



A new vision for Hospitality...



WWW.WATERROWER.COM

WWW.NOHRD.COM





WELCOME TO

WATERROWER / NOHRD

For nearly 30 years WaterRower has managed to combine design and technology with hand-crafted and ethically responsible manufacture.

WaterRower/NOHrD products distinguish themselves from other fitness products through their attention to **design aesthetics** and **durability**. These attributes are directly connected to these many years spent on continual development and refinement for the benefit of our end-users.

Training with WaterRower/NOHrD transforms the user experience through the remarkable sensory stimulations gained from wood (*touch*), water (*hearing*) and aesthetic design (*vision*).

BECAUSE WE CARE...

All our products are made and hand-crafted in USA for the WaterRower and in Germany for the NOHrD range. Our respect for **the environment is paramount**. For example, our wood comes from sustainably managed forests, where planting outstrips harvesting and our leather is processed by hand, using only natural plant products.

The WaterRower/NOHrD product range provides the discerning interior designer or architect with a palette for creating unique, harmonic and aesthetically pleasing (*yet extremely functional*) exercise areas.

WaterRower/ NOHrD : Chasing Perfection...

ROOMS & SUITES

WaterRower
Walnut

WaterWorkx
Walnut

Sport In Style ...

Swing Bell
Walnut

ROOMS & SUITES



WaterRower
Cherry

Refined Design

Blend in with every setting



WaterRower
Oak

ROOMS & SUITES

WaterRower
Walnut

Compact & Mobile



WELLNESS & SPA

Water meets
Wood for a
pure Wellness
feel.





TriaTrainer
Cherry

WaterRower
Club

Swing Bell
Oak

*Product synergy
for any atmosphere*

WELLNESS & SPA

Swing Bell
Walnut

WaterRower
Club





WaterWorkx
Cherry

WaterRower
Cherry

FITNESS ROOMS

Diversity in small spaces...



