



COMMERCIAL

Professional Training Equipment



WATERROWER

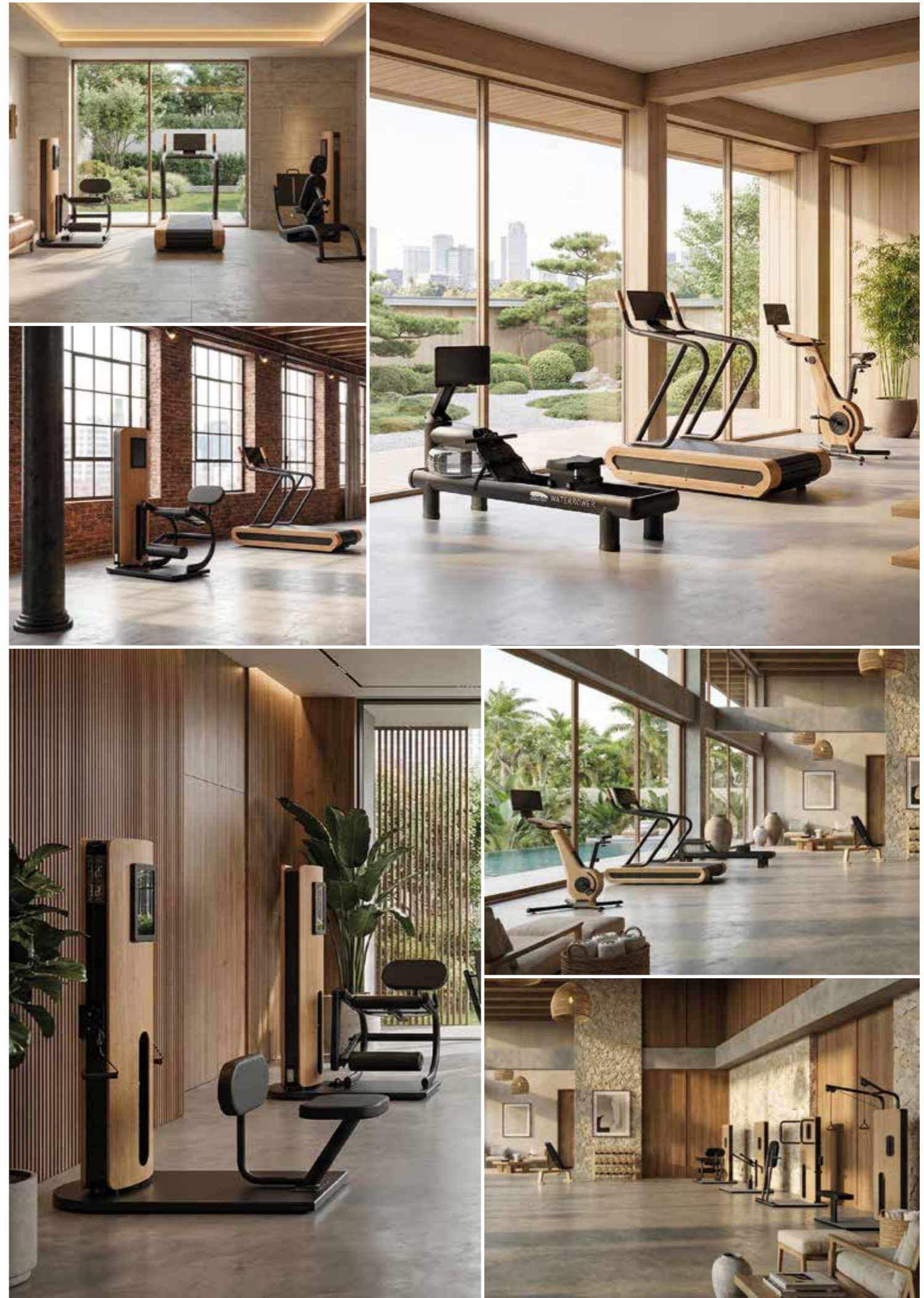


MADE IN
THE USA



NOHRD

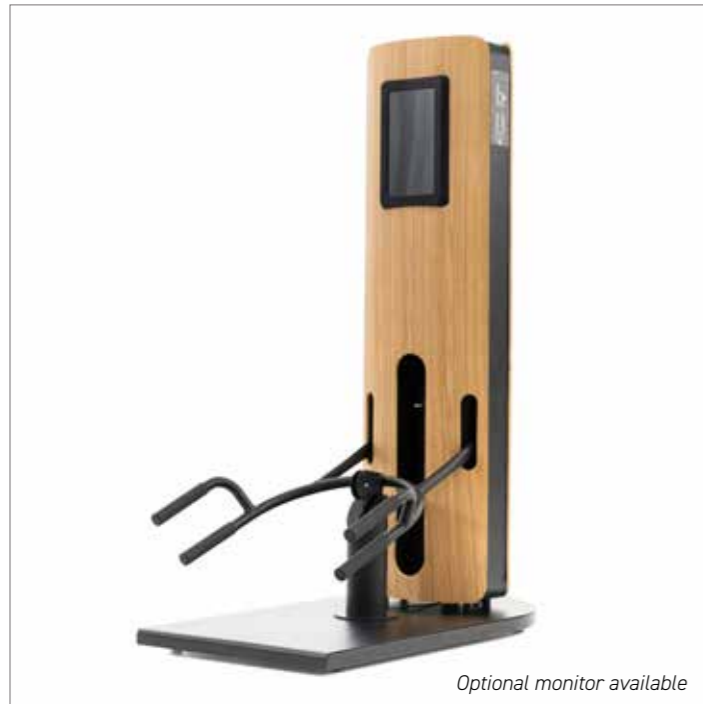
MADE IN GERMANY



NOHRD Deadlift



StudioLine • Professional Strength Equipment



A deadlift station with weight stacks designed for controlled lower-body strength training, offering a safe and space-efficient solution for professional training environments.

Key Features <ul style="list-style-type: none"> Guided Biomechanics for a controlled movement path that minimizes harmful shear forces on the lumbar spine. Dual Handle to accommodate different shoulder mobilities and comfort levels. Low-profile platform allows for easy positioning and a stable base for maximum power transfer. Therapeutic Precision with fine weight increments to allow for gradual progression, making it ideal for medical rehabilitation and strength building. 	Muscle Groups Legs - Glutes - Lower Back - Core	
	Dimensions (L x W x H) 131 x 95 x 170 cm	
	Total Weight 159 kg	
	Maximum Training Load 100 kg	Increments 5 kg
	Cable Ratio 1:1	Power Requirement 220 / 110 V

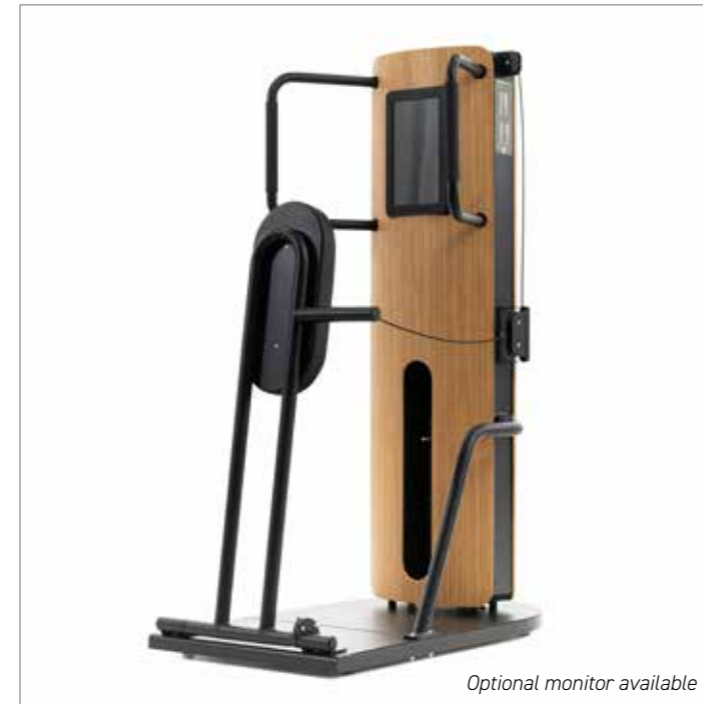
Use

Suitable for professional gyms, hotel fitness areas and corporate training spaces where functional lower-body strength training is required in a controlled and design-led setup.

NOHRD Chest Press



StudioLine • Professional Strength Equipment



A chest press machine with weight stacks designed for controlled upper-body strength training, providing a safe and intuitive pressing movement for professional training environments.

Key Features <ul style="list-style-type: none"> Functional standing design improves core stability and better simulates natural, real-life movements. The machine's rotation center is aligned to maintain a constant torque and a joint-friendly pivot point, ensuring the resistance remains smooth and predictable throughout the entire range of motion. The integrated moving back support provides a sensory reference point that helps users maintain a neutral spine, preventing the common „arching“ compensation seen in seated presses. Intuitive mechanics allow all age groups from senior to athlete to train safely in an upright position. Intuitive simple weight adjustments which can be changed effortlessly, allowing users to start their workout in seconds. 	Muscle Groups Chest - Shoulders - Triceps	
	Dimensions (L x W x H) 132 x 95 x 170 cm	
	Total Weight 157 kg	
	Maximum Training Load 75 kg	Increments 5 kg
	Cable Ratio 1:1	Power Requirement 220 / 110 V

Use

Suitable for professional gyms, hotel fitness areas and corporate training spaces where controlled upper-body pressing motion training is required in a safe, space-efficient and design-led setup.

NOHRD Seated Row



StudioLine • Professional Strength Equipment



Optional monitor available



A seated row machine with weight stacks designed for controlled upper-body pulling movement, enabling safe and effective back training in professional environments.

