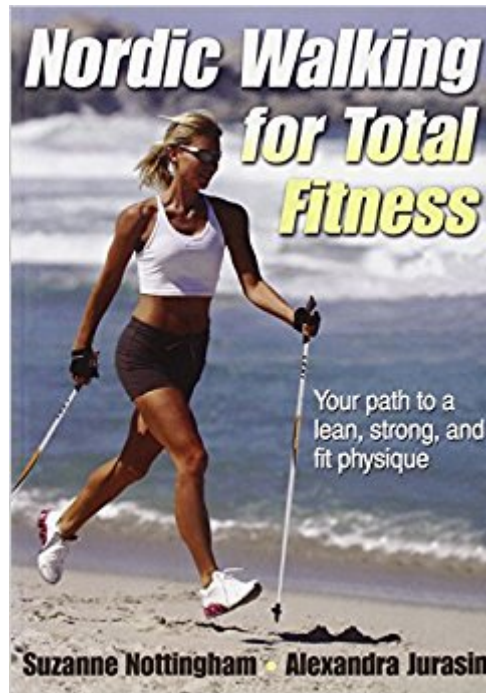




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Nordic Walking For Total Fitness



Synopsis

Take the next step toward a stronger, leaner, healthier physique with Nordic Walking for Total Fitness. From selecting equipment to creating your own personalized workout, it is your complete guide to the power of Nordic walking. In Nordic Walking for Total Fitness, Nordic walking experts Suzanne Nottingham and Alexandra Jurasin show you how to make the most of every walk. You'll learn how to choose the perfect pole, master proper form and technique, and supplement your routine for the ultimate total-body workout. Nordic Walking for Total Fitness includes six essential workouts from short, quick walks to longer, more challenging workout excursions. You can tailor each workout to achieve your fitness goal, or you can select from a menu of sample programs developed specifically for cardio health, strength, power, flexibility, sport cross-training, and full-body fitness. If you're ready to hit the path with power and purpose, Nordic Walking for Total Fitness is for you. It's like having a personal trainer striding alongside you every step of the way.

Book Information

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Customer Reviews

"No two people are better suited to deliver such state-of-the-art fitness protocols as Suzanne Nottingham and Alexandra Jurasin. From workouts for new walkers to cross-training for athletes, Nordic Walking for Total Fitness is the must-have guide for every walker." Robin Barnes Nordic Walk Now Instructor and Team Trainer Professional Ski Instructors of America (PSIA) National Alpine Demonstration Team Owner of Tahoe Outdoor Fitness "Suzanne Nottingham is a trailblazer in bringing the enjoyment and benefits of Nordic walking to North America. In Nordic

Walking for Total Fitness, she provides a step-by-step training guide so you can walk your way to a healthier and fitter you." Lindy Spiezer Marketing Director, Leki USA, world's #1 pole manufacturer "It's not what you do but how you do it, and Suzanne Nottingham shows you how to maximize your Nordic walking program with Nordic Walking for Total Fitness. A truly gifted instructor, Suzanne systematically breaks down Nordic walking movements and puts them all together with motivating workout plans for real results." Keli Roberts Author of Stronger Legs and Lower Body "Nordic Walking for Total Fitness offers a full-body workout the moment you step outside your front door. The days of taking time to drive to exercise are over." Malin Svensson International Coach, INWA (International Nordic Walking Association) President, Nwana (Nordic Walking North America) and Nordic Body Inc. Author, Outdoor Adventures: Nordic Walking "I'm sure Nordic Walking for Total Fitness will become the "Gold Standard" of all Nordic walking education materials. It's well written and includes new, exciting and innovative workouts and training programs. I was absolutely amazed by it." Norman Trubik Nordic walking coach Adelaide, Australia

I met a older person who Nordic walks and she got my interest up to try this style of walking, bought this book and it answered all of my questions and now this is my new way of walking for exercise at age 79. I walk with a cane and could not see how using the poles would make a difference, but walking Nordic style shifts your body core as you walk makes walking easier seems like less work but you are working more muscles and a great thing it will help your posture.

Great book to accompany the Nordic Walking Poles. It gives excellent instruction as to properly use the poles as well as many other exercises to use with the poles, besides just for walking. Easy to read and helpful photographs. Highly recommend this book to new and existing Nordic Walkers to fully appreciate the range of activities, exercise, and full benefit that can be achieved with these poles.

Overall, a very good book, but there is a couple of problems:a). A bit inconsistent with regards to requirements. The book starts with a statement that anyone can nordic walk basically right away, and then you find out that you have to get special poles (not your trekking ones), special boots (if you don't run) that have to be changed once a year, and that it's not so easy as it seems and you'd better ask a qualified trainer to teach you.Of course, with right attitude you can filter that out (you CAN use trekking poles, they just need some modifications, such as handle change; the boots are

not that important, at least for begging; and you can learn it yourself, esp. if you're used to walking long-distance and/or have a friend with camera to help you with your movements). But nevertheless I was a bit discouraged to start walking because I didn't have necessary equipment; but I decided to try anyway with wrong shoes and heavier poles, and wasn't disappointed.b). The order of chapters and organization of programs is a bit messy. You have to constantly jump basically through the whole book to understand what's included in a given program, and the names of some exercises don't match their names in exercises section, so you'll have to guess, which is not easy if you never did those exercises. It is usable, though, just not very convenient.c). Kindle version is awful. Even disregarding clumsiness and useless "find" feature in Kindle client for PC and Android, in this particular book all tables are stripped of headers (names of columns and sometimes rows, sometimes even contents are missing). This is obviously a technical issue, but you'll have to guess again, and that's not always possible at all. Despite aforementioned problems, this book will help you understand what is nordic walking, why it is cool and exactly how you should proceed to get specific desired results. And that's what sports book is all about, isn't it?

This book goes into all aspects of nordic walking. The physical aspects, as well as diet, stretching and understanding how this walking program helps with different health issues. Very helpful book!

I love walking with the sticks. I get a pep in my walk and it help me lose more weight. I have recommended it to my friends.

these itrms are well writen and have met my expectations. The DvD's deal wwith every detail to make sure you understamd how to do it correctly the DVD's are excelent tutorial. The delivery was First Class' and was delivered 3 days early

More info that I needed. Very dull reading.

I chose this book as I do Nordic Walking and enjoy the sport immensely. I found the book to be informative and easy to read and look at. It is a good overview of what Nordic Walking can do for you.

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