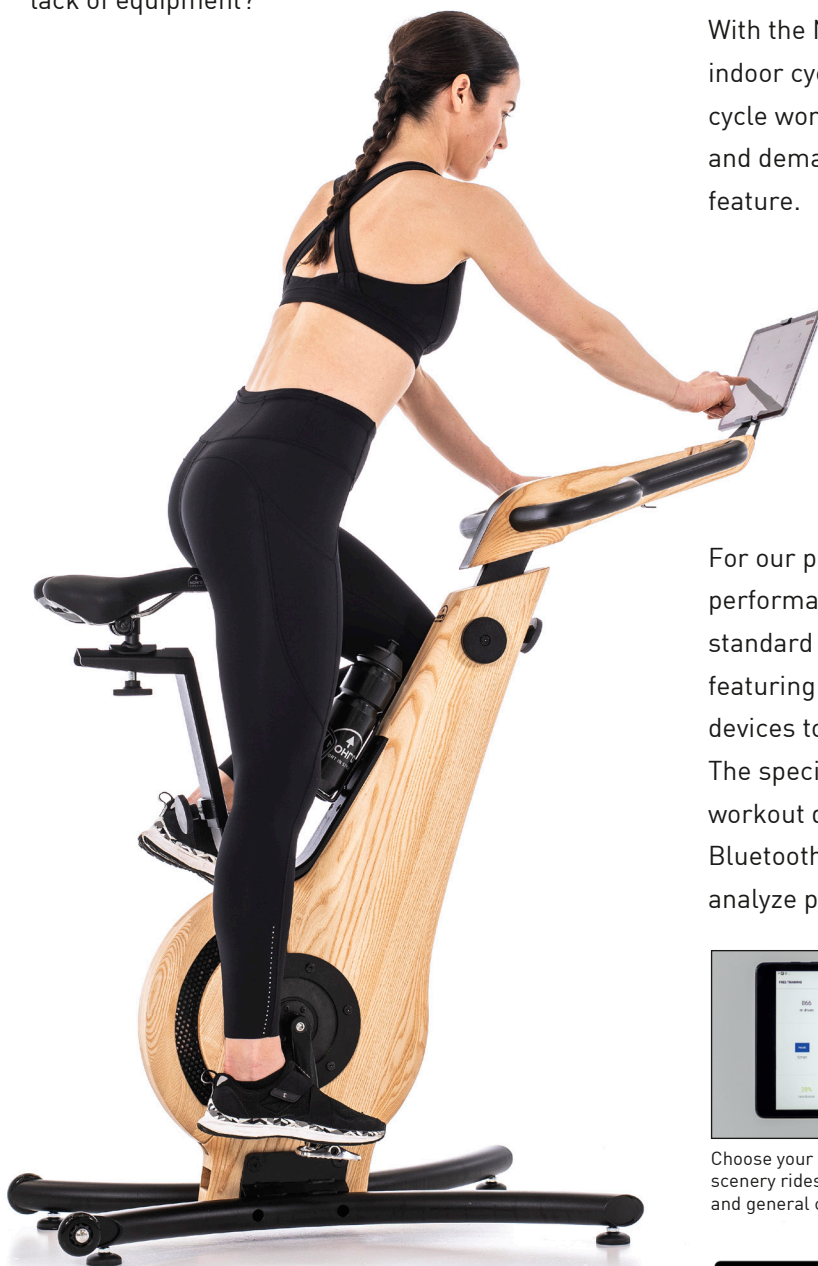


Includes tablet holder feature for tablet accessory and performance data overview.

# 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.

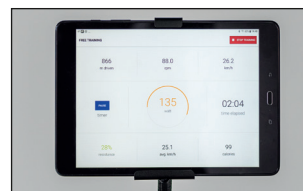
Indoor cycles are justifiably highly popular pieces of fitness equipment, as a workout will mirror classic outdoor cycling in function. Indoor cycling is user-, as well as beginner- friendly, can be performed from the comfort of a sitting position and is easy on the joints.