Key Features <ul style="list-style-type: none"> • Two separate handles allow for natural, unilateral training and a free range of motion. • The knee support cushion stabilizes the lower body, preventing the hips from lifting during heavy pulls. • The arms move in a physiological arc to follow the natural pulling line of the back muscles. • The machine's geometry promotes proper shoulder blade movement, reducing risk to the rotator cuff. • The weight-stack load provides consistent tension throughout the entire pull, maximizing muscle fiber recruitment. 	Muscle Groups Upper Back - Lats - Rear Shoulders - Biceps	
	Dimensions (L x W x H) 163 x 95 x 170 cm	
	Total Weight 151 kg	
	Maximum Training Load 75 kg	Increments 5 kg
	Cable Ratio 1:1	Power Requirement 220 / 110 V

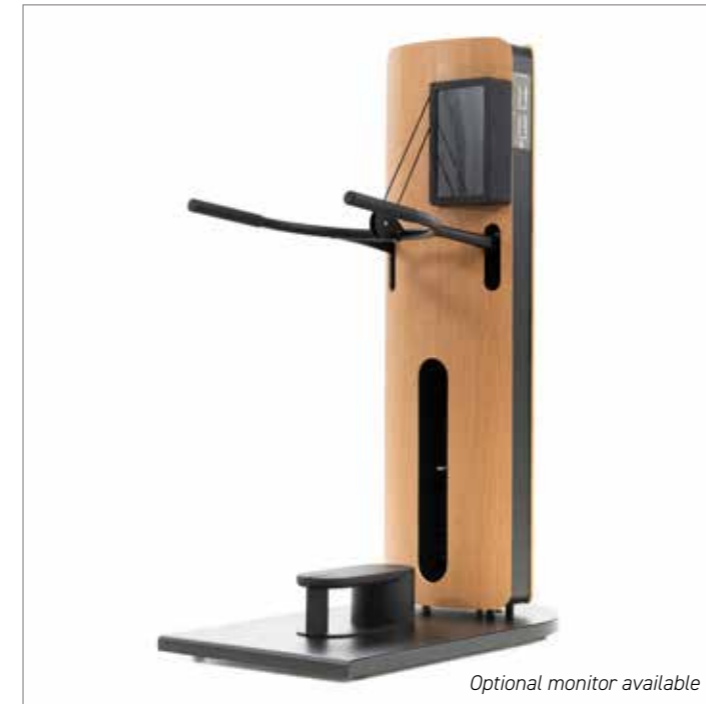
Use

Suitable for professional gyms, hotel fitness areas and corporate training spaces where controlled horizontal pulling motion training is required for balanced upper-body strength training in a safe and space-efficient setup.

NOHRD Tricep Dip



StudioLine • Professional Strength Equipment



Optional monitor available



A tricep dip machine with weight stacks designed for controlled upper-body, downward-push movement, enabling safe and effective arm and shoulder training in professional environments.

Key Features <ul style="list-style-type: none"> • The standing posture enhances core stability and prevents shoulder slumping. • Includes a built-in step to ensure shorter people can easily reach the handles. • Simple mechanics make it user-friendly for all age groups, from seniors to athletes for intuitive operation. • Resistance and positions can be changed effortlessly in seconds. • Outstanding Architectural Design: Features the sleek, modern NOHRD aesthetic. 	Muscle Groups Triceps - Shoulders - Chest (secondary)	
	Dimensions (L x W x H) 131 x 95 x 170 cm	
	Total Weight 148 kg	
	Maximum Training Load 75 kg	Increments 5 kg
	Cable Ratio 1:1	Power Requirement 220 / 110 V

Use

Suitable for professional gyms, hotel fitness areas and corporate training spaces where controlled dip motion training is required for targeted arm and shoulder strength training in a safe, space-efficient and design-led setup.

NOHRD Lat Pulldown



StudioLine • Professional Strength Equipment



A lat pulldown machine with weight stacks designed for controlled vertical pulling movement, enabling targeted upper-body strength training in professional environments.

Key Features <ul style="list-style-type: none"> Dual handles allow for unilateral training, correcting muscle imbalances and offering a free range of motion. Stable knee pads lock the lower body in place to prevent lifting and ensure power comes strictly from the back. The handle design maintains a neutral wrist position to reduce strain and focus tension on the target muscles. Simple, user-friendly mechanics designed for all age groups, from seniors to athletes. Part of the premium NOHRD Studio Series with a sleek, minimalist aesthetic. 	Muscle Groups Upper Back - Biceps - Rear Shoulders	
	Dimensions (L x W x H) 139 x 95 x 216 cm	
	Total Weight 148 kg	
	Maximum Training Load 75 kg	Increments 5 kg
	Cable Ratio 1:1	Power Requirement 220 / 110 V

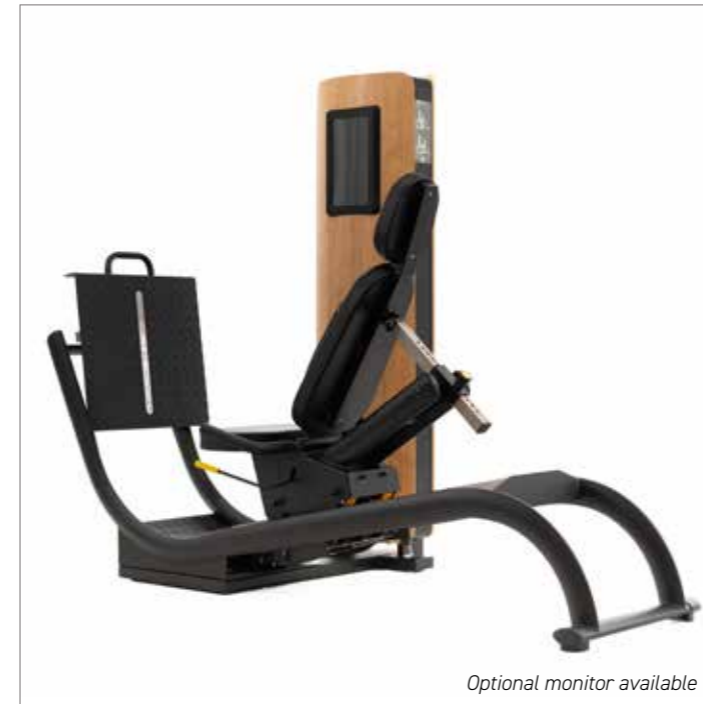
Use

Suitable for professional gyms, hotel fitness areas and corporate training spaces where controlled vertical pulling motion training is required for effective back and arm strength training in a safe, space-efficient and design-led setup.

NOHRD Leg Press



StudioLine • Professional Strength Equipment



A leg press machine with weight stacks designed for controlled lower-body strength training, enabling powerful yet safe leg exercises in professional training environments.

Key Features <ul style="list-style-type: none"> The carriage moves on a precise incline to minimize stress on the knee joints and lower back. The oversized platform allows for various foot positions to target different muscle groups safely. A specialized ergonomic seat design stabilizes the pelvis and maintains a neutral spine during heavy lifts. The weight-stack load ensures smooth, even resistance throughout the entire range of motion. Users can limit the range of motion by moving the seat to protect sensitive joints or accommodate limited flexibility. 	Muscle Groups Quadriceps - Glutes - Hamstrings - Calves	
	Dimensions (L x W x H) 236 x 101 x 172 cm	
	Total Weight 236 kg	
	Maximum Training Load 124 kg	Increments 4x 10 kg (10 - 40 kg) 7x 12 kg (40 - 124 kg)
	Cable Ratio 1:1	Power Requirement 220 / 110 V

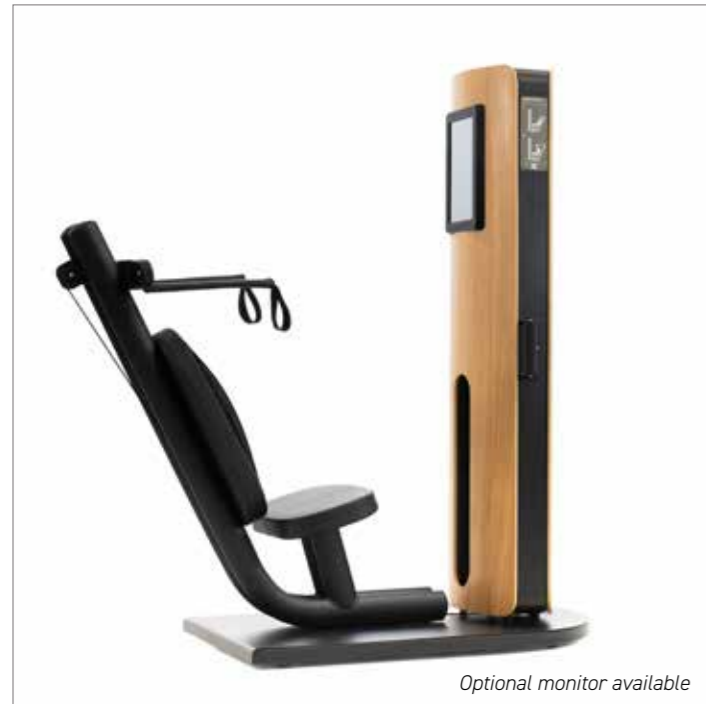
Use

Suitable for professional gyms, hotel fitness areas and corporate training spaces where controlled lower-body strength training is required for effective leg strength training in a safe, space-efficient and design-led setup.

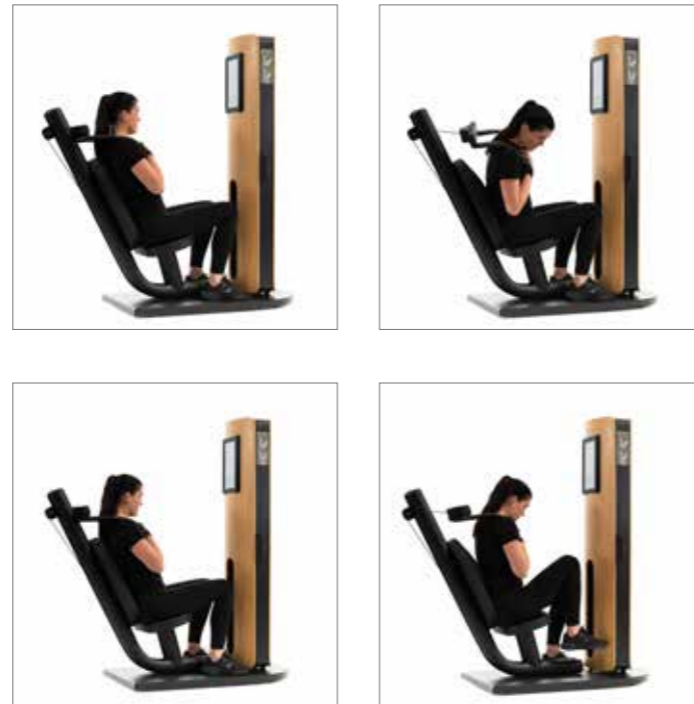
NOHRD Abdominal



StudioLine • Professional Strength Equipment



Optional monitor available



A abdominal machine with weight stacks designed for controlled trunk flexion, enabling targeted and safe core training in professional environments.