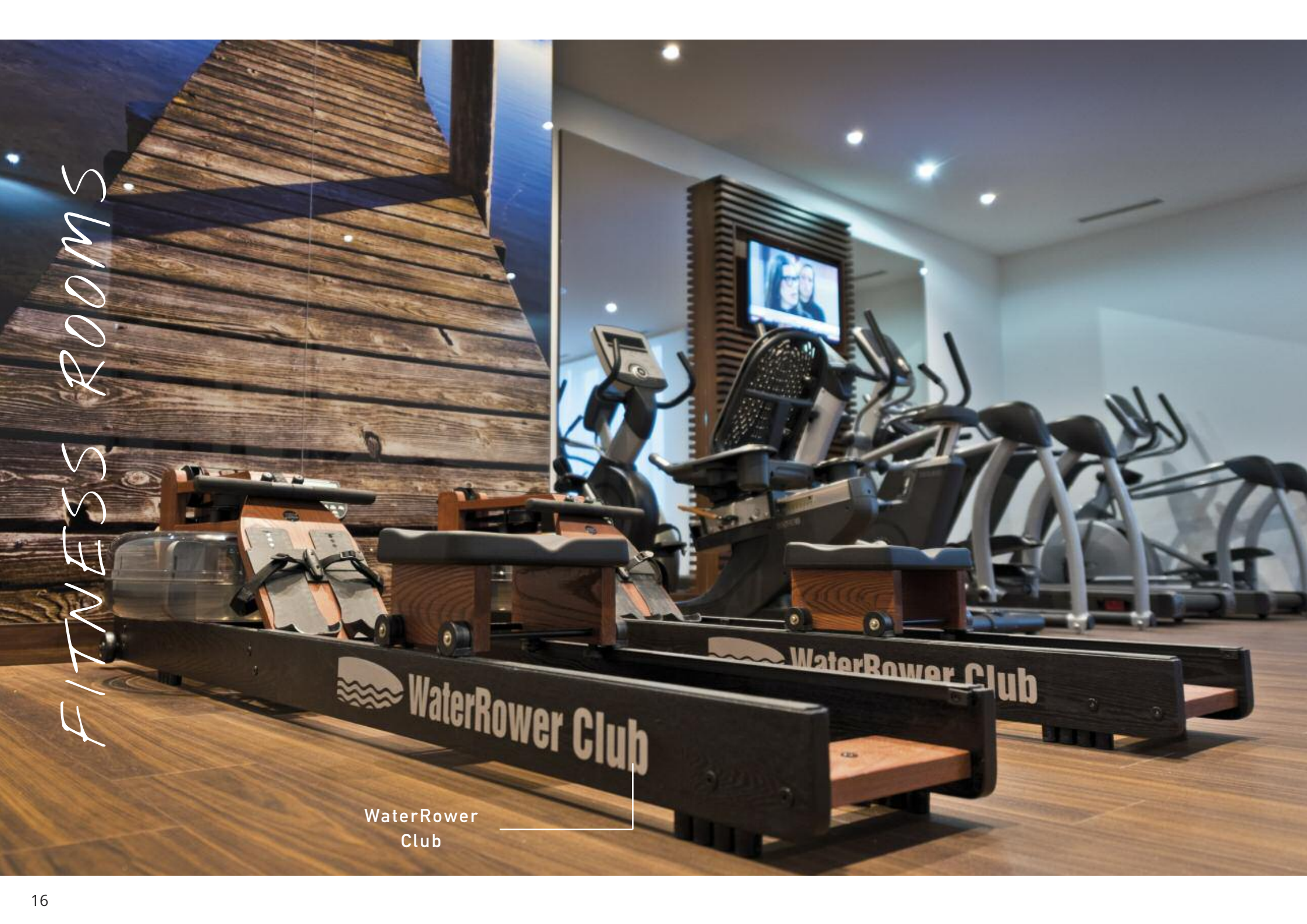
Swing Tower
Ash

WallBars
Ash

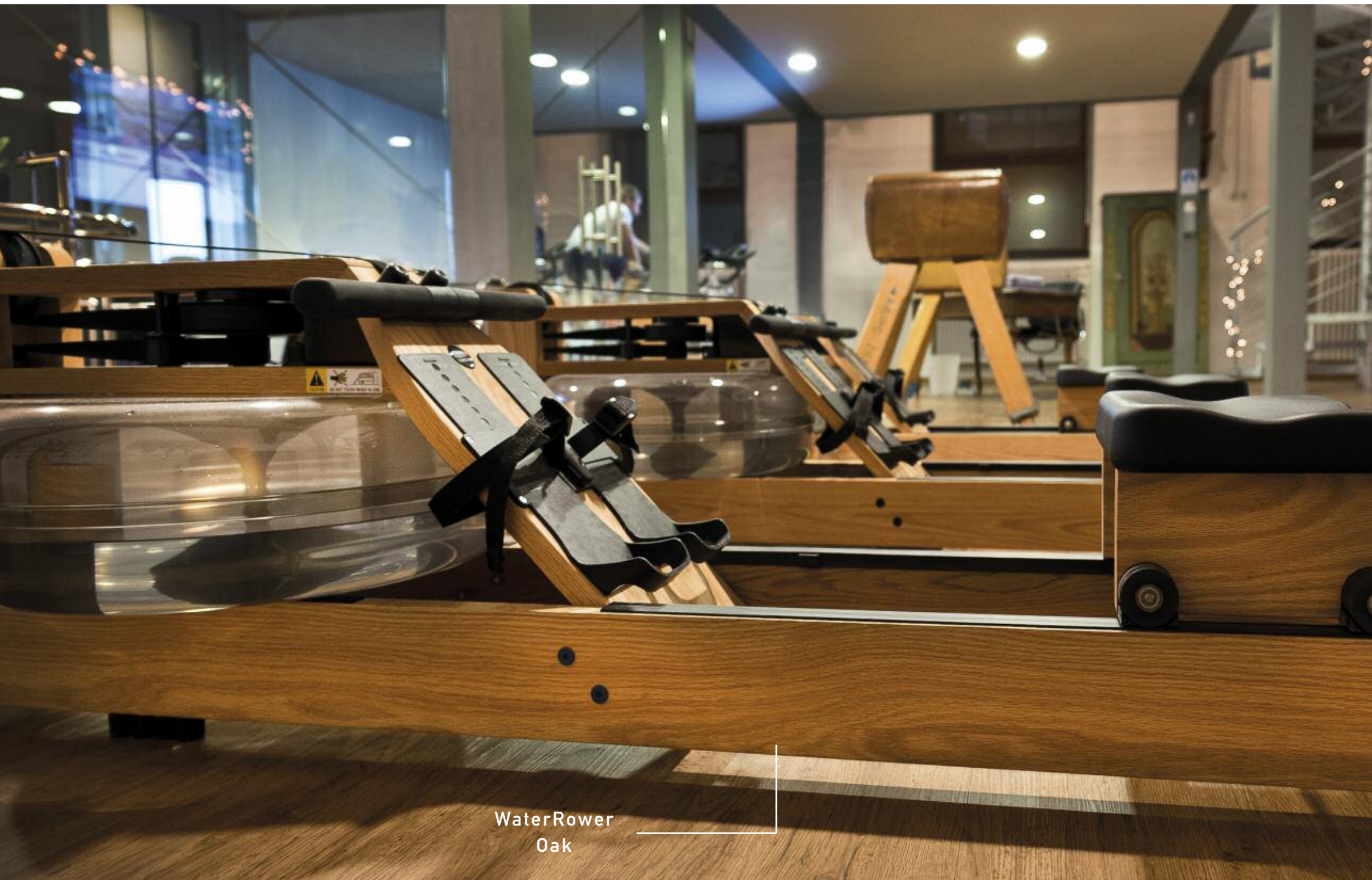
WaterRower
Ash

TriaTrainer
Ash

FITNESS ROOMS



WaterRower
Club



WaterRower
Oak



NOHrD Wall for Swissôtel Zurich



Every hotel is different ; so we are ready to assist you with your particular needs, from conception to completion.

WaterRower/Nohrd have developed a series of packages that provide additional or complementary fitness/workout services:

- **The NOHRD Wall** – a new, cutting-edge fitness solution, luxuriously designed for hotel rooms, to ensure guests experience top-level in-room service and hospitality. Specially designed for Swissôtel, the NOHRD Wall offers a myriad of equipment combinations to suit room-design opportunities and restrictions. Training programs for the NOHRD Wall are guided by the Cyber Training Coach flat-screen.
- **Room & Suite Package** – provide your guests with a flexible in-room, workout opportunity. In contrast to the NOHRD Wall, the Room & Suite Package can be easily moved from room to room.
- **Wellness & Spa Package** – let your guests free their mind and spirit in harmony with this warm, natural-wood workout package. The Wellness & Spa Package will transform your spa area into a complete wellness-centre.
- **Fitness Package** – for your central hotel fitness area, this is the ultimate fitness equipment collection. The Fitness Package will lay the foundation for an exclusive workout area for discerning guests.

NOHRD WALL

20-21

ROOM & SUITE PACKAGE

22-23

WELLNESS PACKAGE

24-25

FITNESS PACKAGE

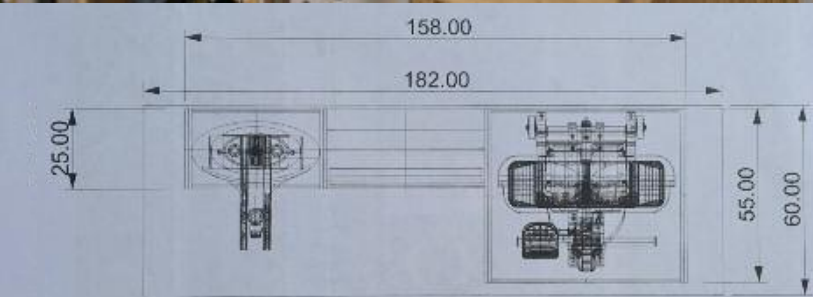
26-27

WATERROWER / NOHRD RANGE

28-41

NOHRD WALL





NOHrD WALL

A modular, built-in training facility for hotel rooms...