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 Thureau,**  
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

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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



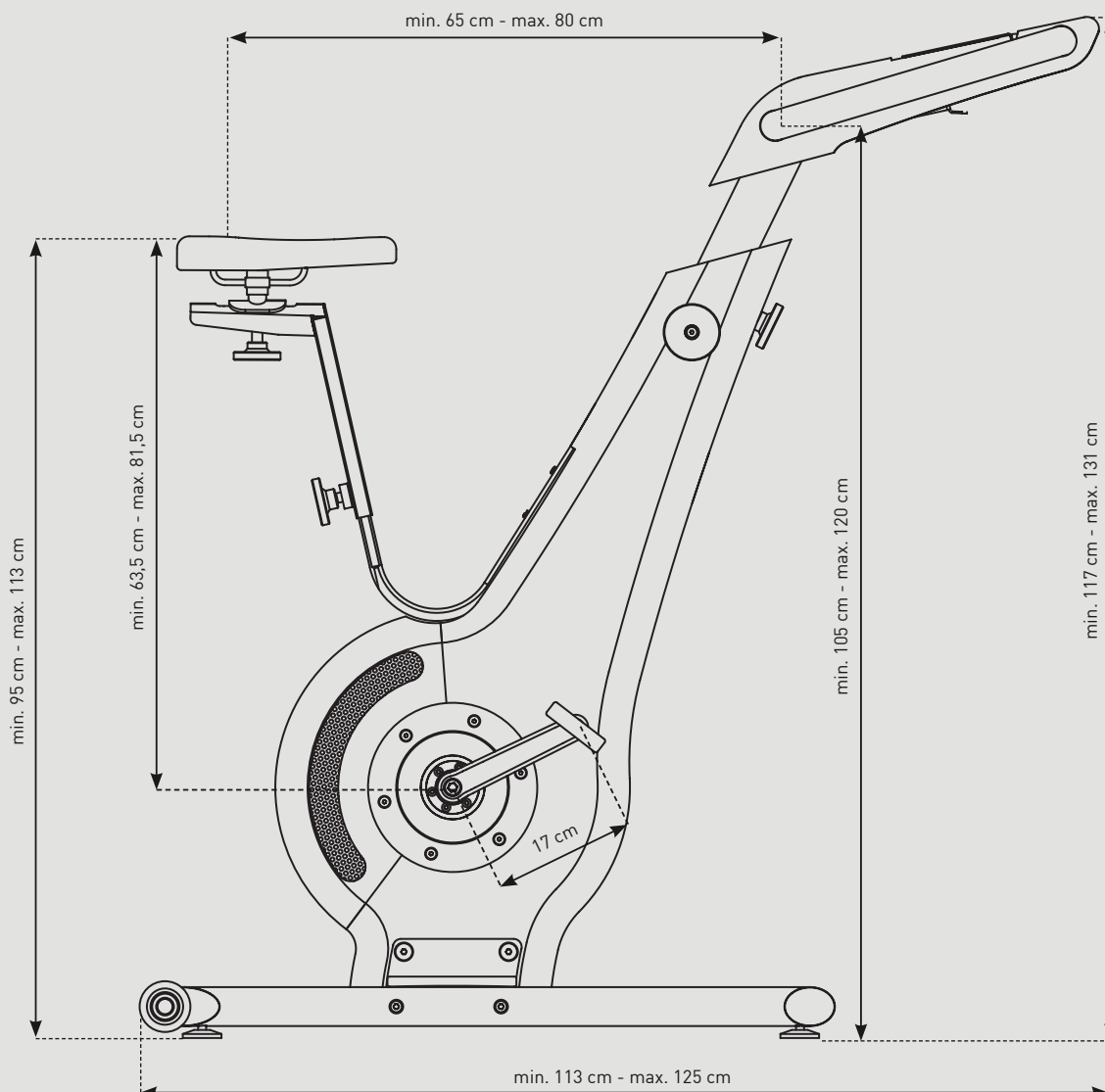
**200 kg**  
Max. user weight



**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

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## 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

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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)