

## Trekking sticks

Thank you for purchasing Timago products. Please, read instruction for maximum use satisfaction.



Nordic Walking is just a walk with sticks. However, such statement does not show the essence of this wonderful discipline. It should be mentioned that by using properly designed sticks shoulder girdle is engaged. Dynamic walk with sticks results in becoming fit and developing particular groups of muscles.

While walking you train legs, hips, arms, shoulders, chest and spine muscles. Researches prove that 90% of body muscles are engaged while walking with sticks. Moreover, burning calories is 20% more intense than while running, adding to it, the load on the joints and spine is about 5 kg less on even surfaces.

Nordic Walking is one of the safest types of physical activities. It is highly recommended to people who partially lost physical fitness due to accidents or other reason, as well as for those who suffer from minor paresis. Nordic Walking also improves general fitness significantly.

Nordic Walking relieves spine and strengthen its muscles resulting in reducing pain. Nordic Walking has been proven to have a positive effect on the rehabilitation of people after myocardial infarction. A moderate walk is a great way of safe and effective convalesce after surgery, illness or other injuries. It is also recommended to people with cardiovascular problems.

Before the march begins, you should warm up for 10 - 15 minutes. For the elderly, the warm-up consists of walking in a place with fixed sticks used as supports. The most important thing is to warm-up the lower part of the body properly.

### **Nordic Walking helps in the following cases:**

- Osteoporosis
- Spine injuries
- Returning muscle pains
- Fractures of lower limb
- Injuries of Achilles tendon
- Helps people with balance problems and reduced mobility
- Rheumatism

- Diabetes
- Fibromyalgia
- Scoliosis
- Pelvis instability
- RSI – injuries due to chronic overloads of muscle and tendons

Moreover, Nordic Walking is a perfect type of physical activity for people suffering from pain or injuries of soft tissues. It reduces stress by 30% more than regular walk and is less intense as both legs and arm are working. Nordic walking is a safe way to exercise 90% of your body's muscles and to improve your mobility in a controlled way. It also improves stability and increases self-confidence.

**Proper length of the stick is important. The table below will help you define it:**

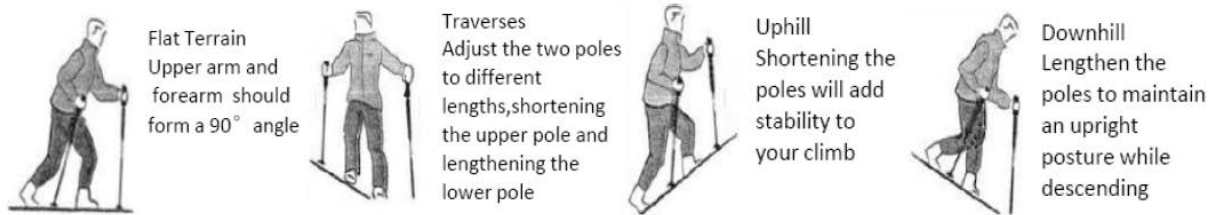
Height (cm)	Approximate length of stick (cm)
145 - 151	100
152 – 158	105
159 – 165	110
166 – 172	115
173 – 179	120
180 – 186	125
187 – 193	130
194 – 200	135
201 - 207	140

### Telescopic Hiking Stick

1. **Hand grip** – Hand grips were designed ergonomically for better comfort. The adhesion curve of the grip corrects the position of the wrist ensuring improved shock absorption as hand remains closed at every stage of movement. Hand grip should be adjusted in such a way which enables walking with slightly open hand.
2. **Anti-Shock System (with ON/OFF function)** – The system was installed between upper and central tube to amortise shocks.
3. **“STOP” Mark** – While adjusting height do not go beyond “Stop” line marked on the stick as it may results in damaging the height adjustment mechanism.
4. **Locking System** – The length of the stick can be easily adjusted to you and the terrain. By turning the tubes, locking system opens and allows you to adjust proper length. After adjusting desired length, you should lock the system by turning the tubes again.

**NEVER LOCK THE TUBES ABOVE THE “ STOP” MARK.**

It is recommended to change the sticks position according to shape of terrain, check the pictures below.



### Adjustment of proper length

1. Hold the stick horizontally in your right hand and loosen the lock. To do this, you need to turn the lower tube of the stick apart until you can move the two tubes of the stick freely. Extend the stick as much as possible. Some models have a marked point that should not be exceeded when extending the moving part.
2. Position the stick vertically so that the tip rests on the floor near the right metatarsal. Hit the ground lightly with the stick to shorten it a bit. When your elbow is bent at an angle of about 90°C, tighten the lock. Set the length of the second stick to the length of the first.

### Cleaning and maintenance

Clean the sticks with the use of damp cloth. To clean the threads you need to disassemble the tubes. To do this twist them and remove them from each other, and then, wash them. Ensure the tubes are completely dry before reassembly. Do not use any solvents or caustic agents for cleaning. After cleaning, wipe them thoroughly as excess water may adversely affect the lifetime of the sticks. Do not dry in direct sunlight.

### Accessories



Use on hard terrain





Add on soft terrain

### Notes

Steel tip may damage the ground, thus it is better to use rubber tip. Do not use the stick below 15°C. The sticks are not intended for use by children.

## Comparison of Nordic Walking and Trekking Walking sticks

Characteristic	Nordic Walking	Trekking Walking
Hand grip	Hand grips are smooth and elongated. They do not require the exact return of the hand to the same place during the release technique.	Handgrips are profiled, grooved and adapted to hold the stick firmly in one safe position. When supporting, we do not release the grips, they are our support. Owing to the grooves, grip is comfortably positioned.
	 <p>Raczka i rekawiczka NW</p>	 <p>Raczka i pasek TR</p>
Holding the stick	Release the grip, place the stick about 15-25cm, pointing the tips slightly diagonally inwards	Keep the hand grip constantly, place the stick at the height of your walk, or slightly in front of you
Body posture	Slightly bent forward which enables to maintain smooth technique	Keep your upright posture, it is often march with trekking backpack, where you have to take care of your spine loads
Muscle engagement	90% of muscles	The same muscle as while regular march
Shoulders position	Lowered	Upright
Type of walking	Forces a sports walk, a certain speed is also needed to harmonise the technical elements	Calm march
Recommended terrain	Flat terrain	Mountainous terrain