NOHRD

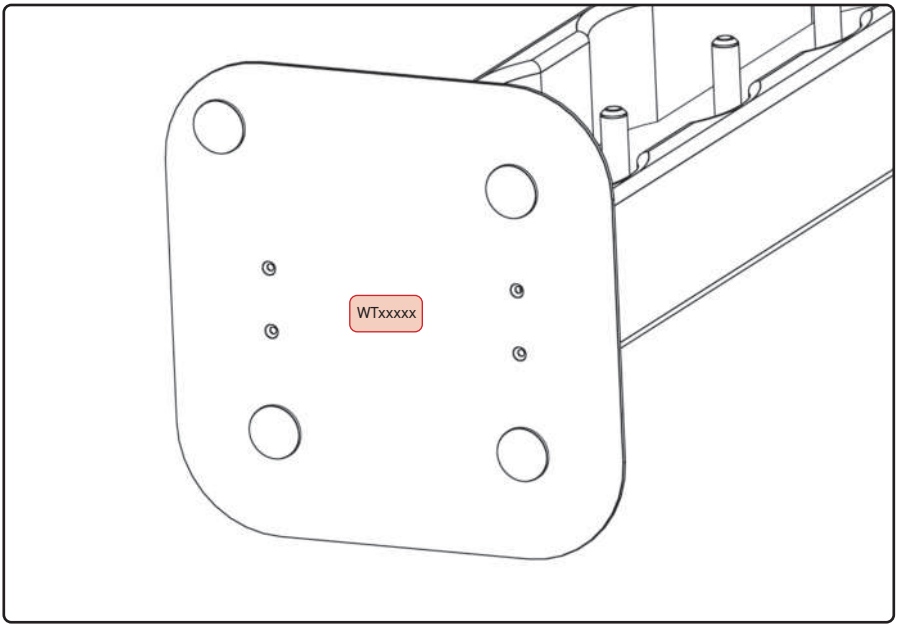
NOHRD WeightPlate Tower

Aufbau- und Bedienungsanleitung
Assembly and User Manual



WT0126

NOHRD



Serial-No.

Dimensions	Weight	WeightPlates	# Packages
45 x 70 x 117 cm	88 kg	4x 0,5 kg, 4x 1,25 kg, 4x 2,5 kg, 8x 5,0 kg	13

OPERATING VIDEOS - PLEASE SCAN QR CODE
https://www.nohrd.com/de/weightplate/start/

SAFTETY INSTRUCTIONS - PLEASE SCAN QR CODE AND READ CAREFULLY
https://www.nohrd.com/us/weightplate/instructions/

Default Box (Full Set)

