



## It's time to Stride



Looking for Fitness? The Stride Fitness Program, the brand new offer from Gabel, could be just the answer: a balanced and targeted training program that is simple and effective to regain fitness in no time, in the most natural and healthy way possible: by walking. But what lies behind the Stride Program?

Stride is a simple and effective means to achieve optimal training results. From sports medicine, which for ten years has studied physiological changes in athletes, it is known that combining the movement of the legs and arms, involving the chest muscles, increases physical performance. Based on this knowledge comes Stride, i.e. walking using poles for support. In fact the use of poles in walking leads to a series of benefits, above all in terms of health, including:

- reduction in heart rate in rest conditions and under stress;
- prevention of osteoporosis;
- consumption of reserve fats with consequent loss in weight;
- control of hypercholesterolemia and hypertension.

But Stride Fitness Program does not only mean walking with poles: it's an actual training program that includes a wide range of activities such as stretching, warm-up and muscle strengthening, with a range of exercises and patterns, facilitated by the use of the poles, which can be used also in the gym, to provide a personalized program to satisfy all needs, from the trained athlete to the fitness buff, from young people to the elderly.

The first approach with Stride couldn't be simpler; to start walking, simply move off "dragging" the poles behind you to then start moving them in time with the natural swing of the arms. After this you can exert a slight pressure at the most forward point of the arm swing. While increasing the range of movement of the upper limbs, the arms can be pushed more vigorously without gripping the handle (the hand stays open), but simply holding the strap/glove. The tip of the pushing pole is located at the height of the heel of the forward foot. The pushing movement is completed behind the body and is more effective if kept constant from start to end and if the triceps are contracted. The feet also push vigorously, rolling from the heel to the toes to enable an increase in speed. A Stride outing should last at least 20 min. and can go well over an hour, given that once the aerobic threshold has been



set with your trainer, thanks to the heart rate monitor, the level of effort can be controlled, maintained within aerobic levels. In this way reserve fats are consumed without causing muscle fatigue provoked by lactic acid.

We recommend the use of proper equipment to obtain the best results from the Stride Fitness Program. The Stride Poles Collection is specially designed by Gabel to get the best possible results from training ensuring the maximum comfort and support. The Stride Collection features lightweight, durable shafts, ergonomic grips, special straps for easier wrist movement and different tips for all types of terrain.

**Warning:** as with all sports, arrange for a general checkup with your doctor to assess your health before starting a training program with Stride.

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**Stride** walk-fit  
FITNESS PROGRAM

- Stretching
- Warm Up
- Stride
- Strength Training



## Choosing your poles!



- Parabolic surface with curvature to optimize push-off
- Ideal material for contact with hard surfaces
- Ideal form and composition to minimize wear and tear

### FLS - Fit Link System:

FLS strap system is differentiated in L = left hand and R = right hand. Choose the size which best fits your hand FLS or FLS-D. For replacement or cleaning, remove the screw on the top and slide the strap out. To use and adjust the strap follow illustrations. If necessary, allow the strap to air dry after each training session.

### ParaB Walking Tip:

Be sure that the ParaB-Walking Tip is inserted completely onto the tip end of the poles before beginning. Always use the ParaB-Walking Tip on hard surfaces such as asphalt to absorb impact. Always use the ParaB-Walking Tip when using Stride poles in the gym to avoid any damage to surfaces such as treadmills. Rotate the ParaB-Walking Tip in order to ensure even wear. Replace the ParaB-Walking Tips as soon as the treads begin to wear.



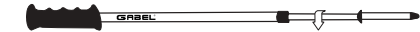
## The right choice

### Length of poles:

Select proper length of pole with elbow at 90°. Indicatively, multiply your height by 0,7. Pole lengths are graded at 5 cm intervals therefore the length should be rounded off to the nearest 5 cm pole length (i.e. height = 160 cm, 160 cm x 0,7 = 112 cm, proper pole length = 115 cm).

When using a telescopic pole, follow instructions to set the proper length:

- 1- Turn in indicated direction (open)



- 2- Extend to desired length - DO NOT pass STOP line



- 3- Lock by turning opposite to 1) (close)

