



WATERROWER



NOHRD

Equipment and Training

Rowing (WaterRower)

The rowing machine is a typical strength endurance machine, as it improves both endurance performance and muscle strength. Thanks to the smoothness of water resistance, it is easy to alternate between the two types of training without stereotypical overloading. Water resistance is self-determined: you train both the cardiovascular system and the large skeletal muscles, which ensuring spinal stability, therefore promoting good posture. It also strengthens the so-called global movers, i.e. the muscles that enable us to move e.g. abdominal and back muscles, such as back extensors, latissimus and shoulder blade muscles, arm, and leg muscles, etc.).

Type of training: Strength endurance, endurance

Training goals: Improving overall strength, build-up training, form maintenance training

Training methods: intensive or extensive endurance training, interval training

Training is aimed at:

- Cardiovascular system
- Upper and lower extremities
- Large proportion of skeletal muscles approx. 84 %
- Mobility (joints, tendons, ligaments, ...)
- Coordination (interplay between muscles)
- Rhythmizing

Improves cardiovascular system:

Increased blood flow, better capillarization (oxygen supply to the smallest blood vessels), improved metabolism (removal of metabolic end products), stress reduction or reduction of stress hormones, improved oxygen absorption capacity (lungs), improved cardiac activity (cardiac economization: lower blood pressure and heartrate)

Improves muscle strength and posture:

Strengthens skeletal muscles in general, strengthens postural muscles (trunk and upper body), strengthens all muscles along the spine especially back extensors, shoulder blade muscles, broad back, abdominal muscles, and arm muscles. Strengthens leg and gluteal muscles.

Improves mobility:

The rowing stroke is a harmonious movement, gentle on the joints, which alternately contracts (concentric) and lengthens (eccentric) muscles. This leads to an improved overall feeling in your body and reduces tension pain such as tense neck muscles or restricted hip mobility

Improves coordination:

Through the rhythmic movements and the kinematic sequence of movements (transferring energy through large muscles, then pelvis and thorax to arms and legs), the muscles learn to coordinate with each other better. This is also known as "intermuscular coordination". The interplay of tension (during exhalation) and relaxation (during inhalation) helps the body to find the right rhythm.

Keywords: self-determined training, cardio and strength, strength endurance, whole body training



Ski training (NOHRD Wall Compact)

The ski trainer, or ski erg, corresponds approximately to the same sequence of movements as classic cross-country skiing out in nature. Cross-country skiing is by far the most effective strength endurance sport when it comes to training as many muscles as possible at the same time. By using the arms and torso, large muscle groups are activated and engaged. The arms, back, glutes and abdominals receive a significant workout. In addition to its high cardiovascular capacity, the ski erg contributes to a stable core musculature.

Type of training: Strength endurance, endurance

Training goals: Improvement of the basics, build-up training, form maintenance training

Training methods: intensive or extensive endurance training, interval training

Training is aimed at:

- Cardiovascular system
- Upper extremities
- Core muscles
- Internal and external oblique abdominal muscles
- Mobility (joints, tendons, ligaments, ...)
- Coordination (interplay between muscles)

Improves cardiovascular system:

Increased blood flow, better capillarization (oxygen supply to the smallest blood vessels), improved metabolism (removal of metabolic end products), stress reduction or reduction of stress hormones, improved oxygen absorption capacity (lungs), improved cardiac activity (cardiac economization: lower blood pressure and heart rate).

Improves muscle strength and posture:

Strengthens skeletal muscles in general, strengthens both the large global mover muscles (trunk and upper body), as well as the deeper autochthonous back muscles. Strengthens the entire musculature along the spine, especially the back extensors, broad back, abdominal muscles and the arm muscles.

Improves mobility:

The large range of movement of the arms and upper body simultaneously extends the gluteal muscles, as well as the back of the thighs and calves. Improves mobility in the hips and shoulders.

Improves coordination:

Through the rhythmic movements and the kinematic sequence of movements (transferring energy through large muscles, then pelvis and thorax to arms and legs), the muscles learn to coordinate with each other better. This is also known as "intermuscular coordination". The interplay of tension and relaxation helps the body to find the right rhythm.

