

# Instructions for Use: Physiotherapy Room Professional Carbon Fibre Walking / Trekking Poles



## WELCOME TO TREKKING!

We strive to make sure that our product is made to your complete satisfaction. Each product is built and inspected to assure it's high quality. **Enjoy your walks!**

## Specifications

Shaft Material: High-grade Aluminium  
Handle Material: Cork+EVA  
Length: 66cm-135cm  
Diameter: Φ18mm/Φ16mm/Φ14mm  
Net Weight: 260g/pole

## ⚠ Safety information

- Check to make sure the trekking poles are screwed together tightly before each use.
- This item is not suitable for alpine skiing.
- Do not use any oil, as oil can negatively affect the holding power of the adjustment mechanism.
- Do not use the pole as an intermediary towing tool if someone needs to be pulled upward or forward.
- The trekking poles are not intended to support full body weight.
- Keep this trekking pole away from children

## Wrist strap Adjustment



1. Pull out the bottom belt of the wrist strap.



2. Pull the upside wrist strap, continue to adjust the length.



3. Once you finish the strap length adjustment, pull the middle strap to secure it.



4. Repeat step 1-3 till the strap fits properly.

## How to setting the pole length



1. Rotate twist lock adjustment mechanism.



2. Adjust the pole to the desired length.



3. Tighten in opposite direction to lock.



Do not exceed the "STOP" mark to avoid breaking.



## Pole length-determining the correct measurement



First, set the 3rd section of the hiking pole slightly below "STOP" (note: do not exceed "STOP" mark) then adjust the 2nd section length referring to below size chart.

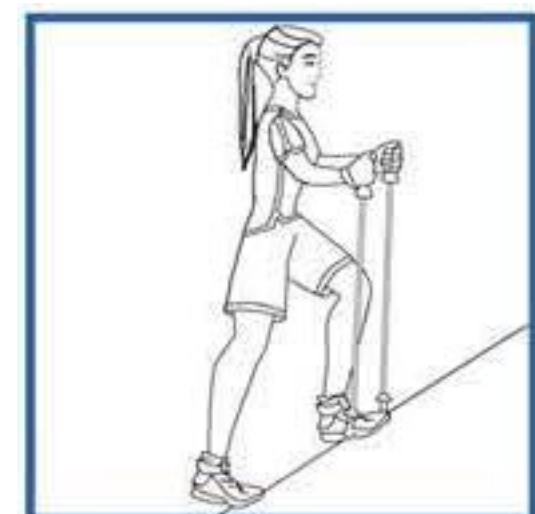
## Traversing on an incline

For this, the upper pole must be shortened and the lower pole must be lengthened so that both provide support.



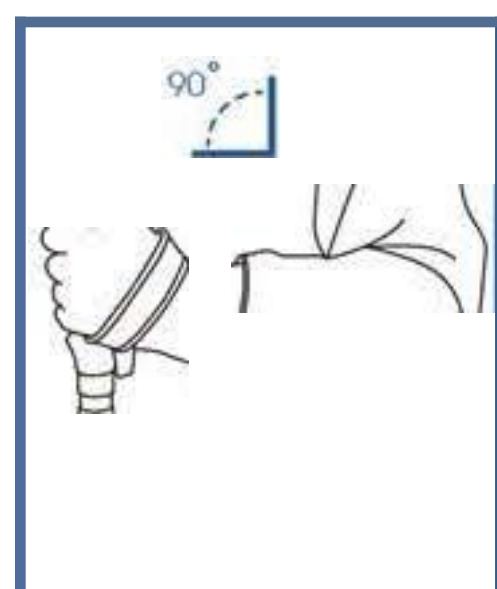
## Ascending/descending

When going uphill, the poles must be shortened so that they are a comfortable support. When going downhill, the poles must be lengthened far enough that you can maintain a comfortable, upright posture when resting on them.