The idea of the NOHrD Wall is to integrate a smart and effective training facility into a hotel room, thereby offering a service upgrade and ensuring guests the best service and life experience. The NOHrD wall is made of solid hardwood and a wooden veneer frame with metal connection brackets. All connective metal parts are powder coated.

Customize your NOHrD Wall

Create your own NOHrD Wall according your needs :

- **Cyber Training Coach** : For cyber-training monitor.
- **SlimBeam Weight** : Wire-pull training using weight resistance.
- **SlimBeam Water** : Wire-pull training using water resistance.
- **WaterRower** : WaterRower rowing machine.
- **Swing Bell** : 8 free weights; each with a solid wood handle and a leather, hand-stitched weight pouch.
(Set available 1,2,4,6 kg or 2,4,6,8 kg)
- **WallBars** : Wall bars for stretching exercises.
- **Storage** : For placing smaller workout accessories such as yoga mats and exercise towels.

The minimum dimensions for a Nohrd Wall are **94 x 240 x 35 cm** without a WaterRower (*width x height x depth*)

Cyber Training Coach

The Cyber Coach uses a touch screen TV to provide the guest with a range of cardio and functional training programs. The programs are specifically designed to suit the equipment and the hotel room environment. There are 3 simple steps for a typical Hotel Room workout:

- ① Select a workout type and duration
- ② Select a workout session
- ③ Follow the instructions of your interactive coach throughout the workout session.

Time, name of exercise, heart rate zone, previews and personal information will guide your guest during their workout session.



ROOM & SUITE PACKAGE

Additional and priviledged service



WaterRower
Ash

Swing Tower
Ash



TriaTrainer
Ash

ROOM & SUITE PACKAGE

WaterRower - Swing Tower - TriaTrainer

The 'Room & Suite Package' includes the [WaterRower](#), the [TriaTrainer](#) and the [Swing Tower](#). It provides your guest with a private workout opportunity close at hand, combining *Design*, *Functionality* and *Quality*.

Each piece of equipment can [easily be moved](#) from room to room because [no fixation is required](#).

You will have the opportunity to leave them in the room or to offer a privileged “[Fitness Room Service](#)” upon request.

The Wood Finish choices allow the equipment to blend in with a wide range of room designs.

WOOD FINISHES



ASH



CLUB



OAK



CHERRY



WALNUT

REFERENCE

20.110

20.112

20.111

20.113

20.114

Package details TriaTrainer in Genuine Leather and
Swing Tower 1,2,4,6 kg.



WELLNESS PACKAGE



SlimBeam
Oak

Swing Tower
Oak

WaterRower
Oak



WallBars
Oak

TriaTrainer
Oak

WELLNESS PACKAGE

WaterRower + WaterRower Mat - Swing Tower - TriaTrainer

WallBars - SlimBeam - Pilabar Floor Stand Set

The combination of our “**Wellness Package**” with your Spa, will transform your space into a complete and functional Wellness Center. The ‘**Wellness Package**’ is flexible with regard to space, fitting in with both small and large areas.

Let your guests **free their mind** and **spirit** in union with the natural materials, that call out for touch and connection.

The **Wood Finish** choices allow the equipment to blend in with a wide range of room designs.

