



Nordic Walking: Tip



All Terrain Tip: Whether walking on concrete, gravel, or grass, the changing of the walking pad is not necessary due to the integrated tip which protrudes slightly from the Nordic Walking Pad.

Note: If you hear a clicking noise on concrete, this is not a flaw of the poles or the tip. With the proper Nordic Walking technique, this clicking sound will not occur, so simply alter your walking technique.

1. Set the pad down on the narrow edge
2. Use a rolling motion when pushing off of the ground
3. In the inclined position the tip has better holding power, thus increasing stability and a more effective transmission of power when walking

Note: To exit fullscreen mode press ESC
In case of any problems with video,
[please download the latest version of the Adobe Reader](#)