Keywords: intermuscular coordination, core training



Upper body training (WaterGrinder)

The upper body ergometer is aimed at this target area's endurance performance. In terms of the type of movement and resistance, it falls under area of strength endurance. The WaterGrinder is ideal for relieving tension in the shoulder girdle and neck muscles. The cyclical movement with water resistance, which is gentle on the joints, activates the neck muscles and ensures that the venous, i.e. oxygen-poor, blood is transported away to transport new oxygen-rich blood to the muscles (activation of the venous pump). The hand pedals can be used in both forward and backward motion, thus training both the back muscles, such as rotator cuff or shoulder blades, and pectoral muscles of the chest. Rotating the pedals from a standing position works your core musculature. The WaterGrinder is the perfect choice of equipment for people who sit long hours, looking to re-gain upper body strength and its benefits.

Type of training: Strength endurance, endurance

Training goals: Improvement of the basics, build-up training, form maintenance training

Training methods: intensive or extensive endurance training, interval training,

Training is aimed at:

- Cardiovascular system
- Upper extremities
- Mobility (joints, tendons, ligaments, ...)
- Upper body endurance
- Coordination (interplay between muscles)

Improves cardiovascular system:

Increased blood flow, better capillarization (oxygen supply to the smallest blood vessels), improved metabolism (removal of metabolic end products), stress reduction or reduction of stress hormones, improved oxygen absorption capacity (lungs), improved cardiac activity (cardiac economization: lower blood pressure and heart rate).

Improves muscle strength and posture:

Strengthening of the upper body muscles, strengthening of the postural muscles (core and upper body), strengthening of the shoulder blade muscles and arm muscles.

Improves mobility:

The cyclical, non-jarring movement is easy on the joints and improves mobility in the shoulder joints, as well as in the thoracic spine.

Keywords: local endurance, stimulates blood flow in the neck and shoulders area



Treadmill running (Sprintbok)

Running on the Sprintbok differs significantly from conventional, i.e. motorized treadmills. The biggest difference is that with the motorless Sprintbok: the run is 100% self-powered, and the slat belt must be actively moved. Due to the curved shape, you must step beyond your center of gravity, into the curve, to move the belt. This effectively increases your strength expenditure. The Sprintbok is therefore an “active use” treadmill. In addition to increased performance metabolic rate (more muscles, more calories burned), you also train coordination and sensorimotor skills. On a curved running surface, the muscles must communicate with each other (intermuscular coordination), which enhances the quality of training on the Sprintbok. (Comparable to running on uneven terrain). On a curved motorless treadmill, you will walk, jog or sprint at your own pace or input. Both heel running or forefoot running work, per personal preference.

Type of training: endurance, strength endurance, speed, sensorimotor skills

Training goals: Improving strength endurance, stamina and speed Improving intermuscular coordination,

Training methods: intensive or extensive endurance training, interval training, sprint training

Training is aimed at:

- Cardiovascular system
- Lower extremities
- Large proportion of skeletal muscles
- Mobility (joints, tendons, ligaments, ...)
- Intermuscular coordination (interplay between muscles)
- Balance ability, sensorimotor skills
- Improving endurance
- Improving speed (sprinting ability)

Muscles targeted: leg muscles (thigh extensors and flexors), calf muscles, gluteal muscles, core muscles

Special features: curve design promotes natural running movement (forefoot running when sprinting or heel running when jogging), high efficiency in terms strength input and muscle engagement.

Improves cardiovascular system:

Increased blood flow, better capillarization (oxygen supply to the smallest blood vessels), improved metabolism (removal of metabolic end products), stress reduction or reduction of stress hormones, improved oxygen absorption capacity (lungs), improved cardiac activity (cardiac economization: lower blood pressure and heart rate).

Improves muscle strength and posture:

Strengthens skeletal muscles in general, legs, glutes and core muscles.

Improves mobility:

Joints are lubricated and the cyclical sequence of movements keeps all ligaments and tendons supple. The range of motion of the joints is improved and promoted.

Improves coordination:

Thanks to the yielding slats and the curvature of the running surface, running on the Sprintbok is optimal proprioceptive and sensorimotor training.

