

## Tips for Using the ACTIVATOR® Poles

- Always use both poles.
- Start by using your poles for only 1/3 of your maximum walking time. Gradually increase the distance/time you are using the poles.
- Use the rubber bell-shaped tips indoors, on dry sidewalks and asphalt.
- When using the poles on uneven terrain (such as on dirt trails, grass, sand or gravel) or in the rain or snow, remove the bell-shaped tip to expose the carbide steel tip. The carbide steel tip provides increased traction and stability under such conditions.
- Replace the bell tips as the tread becomes worn.

**Note:** The carbide steel tips are very sharp. Use extreme caution to avoid injuring yourself or others. Never use the carbide steel tips indoors.

Therapists – Contact Us for the ACTIVATOR Training Course.

## Precautions

Consult your physician or therapist before using the poles if you currently use a cane or walker, have any medical condition which affects your balance, stability, grip strength, vision, depth judgment or co-ordination, or if you are currently recovering from injury or surgery.

Maximum suggested user weight up to 300 lbs.

ACTIVATOR poles should not be used in icy or slippery conditions, and are not for use on stairs.

ACTIVATOR poles may help break a fall, but falling on them may affect pole integrity. Do not use poles that have been fallen on or that have been damaged in any other way. Replace your poles if they become visibly damaged (cracks, bent or holes are stressed).

One year limited warranty.

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## User's Guide

Read this guide and the precautions before using your ACTIVATOR poles.

Contact us if you have any questions regarding proper use of the poles.



(Français au verso)

## Benefits of the ACTIVATOR® Poles

- Improved posture
- Increased balance and stability
- Reduced stress on hip and knee joints
- Exercise for both the upper body and legs
- Easy-to-learn technique with arm and leg movements similar to walking

## ACTIVATOR® Pole Features

### Patented CoreGrip

- Large ergonomic handle provides greater comfort, especially for those with arthritis or repetitive strain injury
- Strapless handle design reduces risk of injury in the event of a fall

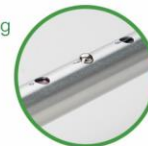


### Telescoping and Anti-Vibration Features

- Poles can be adjusted for users up to 6' in height
- Poles are collapsible for storage/travel

### Button-Locking System

- An easier and safer method for locking the poles vs. turning lock system
- Secure locking system for mild weight bearing if required



### Bell Tip

- Wider bell-shaped tip provides greater stability compared to a traditional Nordic walking boot tip

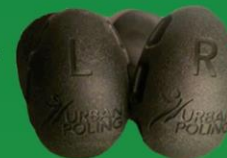


## ACTIVATOR® Technique

The ACTIVATOR technique and poles are designed with features to increase stability and balance compared to other types of poles.

### Step 1

Hold the Left and Right poles in the appropriate hands (top of handles are marked "L" or "R").



### Step 2

Stand tall with the poles upright. Adjust pole length so that your elbows rest at a 90 degree angle. Use the grey stripe on the bottom portion of the poles to line up the button-lock system to the desired hole. Poles may need to be adjusted slightly up or down before the button clicks securely into place.



### Step 3

Step forward with the poles as you would for normal walking: Swing your right arm forward and lift the right pole as your left foot steps forward, and swing your left arm forward, lifting the left pole as your right foot steps forward. This is the same movement as regular walking. Eventually this rhythm will come as naturally with the poles as it does for regular walking. Remember to keep the poles upright as you walk and to keep your elbows bent at a 90 degree angle.



### Step 4

Relax and enjoy your walk! Try not to grip the handles too tightly. Instead, push down on the base of the handle. This will provide some mild weight bearing, increase your balance and stability and intensify the workout.



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