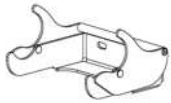
A 1x



B 1x



C 2x



D 2x



E 4x 0,5 kg



F 4x 1,25 kg



G 4x 2,5 kg



H 8x 5,0 kg



I 1x



J 1x 4 mm



K 1x 5 mm



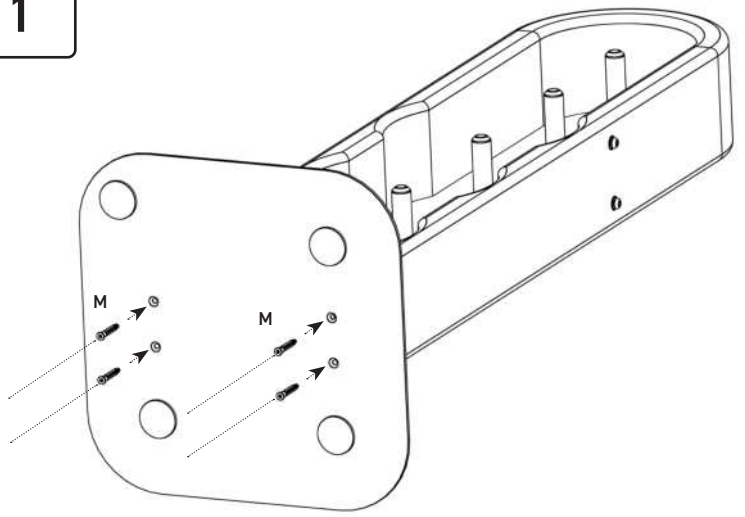
L 4x M8



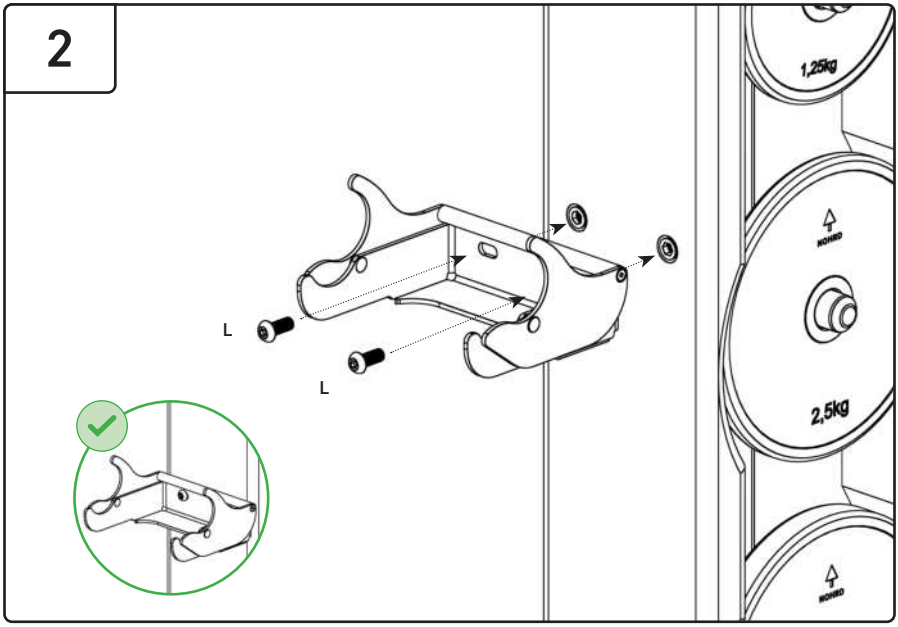
M 4x



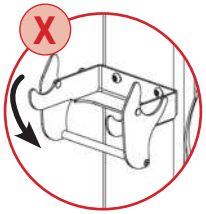
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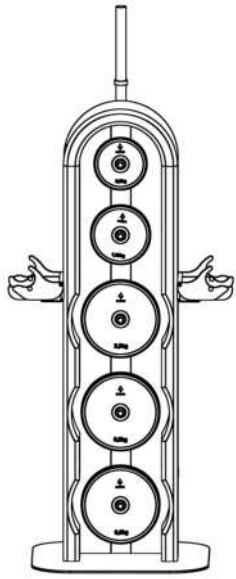


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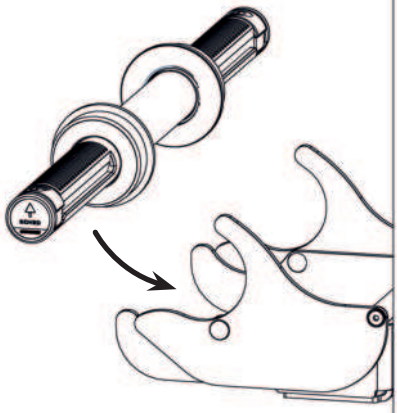
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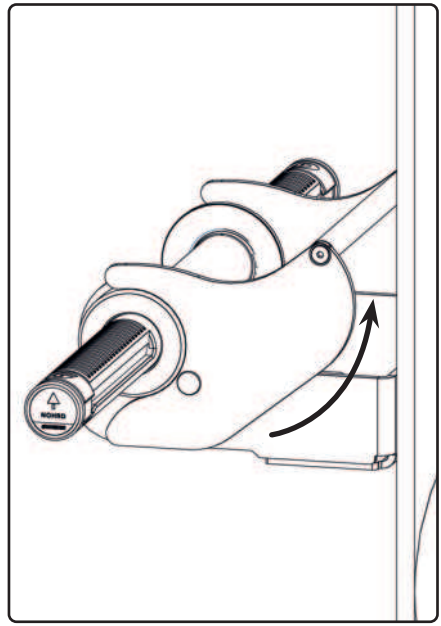