Keywords: cardio training, endurance training, sensorimotor skills, intermuscular coordination, sprint and speed strength



Indoor cycling (NOHRD Bike)

Thanks to its sleek frame and ergonomic seat positioning, training on the NOHRD Bike is much like a normal bike or racing bike. The hip, knee and ankle joints are all on the same axis, which minimizes strain on all these cycling targeted joints. A joint-friendly cycle training position means that much greater resistance can be overcome without over-straining. Cycling is an ideal training tool for strengthening the cardiovascular system and toning the leg and gluteal muscles.

Type of training: Endurance training

Training goals: Improving endurance

Training methods: intensive or extensive endurance training, interval training, spinning

Training is aimed at:

- Cardiovascular system
- Lower extremities
- Mobility (joints, tendons, ligaments, ...)
- Improvement of basic endurance

Muscles targeted: leg muscles (thigh extensors and flexors), calf muscles, gluteal muscles

Special features: Seat and handlebar positioning and settings; Entire frame promotes ergonomic cycling (maintaining leg and knee axis) Thanks to raising and flip- setting function of the handlebars, it is possible to sit upright and, in combination with a tabletop, can also be used as a work surface (e.g. laptop, tablet).

Improves cardiovascular system:

Increased blood flow, better capillarization (oxygen supply to the smallest blood vessels), improved metabolism (removal of metabolic end products), stress reduction or reduction of stress hormones, improved oxygen absorption capacity (lungs), improved cardiac activity (cardiac economization: lower blood pressure and heart rate).

Keywords: basic endurance training, cardiovascular training



Cable training (SlimBeam)

Cable stations are ideal for full-body strength training, enabling focus on flexor or extensor muscles, upper or lower body, dynamic or static training. In contrast to guided training equipment, the cable training enables three-dimensional training. This means that, thanks to your joints' wide range of motion, you can avoid biomechanically predetermined movement sequences that restrict the mobility of the joint and thus encourage stereotypical movement patterns. Range of motion (ROM) can thus be maximized and allows the entire musculature surrounding the joint to be controlled. This allows you to reach almost every muscle fiber, while in a closed training device you can only control and train a specific muscle segment due to the joint's limited range of motion. The more freely a joint can move, the more natural its range of motion is.

Type of training: Strength training, flexibility training

Training goals: Improving muscle strength and mobility

Training methods: strength endurance, strength, speed, flexibility, therapeutic training

Training is aimed at:

- Upper extremities
- Lower extremities
- Large proportion of skeletal muscles
- Mobility (joints, tendons, ligaments, ...)
- Improves intermuscular coordination (muscle development)
- Builds strength and strength endurance
- 3D training - joints are always free - extensor and flexor muscles can be controlled within a motion sequence. Agonists, antagonists, and synergists alternate. This form of training corresponds to natural movements people perform in everyday life like getting up and out of a chair, getting in and out of a car, gardening, lifting or bending...

Muscles targeted: entire skeletal musculature (upper body / lower body), almost every muscle can be trained in isolation

Special features: Joint-friendly training, 3D training, range of motion (joint mobility). Fine gradation of the weight thanks to 3:1 transmission, therefore ideal for use in therapy, Movement can vary from very slow to fast without affecting the cable/pulley flow.

Keywords: 3-dimensional strength training, muscle building, free joint motion and range, pull-ups



Kettlebell training (NOHRD SwingBells)

These unique dumbbells have an asymmetrical shape, and ever-shifting granule filling, enabling you to train both statically and dynamically with each move. Dynamic training (including that extra "swing" of the grain-filled leather pouch during or at the end of each move) will specifically engage and stretch the fasciae, your body's thin casing of connective tissue. In other words, every dynamic muscle movement leads to a stretching stimulus in the fascia at the end of the kinematic sequence of movements. This strengthens your muscles and stretches the fascia at the same time. Your body's muscle groups are separated from each other by the wafer-thin layer of fascia to prevent friction and adhesions. Shortened muscles and adhesions in the fascia are usually painful and can lead to permanent tension pain. A classic example is the neck muscles.

Type of training: Strength training, flexibility training, fascia training

Training goals: Improving muscle strength and flexibility

Training methods: strength endurance, strength, speed, flexibility, therapeutic training

Training is aimed at:

- Upper extremities
- Lower extremities
- Mobility (joints, tendons, ligaments, ...)
- Improved intermuscular coordination
- Improved strength and strength endurance
- 3D training - joints are always free - extensor and flexor muscles can be controlled within a motion sequence. Contractor muscles (agonists), assistor muscles (synergists) , relaxor or lengthening muscles (antagonists).