Key Features <ul style="list-style-type: none"> The pivot point is perfectly aligned with the lumbar spine to ensure pure abdominal contraction without hip flexor dominance. The dual handle construction allows free motion and sideward curls A specialized curved pad supports the spine with an ergonomic back support throughout the movement, preventing harmful rounding or straining. The handle positions allow users to adjust their arm placement for maximum comfort and core activation. The simple „crunch“ mechanic is highly user-friendly for all age groups, from seniors to athletes. 	Muscle Groups Rectus abdominis - Obliques (secondary) - Hip flexors	
	Dimensions (L x W x H) 178 x 95 x 170 cm	
	Total Weight 137 kg	
	Maximum Training Load 50 kg	Increments 5 kg
	Cable Ratio 1:1	Power Requirement 220 / 110 V

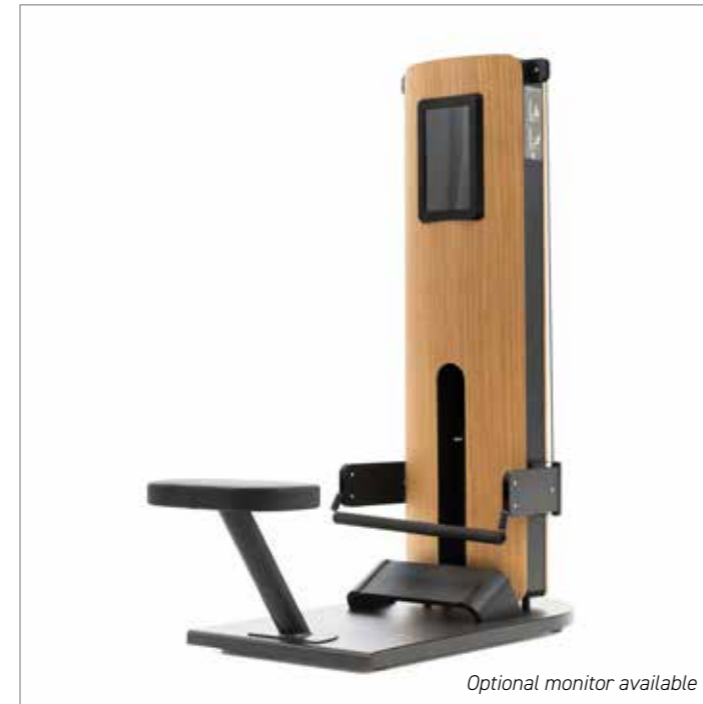
Use

Suitable for professional gyms, hotel fitness areas and corporate training spaces where controlled abdominal strengthening is required as part of a balanced and structured strength training program.

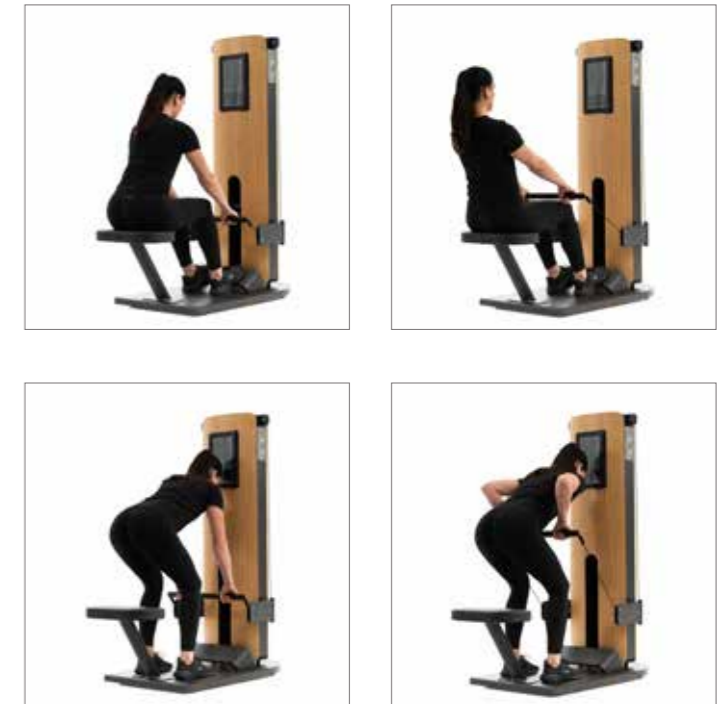
NOHRD Back Extension



StudioLine • Professional Strength Equipment



Optional monitor available



A back extension machine with weight stacks designed for controlled hip and trunk extension, enabling targeted strengthening of the posterior chain in professional training environments.

Key Features <ul style="list-style-type: none"> A central bar pulls dual ropes to provide a smooth, fluid resistance that feels more natural than rigid levers. The pivot point aligns with the lower spine to target the erector spinae while minimizing glute compensation. The cable-based system maintains consistent tension, matching the muscle's strength throughout the entire movement. Includes a foot support to fully apply leg strength and back support. The „lean back“ motion with the pull-bar is highly user-friendly for all age groups. 	Muscle Groups Lower Back - Glutes - Hamstrings - Core	
	Dimensions (L x W x H) 164 x 95 x 170 cm	
	Total Weight 146 kg	
	Maximum Training Load 75 kg	Increments 5 kg
	Cable Ratio 1:1	Power Requirement 220 / 110 V

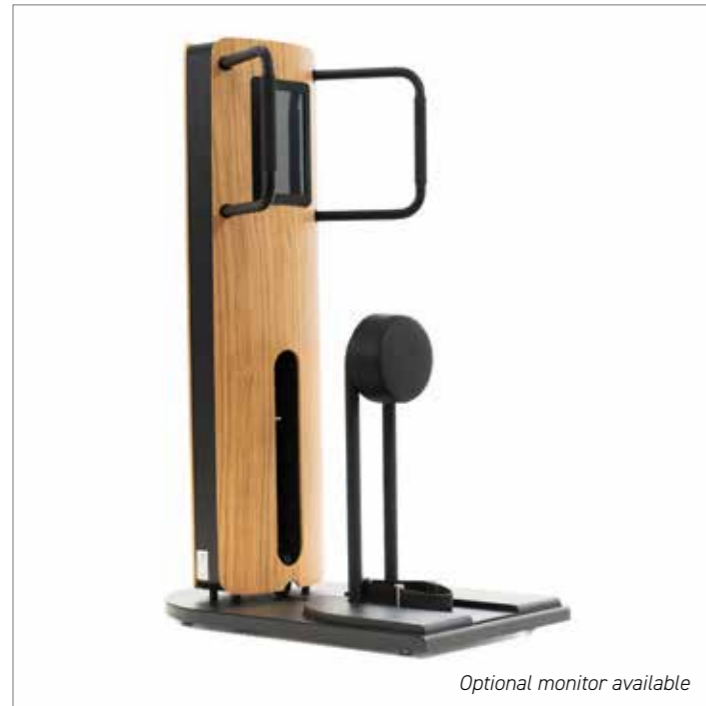
Use

Suitable for professional gyms, hotel fitness areas and corporate training spaces where controlled posterior chain strengthening is required for balanced strength development, injury prevention and functional performance in a safe and space-efficient setup.

NOHRD Hamstring Curl



StudioLine • Professional Strength Equipment



Optional monitor available



A hamstring curl machine with weight stacks designed for controlled knee flexion, enabling targeted strengthening of the posterior thigh in professional training environments.

Key Features <ul style="list-style-type: none"> • Training while standing improves pelvic stability and better simulates natural, real-life movements. • The front pad aligns the joint perfectly, reducing pressure on the kneecap during the curl. The dedicated front pad keeps the hips locked in place, preventing the lower back from arching. • The padded roller automatically adapts to the user's leg length for a consistent and comfortable pivot. • Independent movement allows for one-legged curls to correct muscle imbalances and isolate each hamstring. 	Muscle Groups Hamstrings (primary) - Glutes - Core	
	Dimensions (L x W x H) 131 x 95 x 170 cm	
	Total Weight 165 kg	
	Maximum Training Load 37,5 kg	Increments 5 kg
	Cable Ratio 1:1	Power Requirement 220 / 110 V

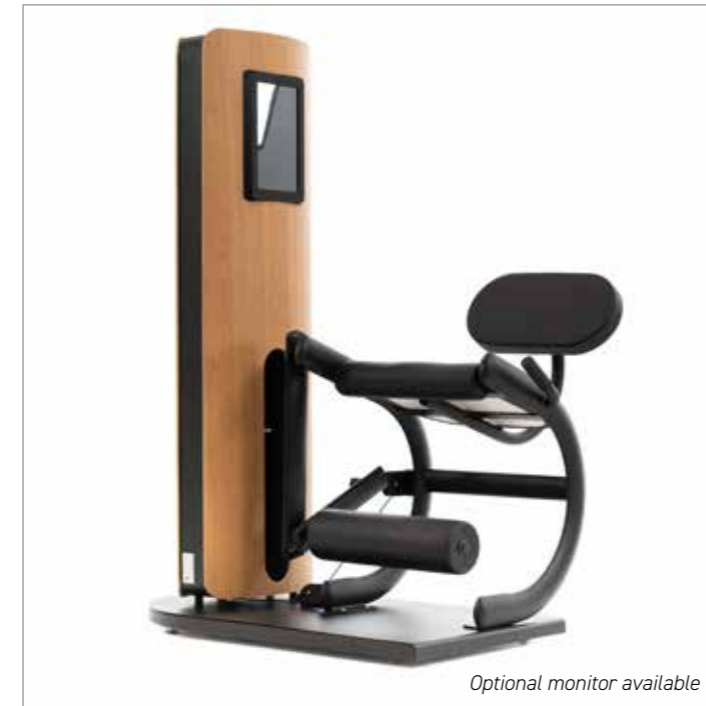
Use

Suitable for professional gyms, hotel fitness areas and corporate training spaces where targeted hamstring strengthening is required for performance development, muscular balance and injury prevention in a controlled and space-efficient setup.

NOHRD Leg Extension



StudioLine • Professional Strength Equipment



Optional monitor available



A leg curl machine with weight stacks designed for seated knee flexion, enabling precise and controlled quadricep training in professional fitness environments.

Key Features <ul style="list-style-type: none"> • The innovative mechanism automatically adapts the lever arm to the user's leg length for an instant, perfect fit. • The weight-stack load provides smooth resistance that matches the quadriceps' natural strength profile. • Ergonomically placed handles allow the user to stabilize the upper body, ensuring maximum power is directed to the quadriceps. • The combination of matte metal frames and ergonomic, high-contrast upholstery and the wooden caps creates a professional NOHRD-Style aesthetic. 	Muscle Groups Quadricep (primary) - Knee flexion - Core	
	Dimensions (L x W x H) 123 x 142 x 170 cm	
	Total Weight 167 kg	
	Maximum Training Load 75 kg	Increments 5 kg
	Cable Ratio 1:1	Power Requirement 220 / 110 V

Use

Suitable for professional gyms, hotel fitness areas and corporate training spaces where controlled knee flexion and quadricep strengthening is required for muscular balance, injury prevention and performance-oriented lower-body training in a space-efficient setup.

NOHRD Citius



Cardio • Professional Running Equipment



A motorized treadmill developed for continuous cardio training in commercial environments, combining reliable performance with intuitive operation in a design-led form.