Extend the scope of your spa activity and service with the Wellness Package

WOOD FINISHES



ASH



CLUB



OAK



CHERRY



WALNUT

REFERENCE

20.210

20.212

20.211

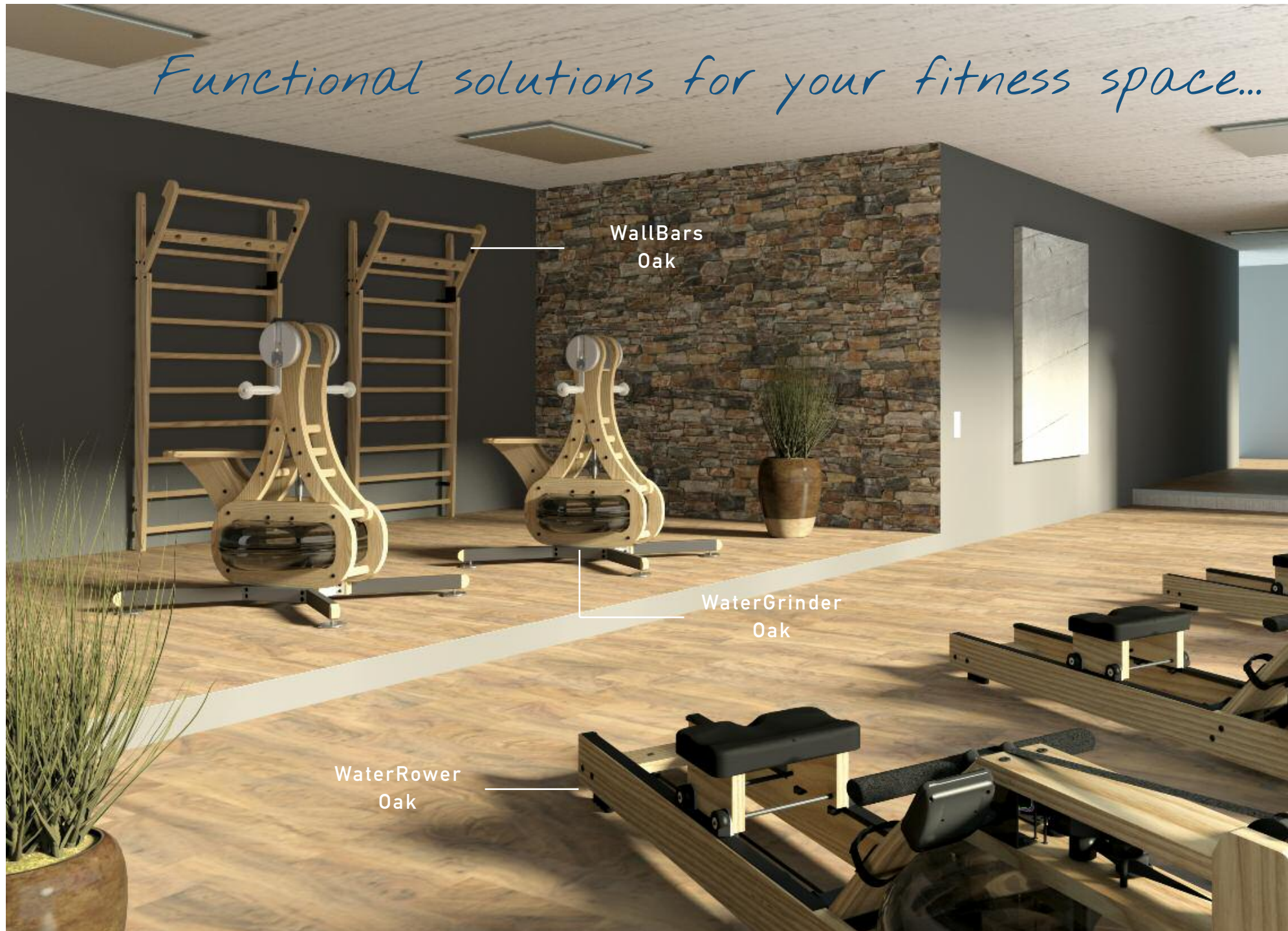
20.213

20.214

Package details TriaTrainer in Genuine Leather, WallBars 10 bars, Set of 8 Pilabars, Swing Tower 1,2,4,6 kg and 2 WaterRower Mat.



Functional solutions for your fitness space...



WallBars
Oak

WaterGrinder
Oak

WaterRower
Oak



FITNESS PACKAGE

- 2 WaterRovers - 2 WaterRower Mats - 1 TriaTrainer
- 2 Swing Towers - 2 WallBars - 2 SlimBeams
- 1 WaterGrinder - 1 Pilabar Floor Stand Set

The 'Fitness Package' includes the complete range of core equipment from WaterRower/NOHrD. Your guests will have the opportunity for a [Complete Workout Session](#), keeping up with their individual training routines while away from home.

The scope of the available training routines covers [Cardio Training](#), [Functional Training](#) and [Flexibility Training](#).

The Wood Finish choices allow the equipment to blend in with a wide range of room designs.

WOOD FINISHES		REFERENCE
	ASH	20.310
	CLUB	20.312
	OAK	20.311
	CHERRY	20.313
	WALNUT	20.314

Package details TriaTrainer in Genuine Leather, WallBars 10 bars, Set of 8 Pilabars, Swing Tower 1,2,4,6 kg and 2 WaterRower Mat.





WaterRower

Natural Series



WOOD



REFERENCE

OAK
WR 230 S4



ASH
WR 100 S4



BEECH
WR 110 S4

Club Series



CLUB SPORT
WR 150 S4



CLUB SHADOW
WR 160 S4

Designers Series



CHERRY
WR 200 S4



WALNUT
WR 300 S4



TECHNICAL SPECIFICATIONS

Made of **Solid Wood**

Self Regulating Resistance.

WaterFlyWheel : A dual blade enclosed within the water tank provides smooth, quiet, even resistance, replicating the natural benefits of actual river rowing. Infinitely variable resistance.

Dual Rail : 4 wheels and a set of four guide wheels provide greater stability and a solid platform for the seat to glide along.

S4 Monitor : displays time, distance and heart-rate* (*optional extra)

DIMENSIONS

Length x Width x Height :

210 x 56 x 53 cm

Weight (without water) :

28 kg

Weight (with 18 litres of water) :

46 kg

BENEFITS

- **Mobile** : easy to move on integrated wheels.
- **Compact** : stores vertically.
- **No fixation or power connection** needed
- **Smooth and quiet** use
- A **Design** that blends in with any environment.
- **Low maintenance** : Add a chlorine tablet to the water every 6 months.

Serie M



REFERENCE



M1 LORISE
WR 500 S4



REFERENCE



M1 HIRISE
WR 510 S4



TECHNICAL SPECIFICATIONS

Made of Aluminium and Steel

Self Regulating Resistance.

WaterFlyWheel : A dual blade enclosed within the water tank provides smooth, quiet, even resistance, replicating the natural benefits of actual river rowing. Infinitely variable resistance.

Dual Rail : 4 wheels and a set of four guide wheels provide greater stability and a solid platform for the seat to glide along.

S4 Monitor : displays time, distance and heart-rate*. (*optional extra).

Bespoke design to match other equipment

DIMENSIONS

M1 LoRise

Length x Width x Height :

223 x 56 x 53 cm

Weight (without water) : 36 kg

Weight (with 18 litres of water) : 54 kg

M1 HiRise

Measurements (Length x Width x Height) :

223 x 56 x 69 cm

Weight (without water) : 38 kg

Weight (with 18 litres of water) : 56 kg

BENEFITS

- **Mobile** : easy to move on integrated wheels.
- **Compact** : stores vertically.
- No fixation or power connection needed.
- Smooth and quiet use
- A Design that blends in with any environment.
- **Low maintenance** : Add a chlorine tablet to the water every 6 months.

Serie S1



REFERENCE



S1
WR 400 S4



TECHNICAL SPECIFICATIONS

Made of Stainless Steel

Self Regulating Resistance.

WaterFlyWheel : A dual blade enclosed within the water tank provides smooth, quiet, even resistance, replicating the natural benefits of actual river rowing. Infinitely variable resistance.

Dual Rail : 4 wheels and a set of four guide wheels provide greater stability and a solid platform for the seat to glide along.

S4 Monitor : displays time, distance and heart-rate*. (*optional extra).

DIMENSIONS

Length x Width x Height :

210 x 56 x 53 cm

Weight (without water) : 38 kg

Weight (with 18 litres of water) : 56 kg

BENEFITS

- **Mobile** : easy to move on integrated wheels.
- **Compact** : stores vertically.
- No fixation or power connection needed.
- Smooth and quiet use
- A Design that blends in with any environment.
- **Low maintenance** : Add a chlorine tablet to the water every 6 months.