Which body areas : upper body, arms, core, legs, spine

Special features: Joint-friendly training, 3D training, range of motion (joint mobility), fascia training, thanks to shifting weight/granule-filled pouch

Keywords: 3-dimensional muscle training thanks to free joints, muscle building training, fascia training



Weightlifting (NOHRD SquatRack + WeightPlates + DumbBells)

The SquatRack enables barbell weight training (Pumper + WeightPlates). Stand for training legs, glutes, back, shoulders and arms. Use the WeightBench to train the pectoral chest muscles, as well as shoulder and arm muscles. Weight benches can be used both flat and at an angle, allowing you to train different muscles.

WeightPlates: Dumbbell strength training (Dumbler + NOHRD WeightPlates) offers a more varied workout thanks to free range of motion in each move. Use one or two dumbbells for 3D-weight training. Perform compound weightlifting (engaging multiple joints and muscle groups, as in squats) or isolation lifts (biceps curls).

DumbBells: NOHRD DumbBells are used for classic weight training with dumbbells. Whether biceps or triceps training, strengthening the pectoral chest or back muscles, shoulder blade and shoulder girdle muscles, the joints have free range of motion (ROM) during free weight training.

Type of training: Strength training, strength endurance training

Training goals: Improved muscle strength, increased muscle mass, improved flexibility, burn calories

Training methods: Strength endurance, strength

Training is aimed at:

- Upper extremities
- Lower extremities
- Mobility (joints, tendons, ligaments, ...)
- Improved intermuscular coordination
- Improved intramuscular coordination (muscle development)
- Improved strength and strength endurance
- 3D training - joints are always free - extensor and flexor muscles can be controlled within a movement sequence. Contractor muscles (agonists), assistor muscles (synergists) , relaxor or lengthening muscles (antagonists).

Which body areas: Upper body, lower body, arms, core, legs, spine

Keywords: strength training, weightlifting, muscle building, dumbbell training, 3-dimensional muscle training thanks to joints' free range of motion



Training bench (TriaTrainer)

The TriaTrainer is a multifunctional training bench and offers numerous exercise possibilities based on the 3 different settings. It serves as an abdominal, core and back trainer as well as a general training bench.

The core, abdominal muscles and back can be trained in a space-saving way. In combination with NOHRD Swing dumbbells, the TriaTrainer acts as a modified weight bench. This means that classic muscle groups such as the pectoral chest muscles, arm muscles, shoulder girdle and shoulder blade muscles and neck can be effectively targeted and trained.

Overall, it trains the straight, oblique and lateral abdominal muscles as well as the hip flexors. In addition to the back extensors, the shoulder blade muscles and the gluteal muscles are also worked. In the unfolded, opened position, the bench can be used for free weight training in any way you like.

Type of training: Strength training, strength endurance training, flexibility

Training goals: Improvement of muscle strength and mobility, muscle building

Training methods: extensive strength endurance training

Training is aimed at:

- Upper extremities
- Core (abdomen and back)
- Strengthened hip flexors
- Mobility (joints, tendons, ligaments, ...)
- Improved intermuscular coordination
- Improved strength and strength endurance

Which body areas: upper body, arms, torso, legs, the entire spine, abdomen and back, hip flexors

Special features: easily converted and set into 3 different positions.

Keywords: multifunctional full-body training, bodyweight training



Wall bars (WallBars)

The wall bars are an all-rounder and a very popular classic when it comes to training with your own body weight. Use for pull-ups, hanging or general support exercises, abdominal muscle training or stretching exercise, as well as strength training using Therabands and tubes.

In combination with the CombiTrainer, the training spectrum can be extended even further. Here you train by hanging the sliding bench onto the rung of your choice, using your own bodyweight as resistance. Either sit or lay down to start pulling your body upwards with the guide rollers, experiencing a smooth and dynamic movement. Thanks to the freely movable and rope-guided pulley handles, all muscles can be trained within the maximum range of motion while protecting your joints.

