



VCLLI Beginning Nordic Pole Walking

Setup Posture Technique Impulsion

Setup:

Adjust poles: When holding the poles, the straps should be secure on your wrists.

Use wrist straps: Ensure your hands are through the straps and you have a firm grip, **the movement should come from your arm and shoulder**, not just your hand.

Stand tall: Keep your back straight, shoulders down and relaxed, and look ahead at the horizon. Your head, chest, and hips should be in alignment.

Posture:

Look ahead, chin up and use poles that are **68-70% of your overall height**.

Swing your arms in natural opposition to your legs, plant your poles behind the body, while pushing off with a relaxed grip to engage the upper body.

Technique:

NATURAL Oppositional Arm and Leg Movement: As your left leg steps forward, your right arm swings forward with the pole.

Impulsion:

Plant the pole behind you: Pushing back through the ground, propelling your body forward.

Grab your poles on the upswing, pushing with the strap and releasing your grip on the downswing.

Relaxed grip: Releasing the hand at the end of the backswing allows the arm to fully extend behind the body, crucial for **effectively pushing off the ground and generating forward propulsion**.