

BungyPump Features

The BungyPump is a brand new way to Nordic Walk without the impact stress on the arms and shoulders that a standard Nordic Walking pole causes. It features a patented built-in suspension that exerts a 4kg resistance force when compressed. The suspension provides extra resistance for the body when the pole is pressed down. The result is you use more muscles with the BungyPump than with conventional poles. You will quickly notice this as your pulse rate will increase and your back perspires more. It is comparable to training on marshland, wet sand or snow.

Functional Training with BungyPump

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How to use the BungyPump

The BungyPump is used in the same way as a conventional Nordic Walking pole. If you are new to Nordic Walking, it is as simple as just walking with poles! Place the pole on the ground in line with the back of your foot or immediately behind your heel. You should be alternating between your arms and legs such that you are using your right arm/right pole with your left step and your left arm/left pole with your right step. It takes some getting used to but once you feel comfortable you will instantly begin to reap the benefits of this type of training.



Why Nordic Walking?

Nordic Walking is one of the fastest growing outdoor activities in the world. It originated in Finland where skiers would train in the summer months with poles. It has become a hugely popular pastime for people of all ages and fitness levels. In the UK there are now hundreds of qualified instructors across the country that organise events and training. It doubles the amount of calories you would burn if you were to simply just walk or jog, and if you use the BungyPump you will burn even more for the same amount of effort. It helps people to not only increase fitness, but also to lose weight whilst having fun!



The Science behind BungyPump

A test report carried out by the Mid Sweden University on the differences between walking with conventional poles and walking with BungyPump showed that during the course of an hour of exercise, walking with BungyPump training poles resulted in an increase of 18% in oxygen consumption on a flat surface, and a 9% increase on a sloping surface. This is approximately equal to an 80 kcal and 60 kcal higher consumption respectively, compared to equivalent training with traditional walking poles.

Specifications

Length: Adjustable 110-155 cm

Grip: Ergonomically designed foam with strong wrist straps.

Shaft - Upper part: Sustainable and durable plastic.

Shank - Lower part: Aluminium.

Tip: Carbide

Foot: Rubber

Color: Black

BungyPump™
Your Smartest Step To The Future
Made in Sweden