Key Features <ul style="list-style-type: none"> • Speed Range - 0-30 km/h • Incline Range - 0-25 % • Backwards Walking - 0-6 km/h • Downhill mode - 0-25 % • Push Function • Pull Function 	Muscle Groups Legs - Glutes - Core - Cardiovascular system	
	Dimensions (L x W x H) 174 x 91 x 165 cm	
	Total Weight 215 kg	Max User Weight 250 kg
	Control Interface Integrated Touchscreen (21")	Power Requirement 220 / 110 V
	Drive System Motorized treadmill	
Integrated Pro Monitor <ul style="list-style-type: none"> • Performance at a Glance: Real-time display of time, distance, speed, and calories, including Bluetooth heart rate connectivity. • Maximum Motivation: A wide range of Scenery Runs and structured training programs. • Smart Connectivity: Seamless data upload via QR code and automatic updates via Wi-Fi. 		

Use

Suitable for professional gyms, hotel fitness areas and corporate training spaces where structured cardio training, interval sessions and performance-oriented running are required in a controlled and design-led setup.

Sprintbok Pro



Cardio • Professional Running Equipment



A curved, non-motorized treadmill designed for self-powered running, enabling high-intensity cardio and sprint training through natural movement mechanics in professional environments.

Key Features <ul style="list-style-type: none"> • Self-powered curved running surface • Speed controlled entirely by the user • No motor required for operation • Natural running biomechanics • Supports all running levels and styles • With its patented flexion system, it cushions every step, absorbs shocks and vibrations to help prevent injuries and keeps noise to a minimum. 	Muscle Groups Legs - Glutes - Core - Cardiovascular system	
	Dimensions (L x W x H) 180 x 86 x 175 cm	
	Total Weight 160 kg	Max User Weight 160 kg
	Control Interface Integrated Touchscreen (21")	Power Requirement 220 / 110 V
	Drive System Curved manual treadmill	
Integrated Pro Monitor <ul style="list-style-type: none"> • Performance at a Glance: Real-time display of time, distance, speed, tempo and calories, including Bluetooth heart rate connectivity. • Maximum Motivation: A wide range of Scenery Runs, Pacer mode and structured training programs. • Smart Connectivity: Seamless data upload via QR code and automatic updates via Wi-Fi. 		

Use

Suitable for professional gyms, performance training facilities, hotel fitness areas and corporate training spaces where high-intensity, self-powered cardio training is required in a compact and design-led setup.

WaterRower Metallic HiRise Pro



Cardio • Professional Rowing Equipment



A premium water-resistance rowing machine designed for high-traffic commercial environments, combining industrial durability with immersive digital performance tracking.

Key Features <ul style="list-style-type: none"> Industrial-grade aluminum frame with black, silver or custom powder-coated finish for commercial durability Elevated HiRise entry height for ergonomic access - 51cm Extra-long rails Wide ergonomic handle for enhanced comfort 	Muscle Groups 86 % of your Muscles - Legs - Core - Arms	
	Dimensions (L x W x H) 222 x 56 x 123 cm (Seat entry height 51cm)	
	Total Weight 53 kg (70 kg with water)	Max User Weight 150 kg
	Control Interface Integrated Touchscreen (15,6")	Power Requirement 220 / 110 V or 24v low V
	Drive System Water resistance	
Integrated Pro Monitor <ul style="list-style-type: none"> Performance at a Glance: Real-time display of time, distance, speed, Strokerate, Wattand calories, including Blue-tooth heart rate connectivity. Maximum Motivation: A wide range of Scenery rows, pacer mode and structured Instructor lead training programs. Smart Connectivity: Seamless data upload via QR code and automatic updates via Wi-Fi. 		

Use

Suitable for boutique fitness studios, professional gyms, hotels and corporate training spaces where immersive, low-impact full-body cardio training is required in a design-led, high-durability setup.

WaterRower Original Pro



Cardio • Professional Rowing Equipment



A premium water-resistance rowing machine designed for high-traffic commercial environments, combining industrial durability with immersive digital performance tracking.

Key Features <ul style="list-style-type: none"> Solid hardwood frame available in Oak, Cherry or Walnut wood, finished in natural oil, black/vintage or rose stains according to selected wood type. Elevated HiRise entry height for ergonomic access - 51cm Wide ergonomic handle for enhanced comfort 	Muscle Groups 86 % of your Muscles - Legs - Core - Arms	
	Dimensions (L x W x H) 220 x 56 x 118 cm (Seat entry height 51cm)	
	Total Weight 40,5 kg (57,5 kg with water)	Max User Weight 150 kg
	Control Interface Integrated Touchscreen (15,6")	Power Requirement 220 / 110 V or 24v low V
	Drive System Water resistance	
Integrated Pro Monitor <ul style="list-style-type: none"> Performance at a Glance: Real-time display of time, distance, speed, Strokerate, Wattand calories, including Blue-tooth heart rate connectivity. Maximum Motivation: A wide range of Scenery rows, pacer mode and structured Instructor lead training programs. Smart Connectivity: Seamless data upload via QR code and automatic updates via Wi-Fi. 		

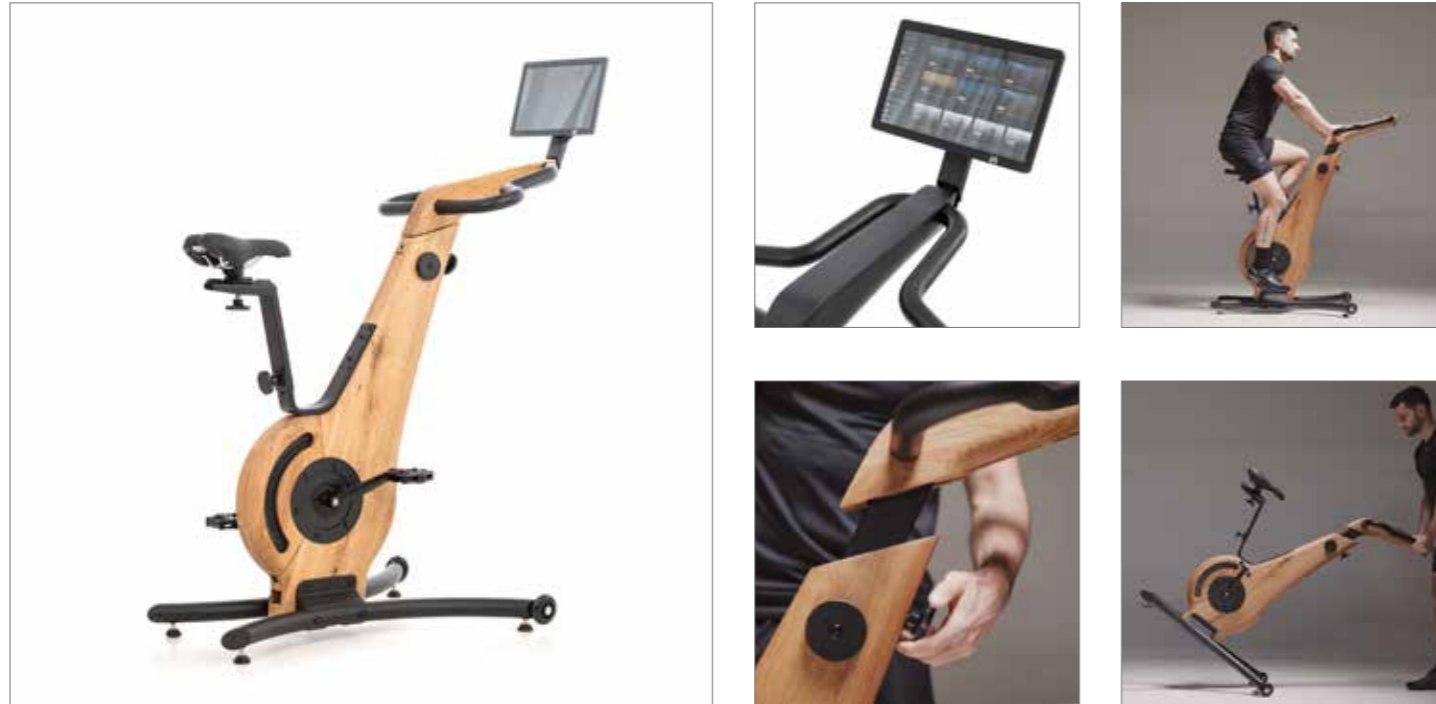
Use

Suitable for boutique fitness studios, professional gyms, hotels and corporate training spaces where immersive, low-impact full-body cardio training is required in a design-led, high-durability setup.

NOHRD Bike Pro



Cardio • Professional Cycling Equipment



A professional indoor cycling bike designed for continuous cardio training, combining precise resistance control with an intuitive touchscreen interface and a refined, architectural design for commercial environments.

Key Features <ul style="list-style-type: none"> Planetary gear resistance system Smooth and silent power transmission Integrated touchscreen for performance tracking and guided workouts Highly adjustable saddle and handlebar The handlebar's unique shape provides a versatile grip that adapts to your preferred riding style Seamless resistance setting by built-in dial Designed for continuous daily use in professional environments 	Muscle Groups Legs - Glutes - Core - Cardiovascular System	
	Dimensions (L x W x H) 113 x 60 x 153 cm	
	Total Weight 60 kg	Max User Weight 200 kg
	Control Interface Integrated Touchscreen (14")	Power Requirement 220 / 110 V
	Drive System Planetary gear	
Integrated Pro Monitor <ul style="list-style-type: none"> Performance at a Glance: Real-time display of watts, speed, and calories, including Bluetooth heart rate connectivity. Maximum Motivation: A wide range of Scenery Rides and structured training programs. Smart Connectivity: Seamless data upload via QR code and automatic updates via Wi-Fi. 		