WaterGrinder



WOOD

REFERENCE



ASH
14.100



CLUB SPORT
14.101



OAK
14.104



CHERRY
14.102



WALNUT
14.103



TECHNICAL SPECIFICATIONS

Made of Solid Wood

Self Regulating Resistance.

WaterFlyWheel : A dual blade enclosed within the water tank provides smooth, quiet, even resistance, replicating the natural benefits of actual river rowing. Infinitely variable resistance.

Hand pedals : 8 height positions to adjust the resistance.

Seat : can be placed at 3 different heights on either side.

G1 performance monitor : extensive range of training possibilities. 4 programs available : *Time, Distance-Training / Rotational Speed-Training / Versatility Drill-Training / Racing Drill-Training.*

DIMENSIONS

Length x Width x Height :

110 x 80 x 120 cm

Weight (without water) :

50 kg

Weight (with 18 litres of water) :

68 kg

BENEFITS

- Upper body, condition strength and endurance workout.
- No fixation or power connection needed.
- Smooth and quiet use
- A Design that blends in with any environment.
- Low maintenance : Add a chlorine tablet to the water every 6 months.

TriaTrainer



Cherry

WOOD

REFERENCE



ASH AL*
19.100



CLUB SPORT AL*
19.102



OAK AL*
19.104



CHERRY AL*
19.106



WALNUT AL*
19.108

*AL = Artificial Leather
Genuine Leather Option : available on request

TECHNICAL SPECIFICATIONS

Made of Solid Wood

Upholstery : Genuine* or artificial leather
Color Black. Others colors available upon request.

Bench : 3 positions.

The footrest can be adjusted into different positions for users' comfort.

** Our genuine leather comes exclusively from the best cow skin in Germany and is all hand treated. The tanning is only organic and adheres to ISO 9001 Quality System standards.*

DIMENSIONS

Measurements folded up (Length x Width x Height) :
90 x 35x 55 cm

Measurements extended (Length x Width x Height) :
140 x 35 x 44 cm

Weight : 14 kg

BENEFITS

- No fixation needed.
- Abs bench 3 en 1
- Compact and Mobile.
- Ideal for abdominal workouts and free-weight bench exercises.
- A Design that blends in with any environment.



TriaTrainer



SlimBeam



WOOD



ASH
15.100



CLUB SPORT
15.101



OAK
15.106



CHERRY
15.103



WALNUT
15.104



STAINLESS STEEL
15.105



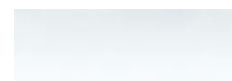
RED
15.107



BLUE
15.108



YELLOW
15.109



WHITE
15.110

REFERENCE

TECHNICAL SPECIFICATIONS

Made of **Solid Wood** and formed veneered-board.

Fixing : Wall or ceiling. Fixed at 10 cm from your wall and protrudes merely 30 cm in total into the room.

14 weights at 5kg + 1 start weight.

Butterfly pulley : to train on one or both sides. Can be swiveled and set at any height.

Pull-up bar : height adjustable with the fixture adapter.

Wide range of accessories available :
cable 2:1 or 1:1 ankle strap, exercise bench, extension handles bars...

DIMENSIONS

Base plate (Diameter) : **ø 44 cm**

Measurements (Length x Width x Height) :
215 x 40 x 20 cm

Total weight: **ca. 120 kg**

Length cable ratio 3:1 : **8 meters**

14 weights : **5 kg each**

1 Start Weight: **5 kg**

Included: Pull-up bar with adapter and cord.

Further **colours** and/or **wood types** available upon request.

BENEFITS

- Compact and Space-efficient
- No connection needed.
- Smooth and quiet use
- A Design that blends in with any environment.

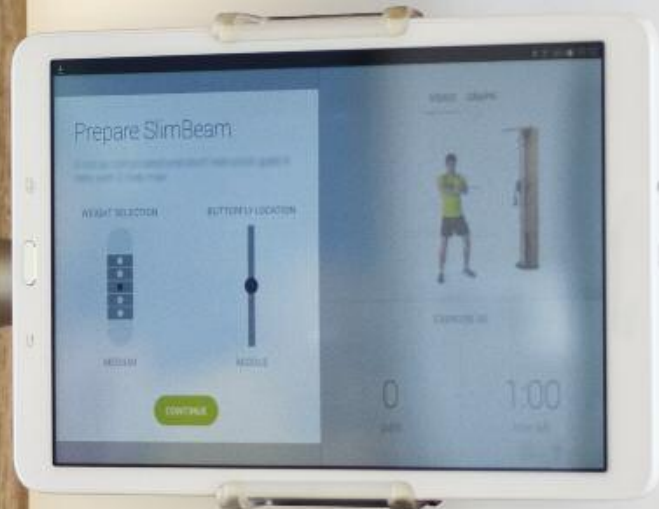


SlimBeam Monitor

In addition to the SlimBeam training book, NOHrD has developed an interactive training app to work with the SlimBeam, with a convenient laptop holder positioned on the side of the main body.

The SlimBeam body is prepared so that it can be upgraded at any time with a tablet holder and the electronic control system. You can connect your tablet with a USB connector and download the training app (Compatible only with Android Tablets).

During training, the set weight, reps and duration are automatically displayed. Each exercise is demonstrated with an instruction video.



TECHNICAL SPECIFICATIONS

Electronic Control System Training

Included universal support for Android tablets up to a size of 13 inches.

Tablet not included.

Ref : 15.236



FEATURES

The SlimBeam App features the following :

- Weight detection
- Repeat indicator
- Overall weight display
- Suggestions for weight training
- Suggestions for butterfly pull training
- Total body workouts
- Isolated exercises
- Instructional videos
- Personal profile with training overview
- Graphical representation of training techniques

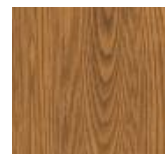




W-Workx



WOOD



REFERENCE WATER - WEIGHTS

ASH AL*
11.101 - 11.107
ASH GL*
11.100 - 11.106

CLUB SPORT AL*
11.103 - 11.109
CLUB SPORT GL*
11.102 - 11.108

OAK AL*
11.151 - 11.153
OAK GL*
11.150 - 11.152

WALNUT AL*
11.105 - 11.111
WALNUT GL*
11.104 - 11.110

* AL = Artificial Leather & GL =
Genuine Leather
Leather color W-Workx **Black** and
Beige for Walnut model.
Further leather colours available
upon request.



