

Fixed Length



NW6352537
Platinum

Fixed Length: 100-130cm
in 5 cm sizes
Weight: variable
16 mm 100% Carbon
Grip: Shark
Trigger 3 Strap
Rubber Fitness Traction Tip
Protective Varnish
Interchangeable Basket System



NW6352530
Flash Carbon

Fixed Length: 100-130cm
in 5cm sizes
Weight: variable
16 mm 70% Carbon
Grip: Shark
Trigger 3 Strap
Rubber Fitness Traction Tip
Protective Varnish
Interchangeable Basket System



NW6352520
Response

Fixed Length: 90-130 cm
in 5cm sizes
Weight: 14.6 oz./pair
16/14/12 mm HT Alu
Grip: Trigger I
Trigger I Strap
Rubber Fitness Traction Tip
Protective Varnish
Interchangeable Basket System

Accessories



Studded Traction Tip



Traction Tip



Summer Shark Glove



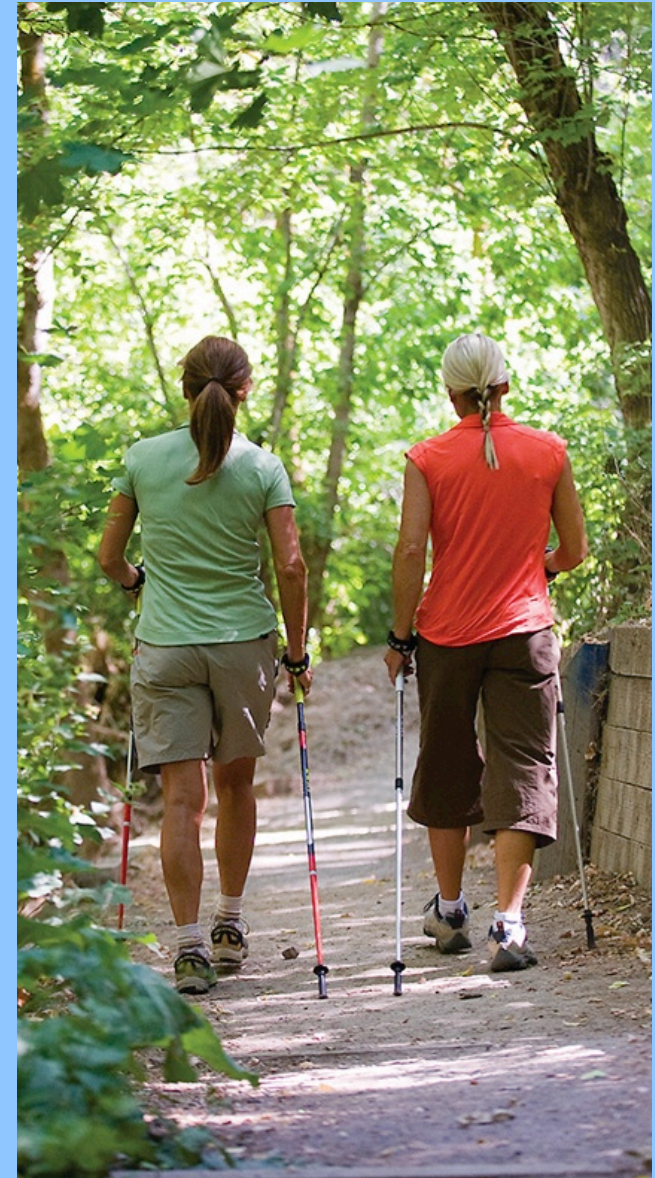
Snowflake Basket



Nordic Walking Fitness Tip



LEKI USA, Inc.
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Buffalo, NY 14225
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**WALK YOUR
WAY TO A
HEALTHIER YOU**

NORDIC WALKING 2011

Printed on recycled paper with vegetable-based inks.



Did You Know?

Nordic Walking poles have countless benefits:

- Strengthen your upper body and create resistance to build better bone density
- Burn up to 40% more calories than regular walking without poles
- Pump up your cardio by increasing oxygen consumption
- Great workout without perceived exertion



Shark Trigger Grip System

**CLICK AND GO
EASY IN - EASY OUT!**

- Quick, simple attachment and release of the strap with one finger
- Perfect and precise positioning of the hand to the grip for maximum comfort and performance

Nordic Walking Is For Everyone

Nordic Walking is a simple, incredibly effective path to physical and mental health. No matter how hectic your schedule is, even 30 minutes a day with your portable LEKI Nordic Walking poles challenges your body and clears your mind. No need to stop your walking routine if you travel...take your poles with you.

Adjustable

	105 cm	110 cm	115 cm	120 cm	125 cm	130cm
Adjustable Length	100-110 cm	105-115 cm	110-120 cm	115-125 cm	120-130 cm	125-135 cm
Weight Per Pair	13.2 oz	13.4 oz	13.6 oz	13.8 oz	14.0 oz	14.2 oz



TONW2638
Speed Pacer Vario
(also comes in Red) TONW2640
Length: - See Chart
Weight: Varies, See Chart
14/16 mm Alu/Carbon
Grip: Shark
Trigger 3 Strap
Rubber Fitness Traction Tip
Protective Lacquer
Interchangeable Basket System

NW6332634
Instructor (blk)
Length: 105-130 cm
Weight: 14.6 oz./pair
16/14 mm Alu/Carbon
Grip: Shark
Trigger 3 Strap
Rubber Fitness Traction Tip
Protective Lacquer
Interchangeable Basket System

Package includes:
Nordic Walking DVD
LEKI Carry Bag for Poles
Nordic Walking Log Book



TNNW2616-P
Spin Pole Package
Length: 100-130cm
Weight: 16.4 oz./pair
16/14 mm Alu
Grip: Soft
Trigger: Trigger 1 GlideZone
Rubber Fitness Traction Tip
Protective Lacquer
Interchangeable Basket System

NW6332653
Vario XS (junior)
Length: 80-110 cm
Weight: 14.4 oz./pair
14/12 mm HT Alu
Grip: Jr. Cor-Tec
Trigger: T1
Rubber Fitness Traction Tip
Protective Lacquer
Interchangeable Basket System

Specialty Adjustable



NW6332603
Traveller Carbon (blk)
Length: 90-130 cm
Weight: 14.6 oz./pair
16/14/12 mm Carbon
Grip: Shark
Trigger 3 Strap
Rubber Fitness Traction Tip
Protective Lacquer
Interchangeable Basket System



NW6352601
Traveller Alu
Length: 90-130 cm
Weight: 16.6 oz./pair
16/14/12 mm HT Alu
Grip: Shark
Trigger 3 Strap
Rubber Fitness Traction Tip
Protective Lacquer
Interchangeable Basket System

Resources