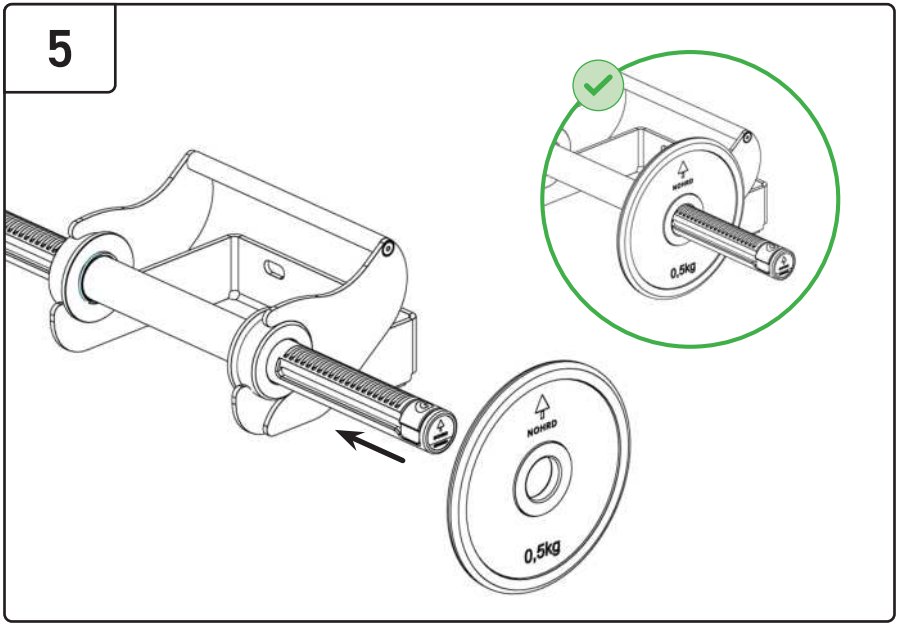


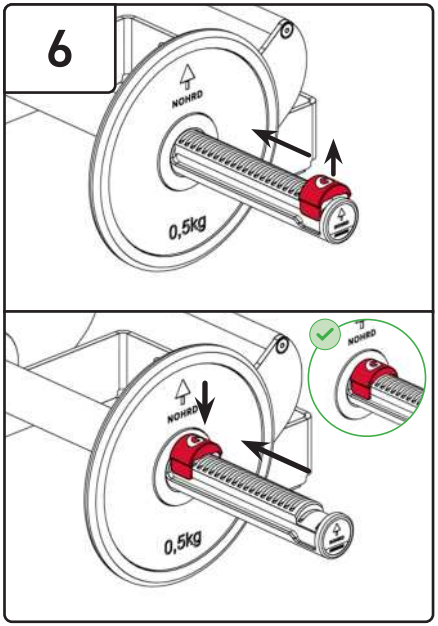


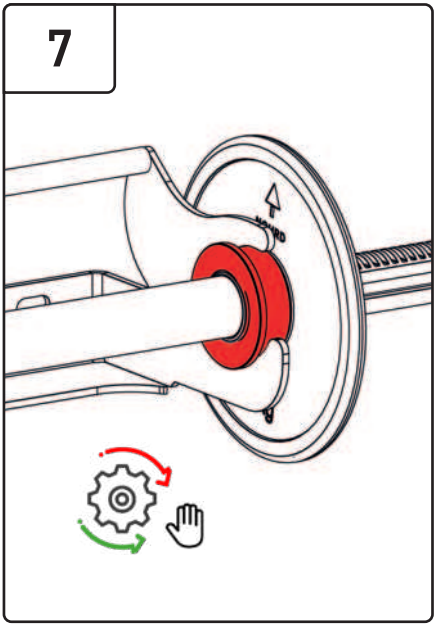
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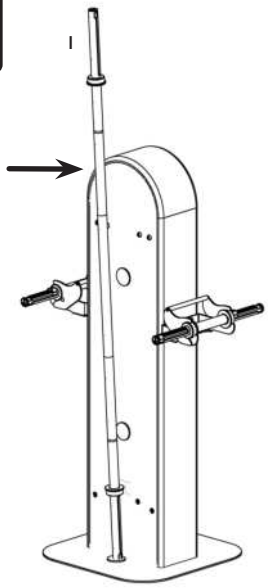


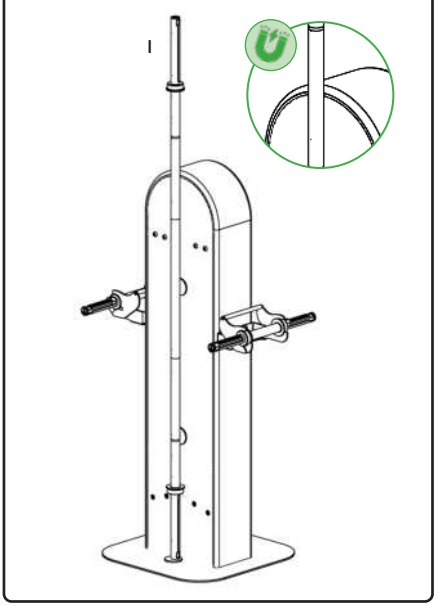

5
NOHRD
0,5kg
NOHRD
0,5kg


6
NOHRD
0,5kg
NOHRD
NOHRD
0,5kg

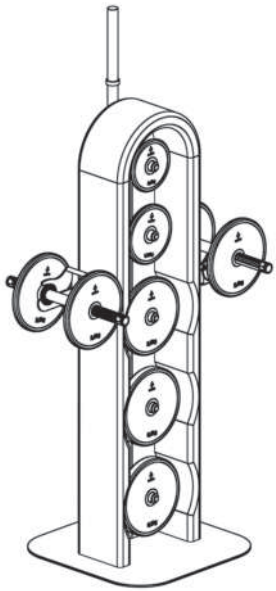

7

8





9



NOHRD

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