



SlimBeam

Trainingshandbuch
Training manual
Manuel d'entraînement



1-0



1-1



1-2



1-3



1-4



1-5



1-6



1-7



1-8





1-10





2-0



2-1



















2-10



2-11



2-12



2-13



3-0



3-1



3-2



3-3



3-4



3-5



3-6



3-7





4-1



4-2



4-3





4-5











5-0



5-1



5-2



5-3



5-4



5-5



6-0



6-1



6-2



6-3





6-5



K1



K2



K3



K4



K5



C1



C2



C3



C4



C5











Z5











Z10







Z13







Z16



Information + Videos

www.nohrd.de/slimbeam

Service

WaterRower GmbH
Otto-Hahn-Straße 75
48529 Nordhorn

Tel. +49 (0) 59 21 - 17 98 400
Fax +49 (0) 59 21 - 17 98 411

info@nohrd.de
www.nohrd.de