TECHNICAL SPECIFICATIONS

Made of **Solid Wood**

Complete workout station

WaterWorkx, the resistance system consists
of 2 resistance components : Base resistance
and Self-regulating resistance

WeightWorkx, Weight resistance : 70kg
divided into weight plates of 5 kg.

Seat and bench adjustables : Genuine or
artificial leather*.

Rungs / bars

Side arm with upper pulley and Lower cable

DIMENSIONS

Unfolded Width x Height x Depth :

89,5 x 216 x 172 cm

Maximal Height : 228 cm

Base (Length x Width) : 59,5 x 93 cm

Seat (Length x Width) : 55 x 34 cm

Bench (Length x Width) : 137 x 34 cm

Weight WaterWorkx : 65 kg

Weight WeightWorkx : 135 kg

Included: Trapeze grips, 2 lat bars (1 long, 1 short)
ankle strap, Middle tension device, cord, exercise
book, exercise DVDs .

BENEFITS

- **No power connection** needed.
- Further leather colours available upon request.
- **Smooth** and **quiet** use
- A **Design** that blends in with any environment.





DoubleWorkx



WOOD

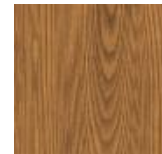


REFERENCE

WATER - WEIGHTS

ASH

11.112 - 11.113



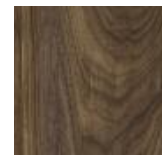
CLUB SPORT

11.114 - 11.115



OAK

11.155 - 11.154



WALNUT

11.116 - 11.117

Optional Accessories : Exercise bench and bench seat can be ordered separately. Identical to Water and WeightWorkx. Available in black or beige.

TECHNICAL SPECIFICATIONS

Made of Solid Wood

Complete workout station, for two.

DoubleWorkx Water : resistance system consists of 2 resistance components : Base resistance and Self-regulating resistance

DoubleWorkx Weight : Weight stack: 70kg (14 x 5) , 70kg (14 x 5). Rubberized weight plates for silent strength training

2 Side arms with upper pulley - 2 Lower cables : for bilateral training and workout.

Rungs / bars

Suitable for wall mounting.

DIMENSIONS

Unfolded Width x Height x Depth :

200 x 216 x 50 cm

Maximal Height :

228 cm

Weight DoubleWorkx Water :

140 kg

Weight DoubleWorkx Weight :

280 kg

Included: Trapeze grips, 2 lat bars (1 long, 1 short) ankle strap, Middle tension device, cord, exercise book, exercise DVDs .

BENEFITS

- No power connection needed.
- Space-efficient thanks to wall mounting
- Ability to train at 2 on a single machine
- Smooth and quiet use
- A Design that blends in with any environment.





WallBars



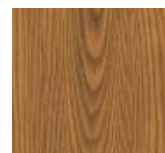
WOOD

REFERENCE



ASH 10 BARS
12.103

ASH 14 BARS
12.102



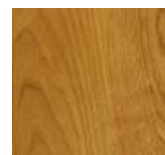
CLUB SPORT 10 BARS
12.105

CLUB SPORT 14 BARS
12.106



OAK 10 BARS
12.111

OAK 14 BARS
12.110



CHERRY 10 BARS
12.107

CHERRY 14 BARS
12.106



WALNUT 10 BARS
12.109

WALNUT 14 BARS
12.108



TECHNICAL SPECIFICATIONS

Made of **Solid Wood**

WallBars **10 bars** with a distance between bars of **17,7 cm**.

WallBars **14 bars** with a distance between bars of **9,9 cm**.

Built-in side arm with integrated safety cords

Wide range of accessories available :

Artificial Leather Bench : Ref : 12.221

Genuine Leather Bench : Ref : 12.220

Multi-Adaptor : Ref Ash : 12.200

1 unit - 2 functions. Simply turn upside down and hang onto bar.

WallBars Extensions : Ref Ash : 12.212

overall height increased by 21.5 cm

CombiTrainer : (see p 37)

DIMENSIONS

Measurements (Length x Width x Height) :

80 x 13 x 230 cm

Weight 10 bars : 19 kg

Weight 14 bars : 21 kg

Maximum user weight : 120 kg

BENEFITS

- Unique Modular Construction
- Compact and Space-efficient thanks to wall mounting
- Ideal for **stretching** workout session
- A **Design** that blends in with any environment.



CombiTrainer



CombiTrainer



WOOD



REFERENCE

ASH
12.230



CLUB SPORT
12.231



OAK
12.232



CHERRY
12.233



WALNUT
12.234

WallBars not included

TECHNICAL SPECIFICATIONS

Made of **Solid Wood**

To be used with NOHrD WallBars and extend the exercise possibilities.

Uses **own body weight** at various angles.

Bench : special adhesive, covering, guarantees support while exercising

Can be fixed vertically on the WallBars for storage.

DIMENSIONS

Measurements (Length x Width) :	190 x 60 cm
Bench :	85 x 35 cm
Weight :	60 kg
Maximum user weight :	120 kg

BENEFITS

- Multiple workout opportunities, including **PILATES** training.
- **Smooth** and **quiet** use
- Stores in **minimal** space





Swing

WOOD

REFERENCES



1 kg	13.100
2 kg	13.104
4 kg	13.108
6 kg	13.112
8 kg	13.116

ASH



1 kg	13.101
2 kg	13.105
4 kg	13.109
6 kg	13.113
8 kg	13.117

CLUB SPORT



1 kg	13.125
2 kg	13.126
4 kg	13.127
6 kg	13.128
8 kg	13.129

OAK



1 kg	13.102
2 kg	13.106
4 kg	13.110
6 kg	13.114
8 kg	13.118

CHERRY



1 kg	13.103
2 kg	13.107
4 kg	13.111
6 kg	13.115
8 kg	13.119

WALNUT

TECHNICAL SPECIFICATIONS

Handle made of **Solid Wood**.

