

exercise-4-life



EX-POLE

A lightweight Nordic walking/trekking pole with ergonomic grip and adjustable straps. The Ex-Pole is available as a telescopic pole in aluminium, and is equipped with ergonomic grip, removable rubber tips for walking on tarmac and reflectors on the wrist strap.

KEY FEATURES AND SELLING POINTS

- **Ergonomic grip and straps** – grip friendly and gentle on joints and muscles
- **Carbon fibre/fibre glass blend** – durable and flexible material
- **Telescopic** – pole in aluminium easily adjusted to desired length
- **Hard metal tip and asphalt rubber paw** – for multiuse on different surfaces
- **Reflective details** – for increased visibility in night time use

ONE MINUTE DEMO

1. Explain the different pole materials available
2. Explain pole length compared to body length. Pole length = $0.66 \times \text{Body length}$
3. Show how to adjust pole length (Adjustable poles only)
4. Show how to put the hand into the glove correctly and how to hold the handle
5. Show the hard metal tip and rubber paw and explain when to use them

Silva Ex Pole Plus Owners Manual

Joacim Rocklöv



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The Complete Guide to Nordic Walking Gill Stewart, 2014-09-11 Nordic walking a specific technique for walking with poles that is far more effective in burning calories and whole body toning than walking alone is growing rapidly in the UK and worldwide Here at last is a clear simple guide to help you understand everything you need to know about Nordic walking whether you are a beginner a more experienced Nordic walking enthusiast or a health and fitness professional The Complete Guide to Nordic Walking expels all the myths and simply provides advice and information on how to Nordic walk who with where and most importantly why Organised into clear sections to help you to find exactly what you are looking for quickly the guide is packed with tips case studies research exercise plans and equipment advice it is the complete manual for Nordic walkers of all levels The book is endorsed by Nordic Walking UK and has contributions from worldwide experts including Martin Christie who brought Nordic walking to the UK Tom Rutlin Jose Manual Fernandez Molina and Fabio Moretti

Systems Structure and Control Petr Husek, 2008-08-01 The title of the book System Structure and Control encompasses broad field of theory and applications of many different control approaches applied on different classes of dynamic systems Output and state feedback control include among others robust control optimal control or intelligent control methods such as fuzzy or neural network approach dynamic systems are e g linear or nonlinear with or without time delay fixed or uncertain onedimensional or multidimensional The applications cover all branches of human activities including any kind of industry economics biology social sciences etc *Boys' Life* ,1955-04 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting

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the ecosystem for example grass produces its own food from sunlight a rabbit eats the

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web a food chain shows how energy is transferred from one living organism to another via food it is important for us to understand how the food chain works so that we know what are the important living organisms that make up the food chain and how the ecology is balanced photosynthesis is only the beginning of the food chain

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web food chain is a linear sequence of organisms which starts from producer organisms and ends with decomposer species food web is a connection of multiple food chains food chain follows a single path whereas food web follows multiple paths from the food chain we get to know how organisms are connected with each other

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