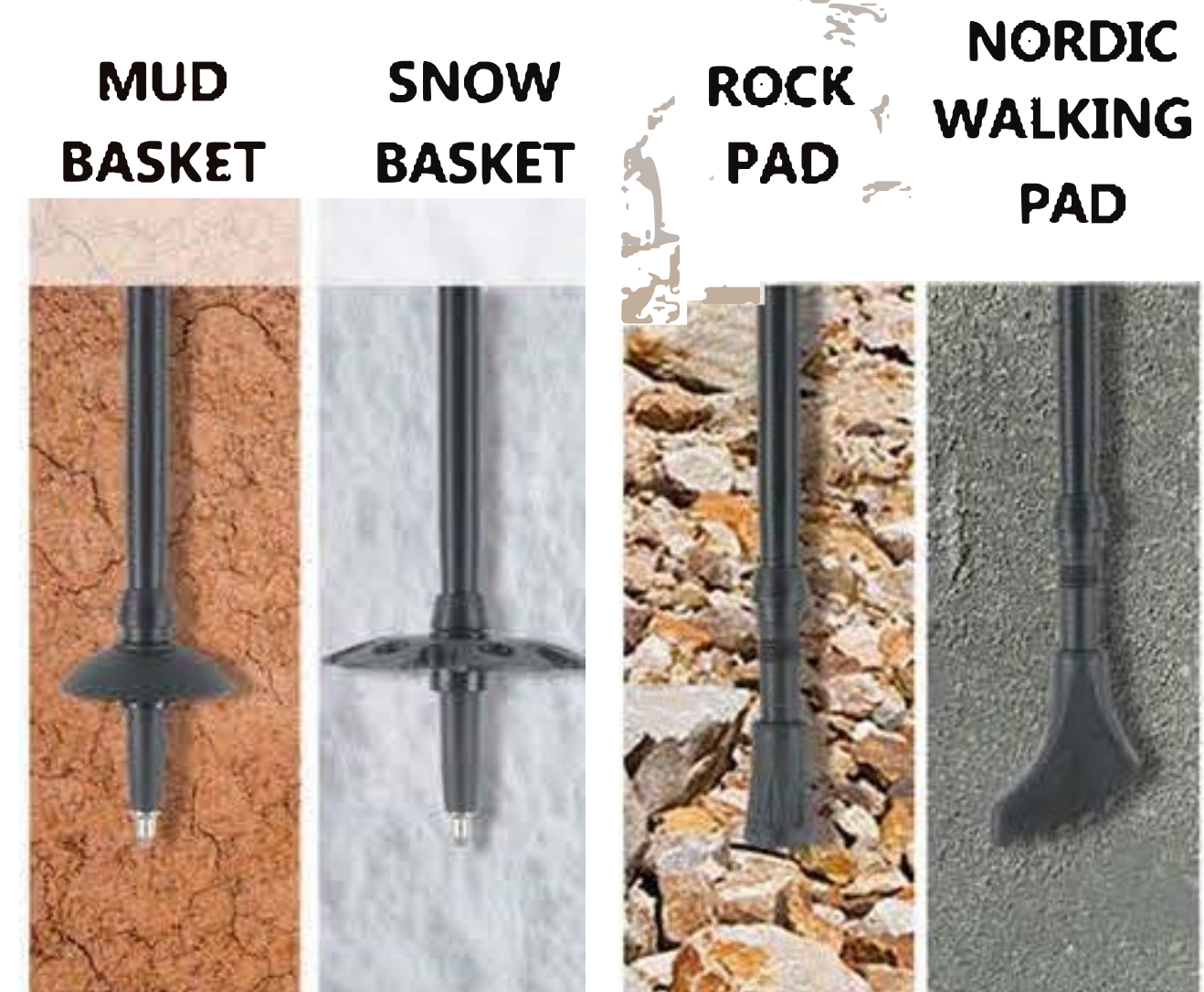
## Height adjustment

Adjust pole height so that a 90° angle is formed between your arm and forearm.



Pole length	Body height
110cm	154 cm-160cm
115 cm	161 cm-167cm
120cm	168 cm-175cm
125 cm	176 cm-182cm
130cm	183 cm-189cm
135cm	190 cm-196cm

## DIFFERENT TIPS FOR ALL TERRAINS



Available at:



[www.physiostore.ca](http://www.physiostore.ca)