

NOHRD SpineStretch



ADJUSTABLE

Handles



SPACE-SAVING

Less than 1 sq m



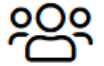
DURABLE

Highest quality materials



MOBILITY

Preserve and promote



FOR EVERYONE

All age ranges



USABILITY

Easy to use

Description

The NOHRD SpineStretch is designed to effectively stretch the posterior muscle chain, which includes the calves, hamstrings, glutes, and spinal muscles—key areas for mobility and posture.

Regular stretching helps release tension, prevent muscle shortening, and correct imbalances, whether after a workout or to improve everyday flexibility.

Crafted from high-quality wood with a durable melamine coating, the NOHRD SpineStretch blends seamlessly into any environment. Its ergonomic construction ensures a safe and comfortable experience, while the compact design makes it ideal for both home and professional studios.

SpineStretch

Dimensions

26"W x 29"1/2D x 11"7/8H

