

## NOHRD StepBox



### *Description*

The NOHRD StepBox is crafted from black-stained, real wood-veneered chipboard, ensuring durability and a premium finish. All wooden components are oiled with NOHRD's signature hard wax oil, enhancing both the beauty and longevity of the materials. High-quality stainless steel pins and sleeves provide secure attachment points for various workout equipment, ensuring a stable and reliable training experience.

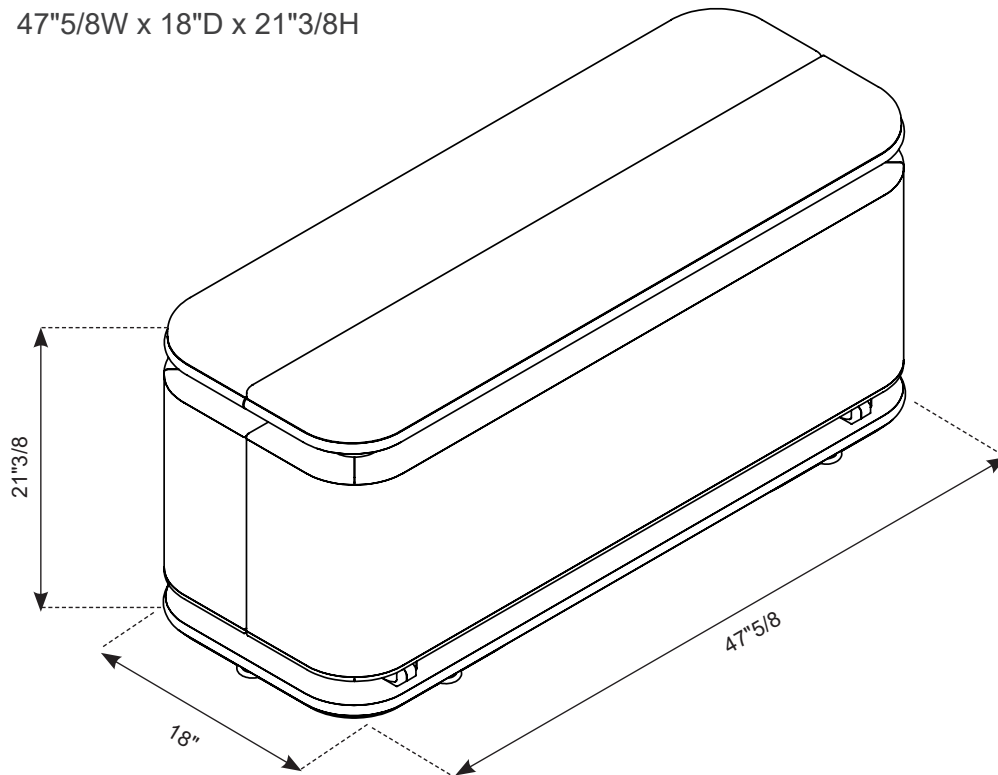
Inside, you'll find a pair of NOHRD SwingBells in weights of: 4.4 lbs (2 Kg) 8.8 lbs (4 Kg) 13.2 lbs (6 Kg), all neatly stored on hooks along the inner side of the box. Resistance tube bands in varying tensions are conveniently stored beneath the upholstered lids, ready to be fastened to the box or used with the handles for a variety of resistance exercises. The jump rope and tube handles are securely stored at the short end of the StepBox, making them easy to access when needed. Additionally, a cork exercise or yoga mat, measuring 70"7/8 x 23"5/8 (180 cm x 60 cm), is stored in the second side compartment, providing a natural and comfortable surface for your workouts.

## StepBox

---

### *Dimensions*

47"5/8W x 18"D x 21"3/8H



### Wellness Package



## StepBox

---

### Included



#### SwingBells

One pair of NOHRD SwingBells in 4.4 lbs (2 Kg) 8.8 lbs (4 Kg) 13.2 lbs (6 Kg) stored on hooks inside the box.



#### Tubes

Four tube bands of varying resistance strengths, ready to attach to the box or handles.



#### Jump Rope

This accessory is securely stored at the short end of the box.



#### Exercise Mat

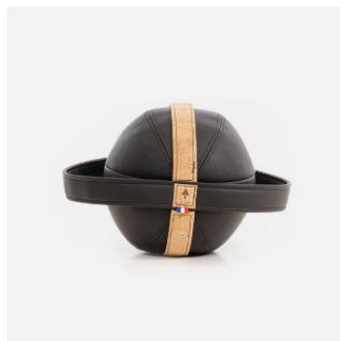
A durable cork mat, stored in the side compartment, measuring 70"7/8 x 23"5/8 (180 cm x 60 cm).

### Wellness Package



#### Yoga Cushion

A yoga seat cushion, designed for practicing yoga



#### Stretchball

A yoga stretch ball for stretch fitness training.



#### Faszia Roll

A cork fascia roll perfect for regeneration exercises.



#### Cork Blocks

Two cork yoga blocks, perfect for practicing yoga.