Steel framework attached to the handle.

Stainless steel shot encased in **hand stitched genuine leather**.

The leather pouch has a metal backbone which provides the necessary stability.

Our genuine leather comes exclusively from the best cow skin in Germany and is all hand treated. The tanning is only organic and adheres to ISO 9001 Quality System standards.

DIMENSIONS

Handle (Length x Diameter) :

24 x 4 cm

Genuine leather available in black or beige. Other colors are available upon request.



BENEFITS

- Using Swing to workout will help regain the **body tone** and **resilience**.
- Specific stretches and elastic flexibility done with Swing free weight will shape and stimulate fascia and inner muscles.



Swing Tower



WOOD



REFERENCE

ASH 1,2,4,6 kg
13.200

ASH 2,4,6,8 kg
13.201



CLUB SPORT 1,2,4,6 kg
13.203

CLUB SPORT 2,4,6,8 kg
13.204



OAK 1,2,4,6 kg
13.214

OAK 2,4,6,8 kg
13.215



CHERRY 1,2,4,6 kg
13.206

CHERRY 2,4,6,8 kg
13.207



WALNUT 1,2,4,6 kg
13.209

WALNUT 2,4,6,8 kg
13.210



TECHNICAL SPECIFICATIONS

Swing Tower

Made of **Solid Wood**.

Free weights stored on **anti-slip** and **stainless steel supports**, with **2 rubber rings**.

The tower's top features a **tablet mounting**, so you can watch the training videos easily.

Incl. **8 Swing free weights** (1,2,4,6 kg or 2,4,6,8 kg) and a training book

Swing

Handle made of **Solid Wood**.

Stainless steel shot encased in **hand stitched genuine leather**.

The leather pouch has a metal backbone which provides the necessary stability.

DIMENSIONS

Tower (Depth x Width x Height) :

15 x 15 x 87 cm

Base Plate :

34 x 34 x 2,6 cm

Weight with set 1,2,4,6 kg :

36 kg

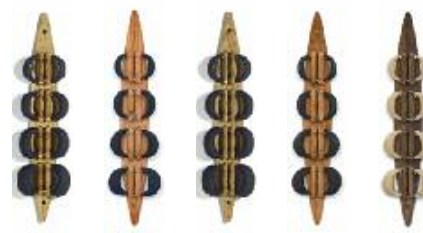
Weight with set 2,4,6,8 kg :

50 kg

BENEFITS

- **Mobile**, can be moved easily
- No fixation needed.
- Using Swing to workout will help regain the **body tone** and **resilience**.
- Specific stretches and elastic flexibility done with Swing free weight will shape and stimulate fascia and inner muscles.

Swing Board



WOOD



REFERENCE

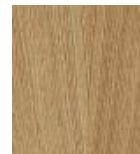
ASH 1,2,4,6 kg
13.300

ASH 2,4,6,8 kg
13.301



CLUB SPORT 1,2,4,6 kg
13.303

CLUB SPORT 2,4,6,8 kg
13.304



OAK 1,2,4,6 kg
13.314

OAK 2,4,6,8 kg
13.315



CHERRY 1,2,4,6 kg
13.306

CHERRY 2,4,6,8 kg
13.307



WALNUT 1,2,4,6 kg
13.309

WALNUT 2,4,6,8 kg
13.310



TECHNICAL SPECIFICATIONS

Swing Board

Made of **Solid Wood**.

Wall Board to fix to a wall.

Free weights stored on **anti-slip** and **stainless steel supports**, with **2 rubber rings**.

Incl. **8 Swing free weights** (1,2,4,6 kg or 2,4,6,8 kg)

Swing

Handle made of **Solid Wood**.

Stainless steel shot encased in **hand stitched genuine leather**.

The leather pouch has a metal backbone which provides the necessary stability.

DIMENSIONS

Wall Board (Height x Width x Depth) :

157 x 22 x 8,6 cm

Weight with set 1,2,4,6 kg :

31 kg

Weight with set 2,4,6,8 kg :

45 kg

BENEFITS

- Need to be fixed on the wall
- **Wall mounting** : doesn't take precious floor space.
- Using Swing to workout will help regain the **body tone** and **resilience**.
- Specific stretches and elastic flexibility done with Swing free weight will shape and stimulate fascia and inner muscles.



HedgeHock



Cherry

WOOD

REFERENCE



ASH
16.100



CLUB SPORT
16.102



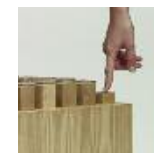
OAK
16.112



CHERRY
16.104



WALNUT
16.106



TECHNICAL SPECIFICATIONS

Made of **Solid Wood** and **Plywood Board** Mounted on **4 wheels**.

Made of **49 individually cushioned wooden blocks** that gently shift to accommodate all body shapes.

"Sitting. Everyone sits, every day, for hours. But what really makes a difference in sitting? We all enjoy ergonomic seat cushions, lounge furniture and modern, synthetic designs and shapes. Yet it is a natural and clear-shaped seat which best honours the archaic action of sitting. Structured by a clean, geometric exterior and an organic, flexible interior, the HedgeHock delivers a harmony between dynamics and statics. When sitting, ergonomics is achieved through flexibility and letting your body shape its ground. Discover wood at its softest..."

*Sebastian Brand,
Designer of the HedgeHock*

DIMENSIONS

Length x Width x Height : 45 x 45 x 45 cm

Weight : 18 kg

BENEFITS

- A truly unique sitting experience.
- Ergonomic seat.
- **Mobile**, can be moved easily.
- A **Design** that blends in with any environment.

Pilabar



PILABAR REFERENCE

18.100



FLOOR STAND REFERENCE

18.102



WALL RACK REFERENCE

18.104

TECHNICAL SPECIFICATIONS

Made of **Beech Wood**

4 rubber-rimmed, fixed rings

Ideal for **PILATES** workouts.

Training book included.

Floor stand and **Wall Rack** for Pilabar are ideal for group exercising. Can store 8 Pilabar bars.