Type of training: flexibility training, strength training

Training goals: Improving muscle strength and mobility

Training methods: Relaxation training, stretching, training with your own body weight (calisthenics)

Training is aimed at:

- Upper extremities
- Lower extremities
- Core (abdomen and back)
- Mobility (joints, tendons, ligaments, ...)
- stretching
- Improved strength and strength endurance

Which body areas: upper body, arms, shoulders, neck, torso, legs, abdomen and back

Special features: foldout-bar for pull-ups, bodyweight resistance training, wide variety of strength training.

Keywords: bodyweight resistance, strength training, stretching, pull-ups, accessories



Suspension training (NOHRD Sling)

Suspension training with the NOHRD Sling is used to train the upper extremities, as well as parts of the lower extremities. In addition to classic strength exercises, numerous body tension exercises can also be performed. Due to the rings' constant instability, the muscles receive a high level of muscle stimulation, which greatly improves inter- and intramuscular coordination. So, if you want to strengthen your core and stabilize your spine, the sling trainer is the right choice.

Type of training: flexibility training, strength training,

Training goals: Improving muscle strength and mobility

Training methods: Relaxation training, stretching, training with your own body weight (calisthenics)

The training is aimed at:

- Upper extremities
- Lower extremities
- Core (abdomen and back)
- Mobility (joints, tendons, ligaments, ...)
- stretching
- Improved strength and strength endurance

Which body areas: upper body, arms, shoulders, neck, core, legs, abdomen and back

Special features: space-saving, training with your own body weight, wide variety of training possibilities.

Keywords: bodyweight resistance training, stabilization exercises, muscle building, sling training



NOHRD Elasko Stretching

The Elasko is a multi-talent portable wall bars set, available with a specialized training concept for stretch fitness, accessed with your Smart-device. Whether it is used to strengthen the entire musculoskeletal system or to stretch shortened muscles, tendons or fascia, it is also ideal for a gentle warm-up or cool-down session. Thanks to the built-in upholstered mat, numerous exercises can be performed lying down, kneeling or standing. There are no limits to your imagination.

Type of training: flexibility training, strength training, stretching

Training goals: Improving muscle strength and flexibility

Training methods: Relaxation training, stretching, stabilization

Training is aimed at:

- Upper extremities
- Lower extremities
- Core (abdomen and back)
- Mobility (joints, tendons, ligaments, ...)
- stretching
- Improved strength and strength endurance

Which body areas: upper body, arms, shoulders, neck, torso, legs, abdomen and back

Special features: space-saving, training with your own body weight, versatile training possible

Keywords: stretching, stabilization, relaxation, muscle activation, stretch fitness



Balance training (EauMeBoard)

The EauMeBoard is a balance board with a water base. Thanks to the water's ever-shifting nature, balancing on it proves a greater challenge compared to regular balance boards. The tank is about half full, resulting in an "optimal" degree of instability. This results in your muscles being forced into reflex-mode, which we cannot control voluntarily, therefore increasing their intensive use. Muscle receptors, under the stress of imbalance, are responsible for your balance. This constant stimulus is converted into muscle activity and then into compensatory movements, which is why the muscles tremble.

Type of training: flexibility training, balance training

Training goals: Improving balance, proprioceptive coordination training, responsiveness, joint stabilization training

Training methods: intermuscular coordination, sensorimotor skills

Training is aimed at:

- Upper extremities
- Lower extremities
- Trunk (abdomen and back)
- Mobility (joints, tendons, ligaments, ...)
- Proprioceptive balance training
- Improved responsiveness of the reflex muscles

Which body parts: ankle joints, knee and hip joints, spine, core, neck muscles

Special features: water-filled base, heightened balance training, versatile training possible,

Keywords: balance training, injury prevention, reaction time, core, and joint stabilization



Stress ball training (HaptikBall)

The HaptikBall leather-stitched ball can be used in a variety of ways. It is just as suitable for relieving stress as it is for training your forearm muscles and hand strength and coordination. Ideal for post-surgery or injury rehabilitation of this area. Kneading the ball activates the venous pump, which speeds up the removal of venous blood and allows oxygen-rich blood to reach the forearms, hands and fingers. This trains the forearm flexors and keeps the finger tendons fit - after all, they have to work thousands of times a day. Dynamic exercises also stretch the fasciae and connective tissue, which can reduce pressure pain (e.g. keyboard and mouse put enormous strain on the hands). And to loosen things up, the balls are also ideal for a quick game of toss in or outdoors.

