

NOHRD StepTower



Description

The NOHRD StepTower delivers sleek design and full-body functionality in a single upright unit. Behind its sleek wood panels lies a smart, integrated training system. Use the detachable elements as steps or as an upholstered bench — everything stores seamlessly back into the tower when your workout is done.

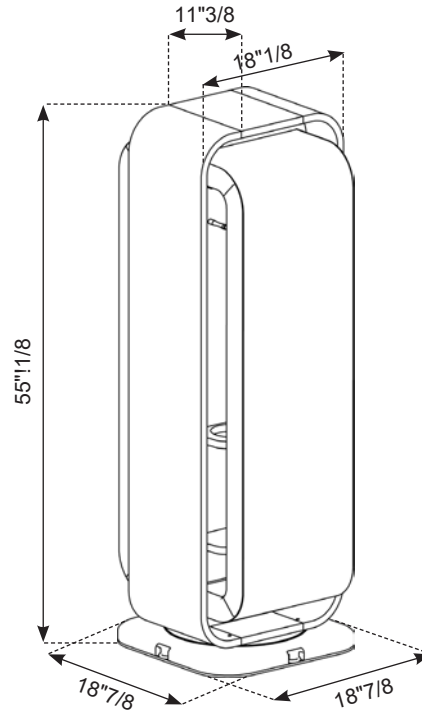
The StepTower features a full set of NOHRD DumbBells—four pairs of weights from 5.5 to 22 lbs (2.5 to 10 Kg) —elegantly stored on interior racks for easy access and visual appeal. Four resistance tubes in varying tensions are neatly hung inside, ready to clip onto anchor points for targeted strength or mobility training.

Also included are solid wood handles and a jump rope, providing even more variety for strength and cardio-focused routines. The second interior section stores cork yoga blocks, a cork fascia roller, and a full-length cork exercise mat 70"7/8 x 23"5/8 (180 x 60 cm)—ideal for floor-based training and recovery work.

StepTower

Dimensions

18"7/8W x 18"7/8D x 55"1/8H



DumbBells

Eight finest quality dumbbells, crafted from nickel-plated steel with solid wood end discs, in weights ranging from 5.5 to 22 lbs (2.5 to 10 Kg)



Tubes

Set of four resistance tubes in varying tensions, with smooth ball-bearing handles made from solid hardwood



Yoga Accessories

Includes two cork yoga blocks and a cork fascia roller for flexibility, balance, and recovery work.



Cork Mat

Durable and comfortable cork training mat 70"7/8 x 23"5/8 (180 x 60 cm), ideal for floor exercises and stretching sessions.