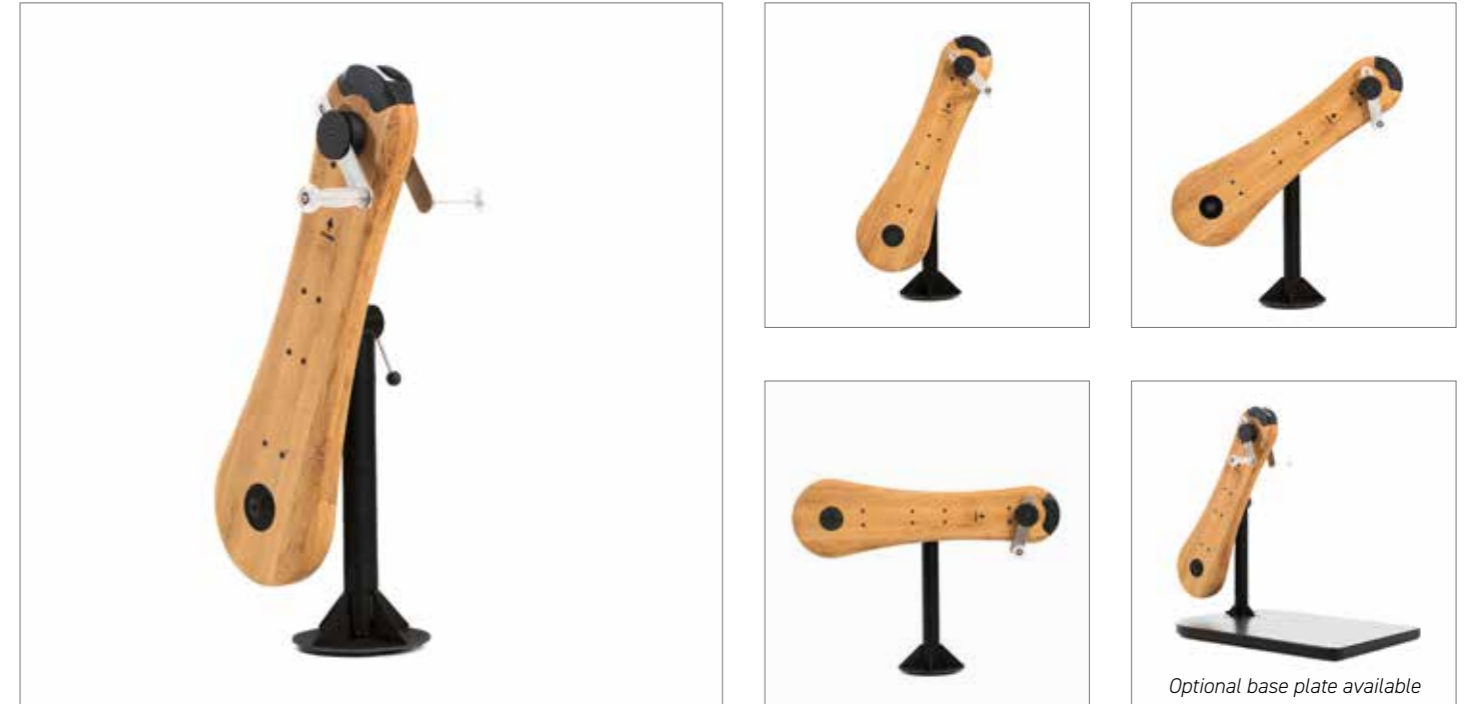
Use

Suitable for professional gyms, hotel fitness areas and corporate wellness spaces where reliable, low-maintenance indoor cycling equipment is required in a visually refined and space-efficient setup.

NOHRD Grinder



Cardio • Professional Cardio Equipment



A versatile upper-body ergometer designed for controlled endurance and strength training, combining smooth resistance with a compact, architectural design for professional environments.*

Key Features <ul style="list-style-type: none"> Main Body adjustable from 0° - 90° in 5 fixed positions Forward and backward cranking. Adjustable crank length from 115 mm to 200 mm (8 fixed positions) Smooth and consistent resistance via belt driven gear system Accessible design for seated, standing and wheelchair-based training Suitable for floor fixing or optional freestanding base plate Compact footprint for flexible integration in commercial environments 	Muscle Groups Arms - Shoulders - Core - Cardiovascular System	
	Dimensions (L x W x H) 50 x 35 x 129	
	Total Weight 34 kg	
	Control Interface Integrated Touchscreen (4,3")	
	Drive System Belt driven gearing with magnetic resistance	Power Requirement 12 V

Use

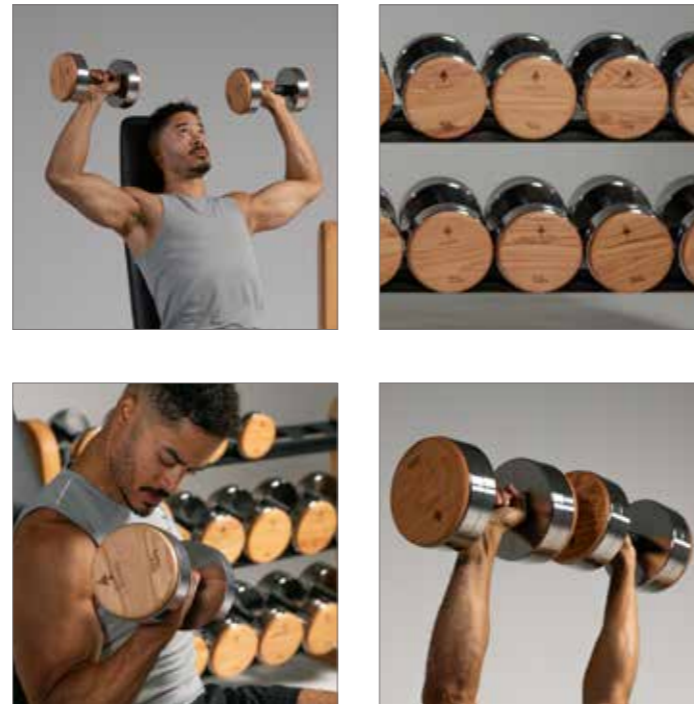
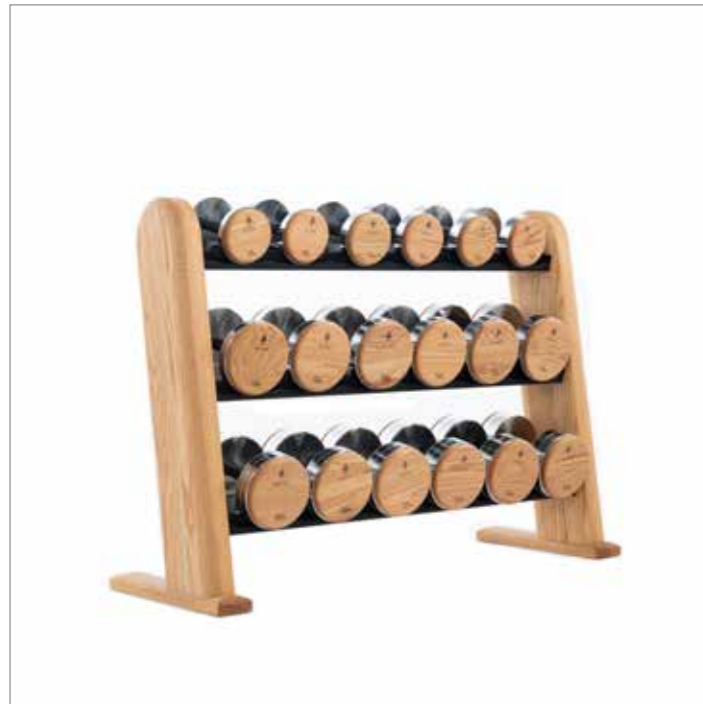
Suitable for professional gyms, rehabilitation centers, hotels and corporate fitness spaces where controlled upper-body training, endurance development and inclusive accessibility are required in a compact and design-led setup.

*expected production start in september/october 2026

NOHRD DumbBells



Functional • Professional Training Equipment



Premium free weights designed for professional strength training, combining precise weight progression, durable materials and a refined wooden aesthetic for commercial environments.

Key Features <ul style="list-style-type: none"> Stainless steel weight cores for precise balance and long-term durability Ergonomic handles for secure grip and controlled lifting Clear weight markings branded into the wooden end caps Designed for continuous daily use in professional environments 	Muscle Groups Arms - Shoulders - Chest - Back - Core - Legs
	Dimensions (L x W x H) 135 x 100 x 50 cm
	Total Weight 320 kg
	Weights included 2 x 5, 2 x 7,5, 2 x 10, 2 x 12,5, 2 x 15, 2 x 17,5, 2 x 20, 2 x 22,5, 2 x 25
	Training Method Functional free-weight strength training

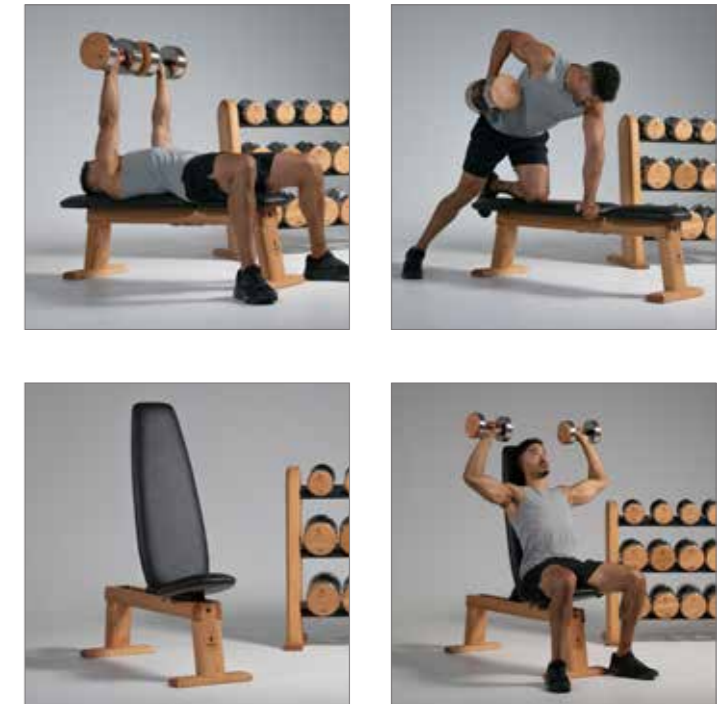
Use

Suitable for professional gyms, boutique studios, hotels and corporate fitness spaces where free-weight training is an essential part of a functional and design-led training environment.

NOHRD WeightBench



Functional • Professional Training Equipment



A versatile weight bench designed for professional free-weight training, combining sturdy construction, ergonomic comfort and a refined wooden aesthetic for commercial environments.