Type of training: Mobility training, coordination training

Training goals: Improving coordination, responsiveness and reaction, promoting blood circulation

Training methods: intermuscular coordination

Training is aimed at:

- Upper extremities, especially forearms, hands and fingers
- Mobility (joints, tendons, ligaments, ...)
- Improved responsiveness of the reflex muscles
- Intermuscular coordination (juggling and throwing games)

Which body parts: forearms, hands, fingers, also the shoulder joints and neck during dynamic exercises

Special features: space-saving, versatile and playful training

Keywords: stress reduction, mobilization, coordination



Boxing tower training (YA'Fi)

The boxing tower is ideal for training endurance, strength, flexibility, balance, speed and reaction time.

The boxing tower is also suitable for HIIT training (high-intensity interval training), which enables you to achieve the highest possible performance metabolic rate in the shortest possible time.

This allows you to burn significantly more calories in a very short time than when exercising at a constant intensity.

In addition to strengthening all muscles in the upper body, arms, torso and legs, the boxing tower can also be used to support stretching.

Type of training: Strength endurance, strength, speed, reaction time

Training goals: Improvement of speed strength, improvement of intermuscular coordination, improvement of general strength endurance

Training methods: intensive or extensive strength endurance training, interval training, HIIT training

Training is aimed at:

- Cardiovascular system
- Upper extremities
- Large proportion of the skeletal muscles
- Mobility (joints, tendons, ligaments, ...)
- Coordination (interplay between muscles)
- Balance ability
- Improvement in responsiveness and speed

Keywords: HIIT training, strength endurance, boxing training



Pilates (Pilates Scandinavia)

Pilates was developed by Josef Pilates especially for deep layer muscles. It promotes and strengthens posture and brings the entire body into balance,. Equipment features numerous muscle loops and muscle systems that support and therefore benefit each other. The so-called intermuscular coordination, i.e. the interplay of many muscle groups, promotes the stabilization of these deep-lying active muscle connections and thus relieves the passive structures such as tendons and ligaments. Agonists, antagonists and synergists play a key role in the interplay of forces within this complex network of muscles. Well-trained muscles put less strain on these structures and therefore take the pressure off these areas. Pain that you used to have can disappear completely as a result.

Type of training: Strength training, flexibility training

Training goals: Stabilization training, strengthening the core muscles in particular, improving mobility and coordination

Training methods: intensive strength training, flexibility training

Training is aimed at:

- Strengthening deep muscles
- Strengthening core muscles
- Improving intermuscular and intramuscular coordination
- Mobility (joints, tendons, ligaments, ...)
- Improved ability to relax
- Improved mobility

Which body areas: entire body and mind

Special features: wide variety of equipment, versatile exercises, handmade

Keywords: Pilates, deep muscles, core training, flexibility, relaxation



Fascia training (Rollholz)

As a fascia roller: thanks to its ergonomic shape, the spine is not touched when rolling out the back. The pressure is distributed evenly over the back extensors, smoothing out the fasciae that hold the muscles together. These contractile elements (fasciae) are often very painful when pressure is applied and cause pain in the shoulder and neck area, for example.

As a balance trainer:

In combination with the roller board, the fascia roller can be transformed into a surfboard in no time at all. This trains the reflex muscles in particular, i.e. the muscles that we cannot control voluntarily. This form of training also sensitizes all joint receptors so that they react much more quickly to changes in position. This is very helpful, for example, if you find yourself unexpectedly falling and you can prevent pain or injury with a quick compensatory movement (fall prevention).

Type of training: mobility training, coordination training, fascia training

Training goals: Improving coordination, responsiveness, reducing pressure in the neck and spine

Training methods: intermuscular coordination, balance training, sensorimotor skills

Training is aimed at:

- Fascia smoothing of the back extensors, thigh muscles, lower leg muscles, upper and lower arm muscles
- Mobility (joints, tendons, ligaments, ...)
- Improved responsiveness of the reflex muscles
- Intermuscular coordination

Which body areas: forearms, upper arms, lower legs, thighs, back, abdomen, neck, shoulders

Special features: space-saving, versatile and playful training

Keywords: fascia, balance, coordination, relaxation

