

6 Basics Steps to Nordic Pole Walking

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| Step 1 | Posture – poles behind back |
| Step 2 | Swing - walk with poles in hands (Swing -Handshake-Swing) |
| Step 3 | Drag – with hand loops on drag poles with a natural walk with open hand |
| Step 4 | Grasp – grasp the hand grip lightly while pushing off of hand loops
(Drag - Fingers On - Grasp) |
| Step 5 | Push and Lift Poles off ground. Shoulders – Swing shoulders naturally while you walk |

Leave this next step out for intro class:

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| Step 6 | Advanced Walk - Open Hand – Open your hand as your arm swings backwards past your body. |
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