



# Ultimate Nordic Pole Walking

*Klaus Schwanbeck*

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## **Ultimate Nordic Pole Walking** Klaus Schwanbeck

This is the ultimate guide to Nordic pole walking. With its low impact, easy to learn techniques, and substantial health and fitness benefits, it is fast becoming one of the most popular forms of exercise in the world. The Ultimate Nordic Pole Walking Book; is an easy-to-follow guide that teaches readers correct pole walking techniques and how to use them to achieve your health and fitness goals. It also includes expert advice and information on weight loss, nutrition, and how to integrate the exercises into your daily routine, as well as hints and tips on buying the right kind of equipment.

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