



SPRINTBOK

by



 **WaterRower**

Est. 1988

NOHrD Sprintbok

Available in our full range of signature hardwoods, the handsome aesthetic of the Sprintbok is surpassed only by its industry-leading functionality. Suitable for everyone, from professional athlete to recreational walker, the Sprintbok is a manual curved treadmill that encourages users to run in a more ergonomic style.

The fantastic thing with a curved treadmill is that it improves running technique, promoting mid-foot or front-foot striking. This is the natural way of running coveted by the best runners in the world as it is highly efficient and reduces the likelihood of injury. A manual curved treadmill also

provides a more effective workout. A study in the *Journal of Science and Medicine in Sport* reporting that an average of 30% more energy is expended running on a curved treadmill when compared to the conventional motorised version.

The Sprintbok is designed to give runners the same level of natural control felt when running outside. Speed is determined by how fast or slow users run, without any mechanical limitations. A patented flexion system cushions each step, absorbing shocks and vibration to offer further protection from injury and keep noise to a minimum.



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A commercial grade piece of equipment, the Sprintbok has gone through rigorous testing to ensure that it is more than suitable for use in high traffic gyms. Manufactured from the highest quality sustainable materials available, all moving parts have been greased for life and require minimal maintenance.

Workout performance information is displayed on a high definition 17-inch touch screen tablet, which is also compatible with the full range of apps found on the Google Play Store; allowing users to analyse their performance in minute detail or relax and watch a favourite TV show.

30%

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JOURNAL OF SCIENCE AND MEDICINE IN SPORT



At a Glance

- Innovative manual, curved treadmill
- Encourages ergonomic running style – reducing the likelihood of injury
- Burn 30% more calories than on a conventional treadmill
- Available in a range sustainable hardwood
- Full commercial warranty





WaterRower UK
19 Acton Park Estate
The Vale
London
W3 7QE

www.waterrower.co.uk
info@waterrower.co.uk
020 8749 9090