

NOHRD Sling



COMPACT

Just 22 cm



PORTABLE

Goes with you



DURABLE

High quality materials



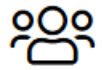
ADJUSTABLE

Easy settings



TRAINING

Full-body exercise



ALL FITNESS LEVELS

Beginner – elite athletes

Description

The NOHRD Sling trainer is your ultimate fitness companion, whether you're at home or on the go: easy to install, easy to mount and dismount via the included carabiner clips.

The design centers around 2 sturdy wooden gymnastic rings with that serve as handles or foot holders, depending on your specific exercise. All natural materials used for a solid and comfortable grip. The rings have a Ø9"3/8 (24 cm) diameter and weight capacity of 330 lbs (150 Kg).

Effortlessly modify the length of ropes supporting the handle rings for easy transitions and an uninterrupted workout experience.

Sling

Dimensions

Disc: Ø8"5/8

Rings: Ø9"3/8

Rope Length: 7"7/8 - 106"1/4H

