

# NOHRD SwingBells Weights Board



## *Description*

Swinging movements belong to our daily routine. They are highly effective and, therefore, a natural component of our repertoire of moves.

This becomes clear to us when our resilience (ability to withstand stress) diminishes and pain simply hinders our momentum. Prevent this by incorporating swing- training into your workout: muscles, joints and connective tissue will become flexible, supple, and more resilient.

The Nohrd Swing's change of emphasis, extending beyond the extremities, will increase elasticity.

Your connective tissue is precisely designed for such flexibility (bounce) and also requires this resilience to stay in shape. 4.4 lbs (2 Kg) 8.8 lbs (4 Kg) 13.2 lbs (6 Kg) 17.6 lbs (8 Kg). SwingBells included.

## SwingBells Weights Board

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### *Dimensions*

8"5/8W 3"1/2D x 61"7/8H

