



Editor's Pick

Each month, our editors pick the coolest gear to help you reach your goals — or simply because you want it.

Words: Annemiek de Gier. Photography: Fiby Delsen

Better leg training

Attach, click, curl

Build strong hamstrings without setting up half a gym at home? With Nordbelt, you can do Nordic curls at home, in the gym or on the field. Attach it to a door, bench, fence or beam, slip your ankles in and get started.