Key Features <ul style="list-style-type: none"> 8-position adjustable backrest for flat and incline strength training Variable seat settings for better stability during your workouts Optional wheels for easy repositioning within the training space Sturdy solid-wood frame designed for high load capacity - up to 400 kg High-quality, ergonomically shaped upholstery for comfort and support during strength exercises Designed for continuous daily use in professional training environments 	Muscle Groups Chest - Shoulders - Arms - Back - Core - Legs
	Dimensions (L x W x H) 135 x 35 x 44 cm
	Total Weight 20 kg
	Max. User Weight 400 kg
	Training Method Classic free-weight strength training

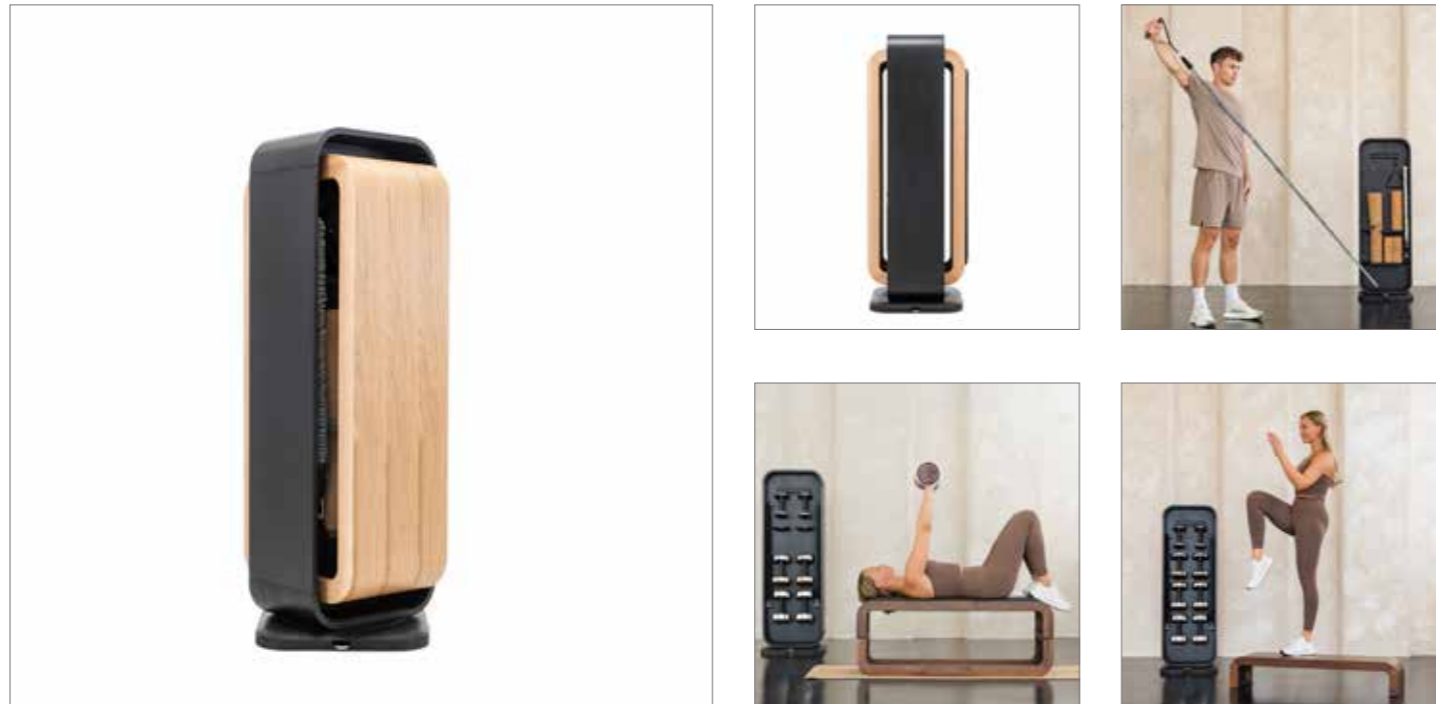
Use

Suitable for professional gyms, boutique studios, hotels and corporate fitness spaces where versatile free-weight strength training is an essential part of a functional and design-led training environment.

NOHRD StepTower



Functional • Professional Training Equipment



A compact, all-in-one functional training station designed for versatile strength, cardio and mobility workouts. The NOHRD StepTower combines integrated storage with modular training elements, enabling efficient full-body training in space-conscious professional environments.

Key Features <ul style="list-style-type: none"> All-in-one training and storage solution for functional workouts Space-saving vertical design with small footprint for commercial facilities Included Equipment <ul style="list-style-type: none"> Modular step panels (one usable as step or both combined as a bench) One padded step for bench use DumbBells: 2 x 2,5 kg, 2 x 5 kg, 2 x 7,5 kg, 2x 10 kg Resistance tubes (4 levels) and wooden handles Exercise mat Yoga accessories (stretch ball, cushion, blocks, foam roller) 	Muscle Groups Core · Legs · Glutes · Back · Shoulders · Arms
	Dimensions (L x W x H) 50 x 48 x 141 cm
	Total Weight 125 kg
	Max. User Weight 150 kg
	Training Method Functional full-body training

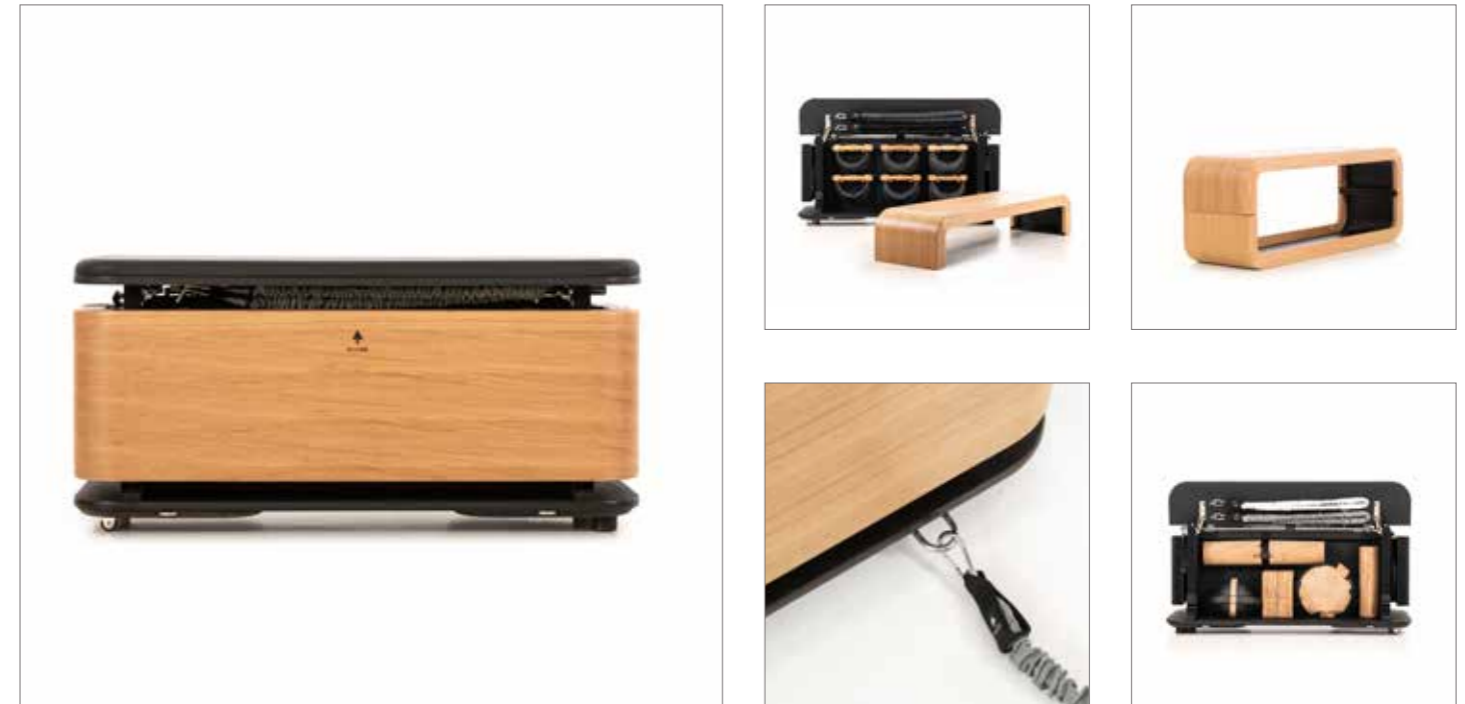
Use

Suitable for professional gyms, boutique studios and hotel fitness areas, as well as private hotel suites and premium hospitality environments, where space-efficient, versatile training solutions are required without compromising design, functionality or user experience.

NOHRD StepBox



Functional • Professional Training Equipment



A compact all-in-one training station that combines step training, strength accessories and functional equipment storage in a refined, space-efficient design for professional environments.

Key Features <ul style="list-style-type: none"> All-in-one training and storage solution for functional workouts Compact footprint with integrated pull-out handle for effortless repositioning Included Equipment <ul style="list-style-type: none"> Modular step panels (usable as steps or combined as a bench) Padded multifunctional box (bench use) SwingBells: 2 x 2 kg, 2 x 4 kg, 2 x 6 kg Resistance tubes (4 levels) and wooden handles Jump rope and Exercise mat Optional <ul style="list-style-type: none"> Yoga accessories (stretch ball, cushion, blocks, foam roller) 	Muscle Groups Core · Legs · Glutes · Back · Shoulders · Arms
	Dimensions (L x W x H) 121 x 57 x 45,5 cm
	Total Weight 80 kg
	Max. User Weight 150 kg
	Training Method Functional full-body training

Use

Suitable for professional gyms, boutique studios and hotel fitness areas, as well as private hotel suites and premium hospitality environments, where space-efficient, versatile training solutions are required without compromising design, functionality or user experience.

WallBars



Functional • Professional Training Equipment



A modular wall-mounted training system designed for functional strength, mobility and bodyweight training, combining classic gymnastic principles with refined craftsmanship for professional environments.*

Key Features <ul style="list-style-type: none"> • Solid wood wall-mounted ladder system with integrated fold-out bar for pull ups • Modular accessories available (CombiTrainer, MultiAdapter, Bench) • Supports bodyweight, mobility, stretching and strength exercises • Space-efficient vertical design, ideal for compact training areas • Available with 10 or 14 bars • For commercial environments, only with a locking set • Designed for daily use in professional and commercial environments 	Muscle Groups Core - Back - Shoulders - Arms - Legs - Glutes	
	Dimensions (L x W x H) 230 x 79 x 13 cm	
	Total Weight 19-21 kg	
	Maximum User Weight 120 kg	
	Training Method Bodyweight-based functional training system	