DIMENSIONS

Pilabar length : 103 cm

Pilabar diameter : 6,5 cm

Pilabar weight : 600 g

Floor Stand (Diameter x Height) : 29 x 88 cm

Floor Stand weight : 2,5 kg

Wall Rack (Length x Width) : 105 x 10 cm

Wall Rack weight : 1,3 kg

BENEFITS

· Pilabars are used to **increase metabolism** and **improve flexibility**.

· They train **core stability** and **overall balance**, leading to **better body-awareness**.

HaptikBall



WEIGHT REFERENCE

300 g 17.100

650 g 17.103

1250 g 17.101

2100 g 17.102

TECHNICAL SPECIFICATIONS

Made of **genuine leather**. Genuine, organically tanned cowhide leather, oiled with beeswax to protect from sweat and water.

Interior : **Stainless steel shot** encased in **hand stitched genuine leather**.

Our genuine leather comes exclusively from the best cow skin in Germany and is all hand treated. The tanning is only organic and adheres to ISO 9001 Quality System standards.

DIMENSIONS

Diameter 300 g : 4 cm

Diameter 650 g : 7 cm

Diameter 1250 g : 8 cm

Diameter 2100 g : 10 cm

Genuine Leather Color :
Beige



BENEFITS

· Ideal for **coordination**, **stimulation**, **strengthening**, **mobilisation**, **balance** and **stress relief**





WaterRower



WORLDWIDE



WaterRower and NOHRD are globally recognized brands. The WaterRower/NOHRD network of offices cover 45 countries on 5 continents. We take pleasure in supporting our customers, where ever they are in the world, with sales and support for our Beautiful Fitness Furniture.

OUR WOOD

We manufacture with solid hardwoods sourced entirely from sustainably managed forests in the Eastern United States and Germany. Only guaranteed young and smooth heartwood is used. The high-quality wooden elements are oiled for protection against dirt and staining.

Wood is a natural raw material and can vary in colour and character. In this way, each piece of equipment has its own unique look.



ASH

Ash wood has sapwood that is light in color and the heartwood varies from light brown to pale yellow streaked with brown. The wood is generally straight grained with a coarse uniform texture.



OAK

Our oak wood is similar in color and appearance to European oak. The sapwood of American white oak is light colored and the heartwood is light to dark brown. White oak is mostly straight grained with a medium to coarse texture, with longer rays than red oak. White oak, therefore, has more grain character.



CHERRY

The heartwood of cherry wood varies from rich red to reddish brown and will darken on exposure to light. In contrast the sapwood is creamy white. Cherry can be supplied steamed, to darken the sapwood or left unsteamed. The wood has a fine uniform straight grain, smooth texture, and may naturally contain brown pith flecks and small gum pockets.



WALNUT

The heartwood of Walnut Wood is light brown to dark chocolate brown, occasionally with a purplish cast and darker streaks. The wood is generally straight grained, but sometimes with wavy or curly grain that produces an attractive and decorative look. The dark heartwood will lighten in color as it ages over time with exposure to UV light.



BEECH

The sapwood of Beech is white with a red tinge, while the heartwood is light to dark reddish brown. The wood is generally straight grained.



CLUB

Our Club models are made with tinted ash wood



Our Verified Sustainable Hardwoods are sourced from the Appalachian Mountain region of the eastern United States, where planting rates exceed harvest rates by an average multiple of 2.29.

More information : www.appalachianhardwood.info

For more information about our products : www.waterrower.com and www.nohrd.com



WORLDWIDE CONTACT

WaterRower United States

560 Metacom Avenue
Warren, RI 02885 United States
Phone: + 1 (401) 247 7742
Fax: +1 (401) 247 7743

www.waterrower.com
Email: info@waterrower.com

WaterRower UK

19 Acton Park Estate, The Vale
London, England W3 7QE
Tel: +44 (0)20 8749 9090
Fax: +44 (0)20 8749 8600

www.waterrower.co.uk
Email: info@waterrower.co.uk

WaterRower GmbH Germany

Otto-Hahn-Straße 75,
48529 Nordhorn, Germany
Telefon: +49 (0) 59 21 - 17 98 400
Telefax: +49 (0) 59 21 - 17 98 411

www.waterrower.de - www.nohrd.de
Email: info@waterrower.de

WaterRower Australia - Asia

72 South Street Rydalmere
NSW 2116, Australia
Ph: 02 9898 1405
Fax: 02 9638 6500

www.waterrower.com.au
Email: info@waterrower.com.au

WaterRower France

1 rue Paul Langevin
59200 Tourcoing
Tel. +33 3 20 67 20 07
Fax. + 33 3 20 67 06 28

www.waterrower.fr
Email: france@waterrower.com

WaterRower Scandinavia

Stærmosevej 176
5690 Tommerup, Denmark
Ph: +45 2233 6863

www.waterrower.dk
Email: info-dk@waterrower.com

WaterRower Benelux

Noord 63 2931 - SJ Krimpen aan
de Lek -The Netherlands
Ph: +31(0)180 590 697

www.waterrower.nl
Email: info@waterrower.nl

WaterRower Italia

Viale Vittorio Veneto 35
31100 TREVISO - Italia
Tel. Fax. +39 0422 307016
Mobile. 393 317 36 55

www.waterrower.it
Email: info@waterrower.it

WaterRower Spain

Edificio Dublín, C/ Dublín 39 C
Poligono Industrial Europolis
Las Rozas, 28232 Madrid, Spain.
Tel: +34 91 640 7004

www.waterrower.com.es
Email: info@waterrower.com.sp

WaterRower Argentina

5814 cp the Franklin Roosevelt
Federal 1431 Capital
Argentina
Tel.: + 54911 45743400

www.waterrower.com.ar
Email: info@waterrower.com.ar

WaterRower South Africa

PO BOX 211227, Figtree, Port
Elizabeth, 6033 - South Africa
Tel: +27 (0)83 4472020
Fax: +27 (0)86 511 3115

www.waterrower.co.za
Email: africa@waterrower.com

Your WaterRower Contact