

# POLES TECHNOLOGY

The benefits of Nordic Walking and Stride Walk-Fit could be easier and faster reached when using the proper technique and the proper hardware. Special trained, educated and certified instructors are available world-wide to promote and support the Stride Walk Fit Concept.

Stretching, strength training, indoor, outdoor, in the city, in the country, along the woods or in the gym... no matter where and when: the Stride poles will be with you!



## WEDGE

For easy strap length adjustment.

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## ERGONOMIC GRIP

Rounded shape on top and an angle of 6-7° to enhance comfortable grip and release during practice. All Gabel grips are made in lightweight non-allergic compounds (anti-sweating). Cork grips available.

## LIGHT WEIGHT SHAFTS

Enable to perform a fine and precise technique and lower the stress on arms and shoulders. Different Carbon% and ALU Alloys are offered for different users.

## WALKING PAD

Very light, it absorbs impact on hard surfaces and optimizes push off in order to support the proper Nordic Walking technique.



## STRAP

Key element in the Nordic Walking activity. Gabel Fit Lik System with its redesigned shape is now at higher level in fit and comfort. A new release system, the Nordic Click System provides even better fit: the strap can be easily clicked out of the poles and adjusted very precisely.

## TIP

Sharp and durable guarantees the best grip to every type of terrain. All Gabel poles feature the Carbide tip. The top performing range have the new integrated tip (basket + tip) for lower weight on the end of the pole. Fits all Gabel Pads.

## NORDIC CLICK SYSTEM (Patent pending)

NEW



Push the plastic edge till the end of the hole (you will hear a click).

The strap is now fixed.

Release your hand from the pole by pushing the top button.

Your hand is now free!

## BASKET/TIP

NEW



Better grip and lighter weight in one integrated system.