Use

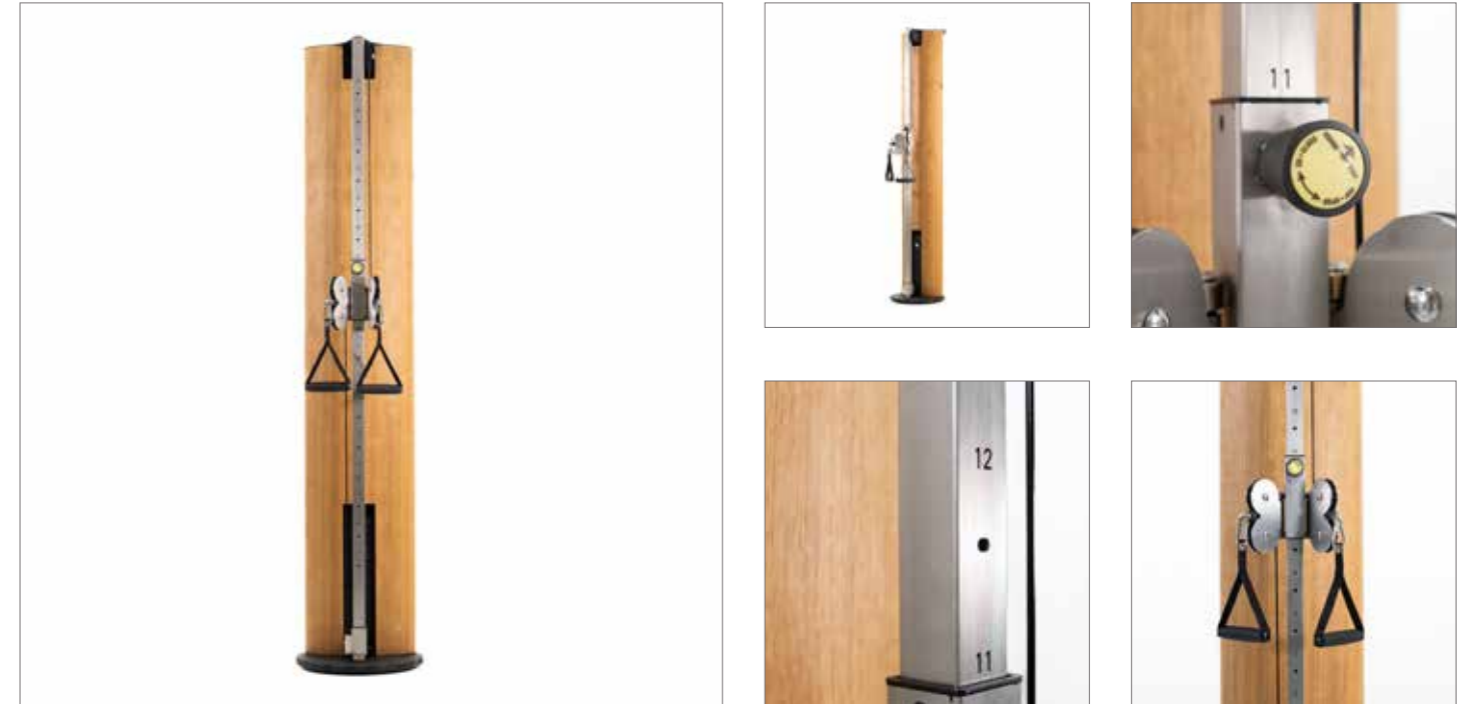
Suitable for professional gyms, hotel fitness areas, wellness spaces and private training environments where functional bodyweight training, mobility work and space efficiency are essential. Ideal for warm-up zones, rehabilitation-oriented training and compact strength areas.

*only with locking set

SlimBeam Pro



Functional • Professional Training Equipment



A compact cable-based training system designed for functional strength and controlled resistance training, combining refined craftsmanship with precise adjustability for professional environments.

Key Features <ul style="list-style-type: none"> • Wooden carcass wall-mounted cable machine with precision pulley system • Square steel rod design with fixed height adjustment positions for consistent training setup • Integrated weight stack with 2:1 cable ratio for precise resistance control • Supports a wide range of strength, rehabilitation and functional cable exercises • Space-efficient vertical design, ideal for compact training areas • Designed for daily use in professional and commercial environments 	Muscle Groups Core - Back - Shoulders - Arms - Legs - Glutes		
	Dimensions (L x W x H) 40 x 20 x 215		
	Total Weight 120 kg		
	Cable Ratio 2:1	Single pull motion 1,25 - 18,75 kg	
	Increments 5 kg	Double pull motion 2,50 - 37,50 kg	

Use

Suitable for professional gyms, hotel fitness areas, wellness spaces and private training environments where controlled resistance training and space efficiency are essential. Ideal for strength training, rehabilitation-oriented exercises and versatile cable workouts.

NOHRD Coreformer



Group Training • Professional Pilates Equipment



A premium Pilates reformer designed for precise, full-body training, combining smooth resistance, refined ergonomics and architectural design for professional studio environments.

Key Features <ul style="list-style-type: none"> • Extra-wide and long carriage • Cushioned touchpoints for more comfort • Elevated headrest for better alignment • Platforms on both ends for more variety • 4 level footbar on both ends (patented mechanism) • Stainless steel spring system with 3 heavy, 2 medium and 1 light spring • Built-in core strap, no sitting box needed • Built-in tray to store hand weights and pilates rings • 12 wheels for smooth and seamless carriage glide 	Muscle Groups Core · Legs · Glutes · Back · Shoulders · Arms
	Dimensions (L x W x H) 280 x 68 x 40 cm
	Total Weight 152 kg
	Resistance Systeem Adjustable stainless steel springs
	Training Method Focused on core stability, mobility, strength and alignment

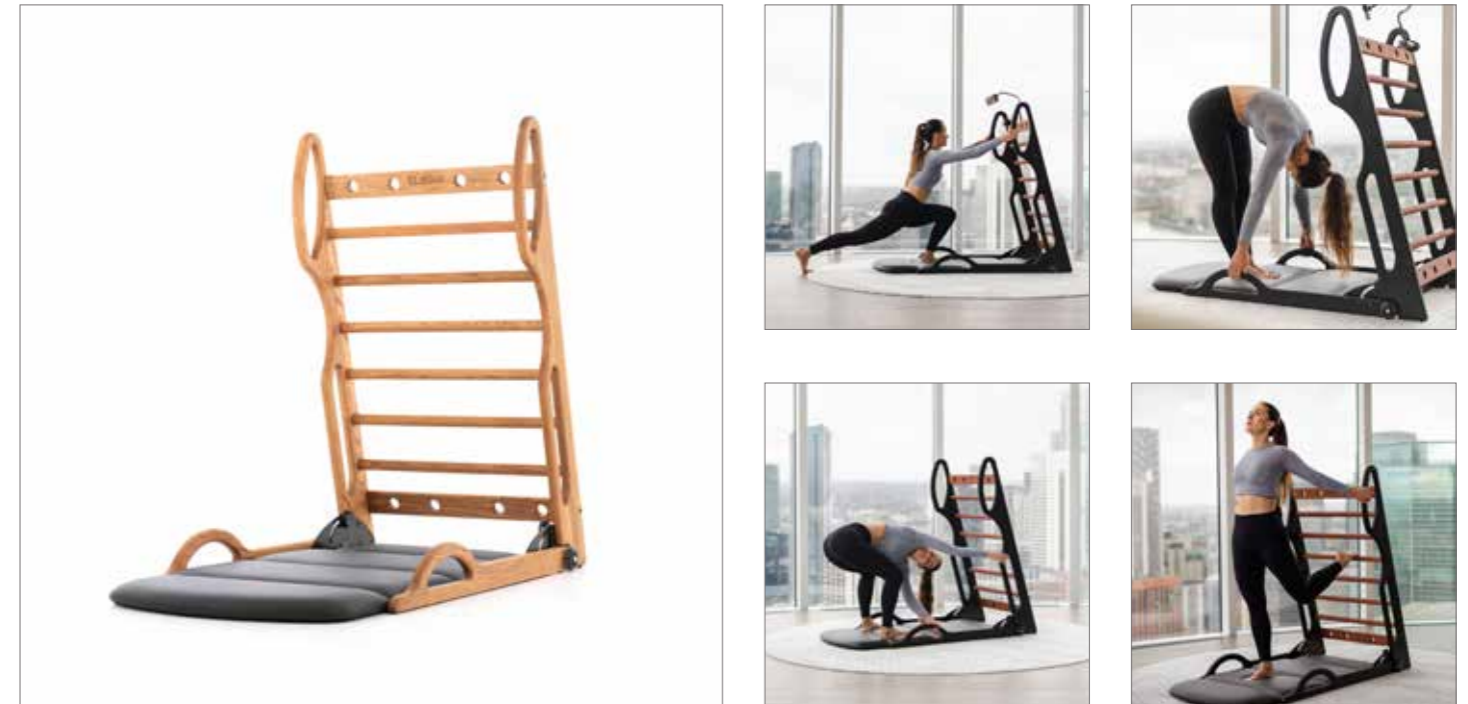
Use

Suitable for professional gyms, hotel fitness areas and corporate wellness spaces where high-grade, professional Pilates equipment is required in a visually refined and space-efficient setup.

NOHRD Elasko



Group Training • Professional Stretch Equipment



A multifunctional stretching and mobility station designed to support flexibility, balance and functional movement training in professional environments.

Key Features <ul style="list-style-type: none"> • Multi-level ladder system for guided stretching and mobility • Six side loops for optimal handle options • Fold-out upholstered exercise mat for safe standing and extra comfort • Foldable construction for space-efficient storage • Designed for supervised and unsupervised use • Low-maintenance construction for daily commercial operation 	Muscle Groups Full Body - Mobility - Flexibility	
	Dimensions (L x W x H) 158 x 79 x 137 cm	
	Folded Dimensions (L x W x H) 26 x 79 x 143 cm	
	Total Weight 40 kg	Max User Weight 120 kg
	Training Method Bodyweight-based stretching and mobility	

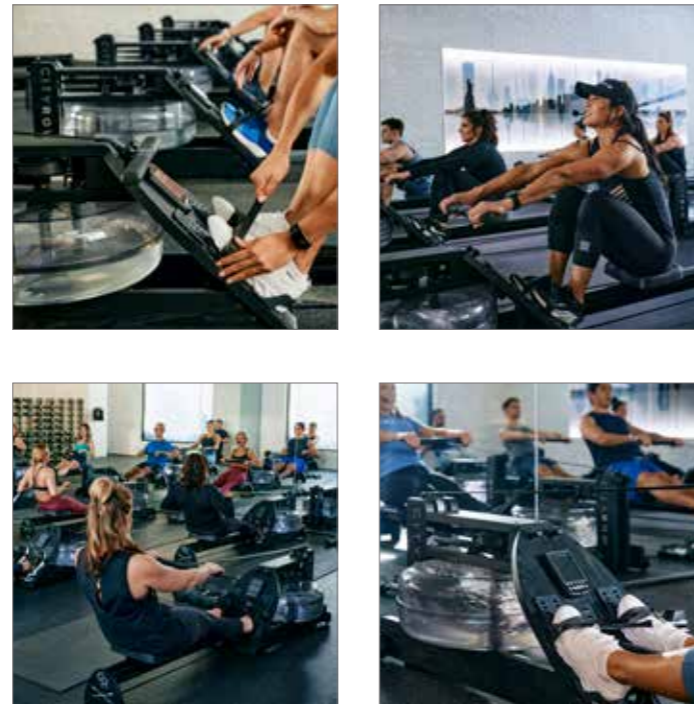
Use

Suitable for professional gyms, hotels, boutique studios and corporate wellness spaces where mobility, stretching and functional recovery training is integrated into daily training routines, as well as in warm-up and cool-down zones.

