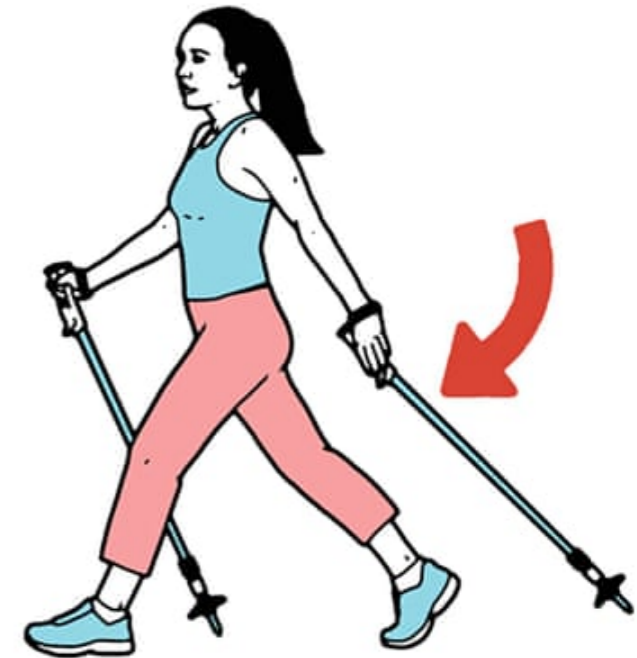


Nordic Walking

Unlike trekking or hiking poles, which have loose straps that go around your wrists, Nordic poles have a special glove-like system attached to each pole. These poles have you sliding your hand into it where you are using your palm rather than your fingers to transmit power to the poles and move yourself forward. **FORM:** There are several Nordic walking techniques. One is "double poling." It involves planting both poles symmetrically in front of you and pulling yourself forward as you walk a few steps. You then walk a three steps and repeat. The other common one is "single poling," which mimics what your feet are doing, with just one pole in front of you for each stride. Do this either with the same-side arm and leg together or with the opposite arm and leg together. The pole and foot will always be striking and propelling at the same time. **EQUIPMENT:** 70% of your overall height is the recommended length for your Nordic walking poles. The rule of thumb is that your elbow should bend at a 90 degree angle when the pole is perpendicular to the ground (the elbow should be glued to the waist and pole tip touching the ground).



Walking with Nordic poles burns more calories and works more muscles than conventional walking many websites suggest. Nordic walking mimics the motion of cross-country skiing by using poles to push yourself as you walk. It was originally designed as a summer training routine for cross-country skiers. Now Nordic walking is catching on in the United States as an exercise regimen, especially among older adults. The exercise combines muscles in the lower and upper body that regular walking does not, where studies have shown an engagement of 80% to 90% of your muscles, as opposed to 50% with walking, providing a substantial calorie-burning benefit ([research](#), [research 2](#), [research 3](#)).. Other studies have shown that Nordic walking burns more calories than regular walking up to 20% ([research](#)). While walking the poles help redistribute weight and can help reduce joint loading and increase muscular strength. This may help reduce the pain that typically comes with prolonged high impact exercise, such as running ([research](#)). You burn more calories but not feel like you are working harder compared to traditional walking ([article](#), [article 2](#)). One study found that office workers who practiced Nordic walking for 12 weeks had greater shoulder mobility and reduced pain in their traps, lats, and infraspinatus ([research](#)). Body composition improvement is superior with Nordic walking compared to conventional walking as seen in a 9-month study including 77 university students which showed an 18% greater reduction in fat mass compared with those in the control group, who engaged in regular exercise based walking program ([research](#)). I am all about joint health and pain-free motion and Nordic walking seems to fit the bill there. One study found that it increases hip range of motion, stride length, and functional fitness in those with osteoarthritis. Furthermore, it was shown to significantly reduce perceived pain compared with home-based exercises ([research](#)).

Proper technique for Nordic walking see more here

To get the most out of your exercise, you'll want to make sure you're walking with proper technique. Here's how to do it:

1. Stand tall with your shoulders relaxed, chest up, and eyes looking straight forward.
2. Hold a pole in each hand on a diagonal angle backward (they should be angled so the base of the pole is behind you). Your hand should lightly grip the pole.
3. As you take a step forward with your left foot, bring the right pole forward so that the base of the pole lands on the ground to the side of you (do not bring the pole in front of you).
4. Push the pole into the ground behind you as you take a step with your right foot. As you fully extend your arm, loosen your grip so that your palm is almost fully open. This allows your arm to go through a larger range of motion and prevents wrist injury.
5. As this occurs, bring your right foot and left pole forward (close your grip as the pole lands to push it off of the ground) and continue the motion.

The biggest difference between traditional walking and Nordic walking is the use and positioning of the poles. Always make sure the poles are on an angle and never come in front of you. from [healthline.com](https://www.healthline.com)

BENEFITS OF NORDIC POLE WALKING

You'll use **90% of muscles** pole walking, versus 40% walking or running

Front

Back

Pole Walking

1. Trapezius
2. Deltoids
3. Pecs
4. Upper abs
5. Forearm flexors
6. Subscapularis
7. Triceps
8. External oblique

Both

1. Gluteus maximus
2. Hamstrings
3. Lower abs
4. Quads
5. Gastrocnemius
6. Tibialis anterior

Source: seattlewatching.com

TYPES OF NORDIC POLES

Which poles are right for you?



Telescoping poles are 'one-size fits all', and are more transportable.

Available in 2 or 3-pc versions.

1-piece poles are generally stronger and lighter, but must be matched to the user.



Metal tip offers better traction on grass, dirt, or uneven terrain.



Rubber tip is best on pavement.

NORDIC POLE WALKING TECHNIQUE

Tips For Beginners

1

Carry your poles.
Walk with the poles alongside you, letting your arms swing in natural opposition to your legs.

Work on form.
Walk heel to toe, and lengthen your stride by using a fuller arm swing.



2

Drag your poles.
Strap in, and let your poles drag behind you as you continue the same pace.



3

Plant your poles.
Grip your poles and plant them at the same angle as you dragged them.

Push with your poles
Add pressure to each pole plant to push yourself off.

