



Basic Nordic Pole Walking Training Handout

Remember, it is never too late to Start!

Step 1 – Nordic Pole Setup

Speed locks - Flip tab open and if necessary, turn setscrew clockwise to tighten your new poles, then flip down tab to lock. If your pole shortens while walking then you need to tighten. (Watch Videos on Pole setup on website*)

Twist locks – (Watch Video on pole set up on website*)

Rubber boots – There are **4 different tips and Boots** that can be used based upon the surface you are walking on. **A carbide tip are built into the poles, can be used on trails, grass, sand or any soft surface.** These tips will engage a higher level of resistance especially the upper body. **Trail Tips** are the round flat tip used when hiking on rocky surfaces. **Soft Indoor Boots** are used on tile or any surface that needs extra traction to propel you forward. **Hard Outdoor Boots** are used on sidewalks or streets. The pointed ends of the Indoor and Outdoor tips should be facing backwards otherwise you will be bouncing off the pointed ends.

Gloves – Our gloves are designed to fit anyone hands.

Pole Height – Bend your arm at the elbow to a 90 degree angle, **now lower the pole height 2-3 inches.** This will help you to keep your pole at a backward angle like cross country skiers. **You will lengthen your poles to 90 degrees when you are able to increase your stride and speed only if you are physically, don't worry if you can't due to age or disability.** Your rubber pole boots will always point backwards helping to keep your pole at a backward angle putting you into 4 wheel drive.

Step 2 – Walking – **Your normal walking gait or stride is the same used in Nordic Pole Walking.** You swing your arms forward and backwards as you walk. This

creates an opposite arm and leg movement, when resistance is applied with your poles it creates a cross motor function stimulating brain activity. **You are in 2 wheel drive activating only your lower body and legs, when you are walking without poles.**

Step 3 – 4 Wheel Drive – Place your left foot forward placing your right pole between your forward foot and back right foot. Your poles should be at a backward angle. Holding your pole handle loosely, squeeze and apply pressure from the palm of your glove transferring energy into your pole helping you push off in a forward movement. **You will feel a resistance activating your upper body and arms you're in 4 wheel drive, creating a "Full Body Aerobic Exercise with resistance & cross motor function.** Don't drag your poles forward when walking after you get the technique down.

Step 4 – Basic Training - with poles in hand, step forward with your left foot and with your right foot back in place. Your pole in your right hand should be placed at a backward angle with the rubber boot by the arch of your foot. You can increase the angle and placing the pole farther back just like cross country skier if your physically able. **Now with your right hand holding the pole loosely squeeze and push down and back on the pole handle which will transfer force from your glove and pole to the surface you are walking on propelling you forward. You will feel your triceps and upper body engage putting you in 4 wheel drive proving you a full body resistance aerobic exercise creating cross motor function increasing brain function.** Next, holding your poles loosely start walking at your normal walking pace swings your arms as normal where you feel comfortable. **Remember, it is not your speed that is as important than being in 4 wheel drive and distance that will build endurance and strength. Now after walking for a minute or two, just move your arm swing forward just a few inches and you will your poles engage your upper body putting you in 4 wheel drive. It's that simple.**

Step 5 – Advanced Training - – **If you are able to pick up your stride and speed, then you will need to increase the length of your poles until you reach a 90 degree angle. When your hand is beside you hip, you will open up your hand allowing you to move your arm further back. You will not bring your arm forward again (basic) instead open your hand and move your arm back just like**

a Cross Country Skier. At the same time you will need to take an extra step forward which increases your ROM by 30%. When you are walking keep your arms straight. Those who cannot physically increase their stride or speed, don't worry because you are still getting twice the Health Benefits in half the time as regular walking!

(Highly recommend Watching training video)

Additional Exercises - Your instructor will also demonstrate Stretching, Strengthening, Balance and Breathing exercises helping to create *balance*, *flexibility* and *endurance* with just simply using your Nordic Walking Poles as *support*. This allows you to go through increase ranges of motions easily.

(Watch Videos on website*)

"Our patients are walking the path of Wellness."

*Training Videos:

<https://nordicwalkingnations.com/training-videos/>