WaterRower Hybrid GX



Group Training • Professional Rowing Equipment



A premium water-resistance rowing machine designed specifically for group exercise class environments.

Key Features <ul style="list-style-type: none"> Solid hardwood frame available in Oak, Cherry or Walnut wood, finished in natural oil, black/vintage or rose stains according to selected wood type. Built in Dolley Wheels make it mobile and easily movable Stores easily on end in the space of a chair Wide ergonomic handle for enhanced comfort Backlit CR BLE display - ideal for low lit studio environments 	Muscle Groups 86 % of your Muscles - Legs - Core - Arms	
	Dimensions (L x W x H) 216 x 56 x 49 cm (49 x 56 x 216 cm when stored)	
	Total Weight 35 kg (52 kg with water)	Max User Weight 150 kg
	Control Interface Backlit CR BLE monitor	
	Drive System Water resistance	Power Requirement Battery powered

Use

Suitable for Group Exercise studios including boutique fitness, professional gyms, hotels and corporate training spaces

YA'Fi Training Tower



Group Training • Professional Boxing Equipment



A freestanding, multifunctional boxing tower designed for high-intensity striking, kick training and functional conditioning in professional environments.

Key Features <ul style="list-style-type: none"> Freestanding heavy-duty boxing and kick tower Designed for boxing, kickboxing and functional conditioning Multi-layer shock-absorbing core for realistic impact feel Stable weighted base for dynamic movement training Integrated straps and anchor options for resistance training Premium, durable outer material for commercial use 	Muscle Groups Full Body - Core - Cardiovascular System	
	Dimensions (ø x H) 26-60 x 175 cm	
	Total Weight 75 kg	
	Training Method Boxing, Kick Training, HIIT	

Use

Suitable for boutique boxing studios, professional gyms, hotel fitness areas and corporate training spaces where dynamic striking and functional conditioning are integrated into daily training routines.

Training Accessories

Professional Training & Recovery Accessories



NOHRD PowerPlank

A premium upper body trainer designed to strengthen shoulders, arms and core through controlled rotational movement.

**expected production start in july 2026*



YA'Fight Boxing Bag

A premium punching bag for boxing training, striking drills and conditioning workouts.



YA'Fu Cushion

A premium meditation cushion supporting mindful practice, breathwork, and focused relaxation.



YA'Elasko Stretch Ball

A compact stretch ball designed for mobility, flexibility and targeted muscle release.



NOHRD VivaBall

A versatile exercise ball designed for balance training, core strengthening and mobility exercises.



NOHRD Mat

A high-quality yoga mat designed for stable, comfortable practice in yoga, mobility and functional training sessions.

Training Accessories

Professional Training & Recovery Accessories



Yoga Blocks

Cork yoga blocks providing stable support for alignment, balance flexibility exercises.



Fascia Roller

A cork fascia roller for myofascial release, recovery and muscle regeneration.



Resistance Tubes

Set of four resistance tubes in different levels for strength, mobility and functional training.



Skipping Rope

Durable jump rope for cardio training, coordination and endurance.

Our Wood Selection

Sustainably Sourced. Precision Crafted.

Our selection of solid wood is a carefully laid out process. We source exclusively from certified sustainable forestry in the USA and Germany. The high-grade wood components are oiled for protection against dirt and stains.



OAK

VINTAGE

SHADOW

CHERRY

WALNUT

Custom Fitness Designs

Custom Finishes & Project-Specific Configurations

Beyond standard finishes, selected NOHRD Commercial products can be customized to meet specific project requirements.

- Upholstery leather color & stitching options (depending on product)
- Custom wood finishes on request
- Custom frame colors (powder-coated metal components)
- Project-specific configurations for hotels, studios and corporate spaces

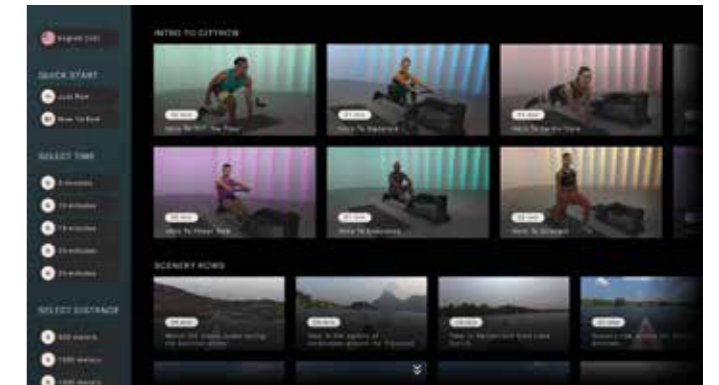


Custom Fitness Projects

Project-Specific Configurations

The software of the NOHRD Commercial Pro screen can be integrated in your existing gym and workout eco-system.

- Custom branding, logos and backgrounds
- Booking system integration
- Member management integration
- Video narrowcasting
- Bring your own content



Contact & Further Information

Pricing, detailed specifications and project inquiries

WATERROWER | NOHRD GmbH

Sales & Project Team

info@nohrd.com

www.nohrd.com/nohrd-commercial

WEBSITE



www.nohrd.com/nohrd-commercial

PRICE LISTS



www.nohrd.com/pricelists

Commercial Warranty Structure

WATERROWER | NOHRD GmbH

1. The Tiered Coverage Model

- **5 Years: Structural Integrity & Framework**
 - Covers all solid wood frames, steel frames, and structural welds against cracking, breaking, or failure.
 - **Note:** Natural grain variations or minor wood movement (expansion/contraction) are not considered defects but inherent material characteristics.
- **2 Years: Mechanical & Moving Components**
 - Covers pulleys, bearings, drive belts, gearboxes, water tanks (WATERROWER), motor assemblies (Citius/Sprintbok), and electronic consoles.
- **1 Year: Electronic & Digital Interfaces**
 - Covers touchscreen displays, sensor boards, and internal wiring.
- **6 Months: High-Contact Wear Items**
 - Covers upholstery, leather, straps, bungees, pullgrips and cables.

2. Warranty Conditions (The „Professional Standard“)

To maintain the validity of this Commercial Warranty, the following conditions must be met:

- **Documentation:** The WATERROWER | NOHRD Service Logbook must be maintained on-site, documenting the completion of the mandatory Maintenance Cycles
- **Environment:** Equipment must be used in a climate-controlled indoor environment (temperature 15°C–30°C, humidity 40%–60%). Use in pool areas, saunas, or outdoor spaces voids the warranty unless the product is specifically rated for such use.
- **Original Parts:** Only original WATERROWER | NOHRD spare parts may be used for repairs.
- **Authorized Labor:** Repairs must be performed by a NOHRD-authorized technician or under the direct remote guidance of our technical support team.

3. Specific Exclusions

This warranty does not cover:

- **Sweat-Related Damage:** Corrosion or wood staining caused by a failure to clean the equipment after use.
- **Cosmetic Aging:** Fading of wood or leather due to direct sunlight (UV exposure).
- **Abuse:** Damage caused by dropping weights on wooden parts or exceeding the maximum weight capacity.
- **Connectivity:** Issues with facility-side Wi-Fi or third-party devices (e.g., user tablets), deletion of software and/or operating systems.

Technical Compliance & Safety Information

WATERROWER | NOHRD GmbH

For WATERROWER | NOHRD, „Commercial“ is not just a label; it is a technical promise. Our equipment is engineered to exceed standard home-use requirements, providing the durability and legal security required for professional environments.

1. ISO 20957: The „Studio“ Standard (Class S)

All NOHRD machines intended for professional use are tested and classified according to the international ISO 20957 series.

- **Classification:** Class S (Studio / Professional).
- **The Difference:** While standard home gear (Class H) is tested for light, occasional use, Class S machines undergo rigorous endurance testing to ensure they can withstand high-frequency, continuous use in commercial facilities.
- **Benefit for Owners:** Legally clears the equipment for use in public-facing areas (gyms, hotels, clubs) where the owner is liable for equipment safety.

2. Comprehensive Risk Analysis and CE Declaration of Conformity (ISO/IEC 17050-1)

Every piece of NOHRD equipment has undergone a detailed Risk Analysis as part of the CE certification process.

- **Framework:** We utilize ISO/IEC 17050-1 (Conformity assessment – Supplier's declaration of conformity).
- **Verification:** This means NOHRD, as the manufacturer, takes full legal responsibility for the product's compliance with all relevant European directives.
- **Pinch Points & Stability:** Design iterations ensure that moving parts are shielded and the machines remain stable even under maximum load.
- **Safety by Design:** By identifying potential hazards during the R&D phase (e.g., for the new Squat Rack Pro or SlimBeam Pro), we eliminate risks before the product reaches the client.

3. RoHS & Substance Prohibition

NOHRD is committed to health-conscious and environmentally friendly manufacturing.

- **Standard:** All electronic components and materials meet the RoHS (Restriction of Hazardous Substances) directive.
- **Safety Limits:** We verify that all used materials (oils, electronics, metals) stay below the legal limit for restricted substances like lead, mercury, or cadmium.
- **The surface is treated with Remmers Hard Wax Oil (Art. No. 0695 / 7684). RoHS:** Compliant with 2011/65/EU and (EU) 2015/863.
- **California Proposition 65:** To the best of our knowledge, this product does not contain chemicals at levels which require a warning under California Prop 65, or the appropriate warnings are provided.

4. „MD“: Certified Medical Excellence

- The „MD“ marked products symbolize that these products are **official certified as a Medical Device** under the European Medical Device Regulation (MDR).
- If sold as „MD“ Product the product will still be branded NOHRD but delivered with a Dr. Wolff (German manufacturer, 100% owned brand by NOHRD) Serial No. Sticker. Due to the certification process, medical power supply and traceability **these products are more expensive.**
- These units meet rigorous **legal standards for safety and performance**, for manuals, traceability and standards for fitness equipment.
- **Professional Trust:** This mark confirms the equipment is suitable for hospitals, physiotherapy clinics, and elite wellness resorts.



WATERROWER | NOHRD



WATERROWER | NOHRD GmbH
Otto-Hahn-Straße 75 · 48529 Nordhorn · Germany
Tel. +49 59 21 - 17 98 400 · info@nohrd.com · www.nohrd.com

WaterRower Inc.
560 Metacom Ave · Warren, RI 02885 · US
Tel. +1 (800) 852 2210 · info@waterrower.com · www.waterrower.com