

Fitness Revolution

from Japan

POLE WALKING

For people enjoying walking to keep fit

1. The use of poles means the upper body muscles are used as well as legs do. The full body workout effectively reduces body fat.
2. It can prevent diseases and overweight.
3. Also effective for stimulating blood circulation around the neck and shoulders, and improve stiff shoulders and excessive sensitivity to cold.

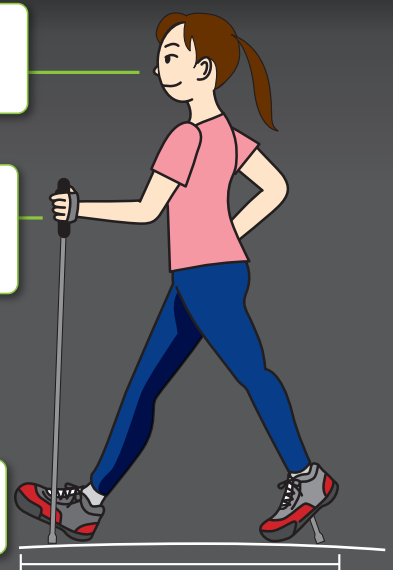
For rehabilitants due to walking disabilities

1. Pole walking makes good postures and increase the length of stride.
2. It reduces burdens on the legs and knees.
3. Good for balance training.
4. It can prevent falling down and guarantee safe walking.

Look 15m away of eye direction

Handle the grip without extra stress.

Plant the pole on near heel



Lengthen stride



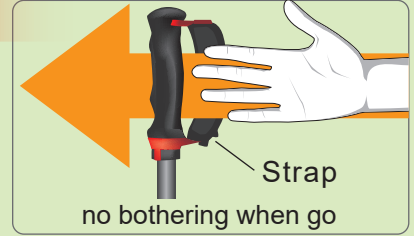
Pole Walking

Ideal style to improve and maintain your general health and fitness



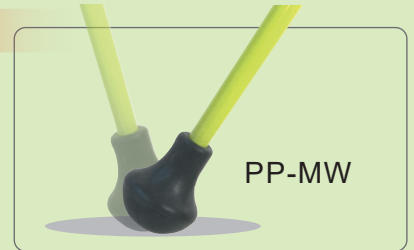
Easy and Quick

Grips allow to insert hands into strap easily and smoothly. Also different colors are applied on each right and left grips so that users can distinguish them easily.



Rounded rubber tip

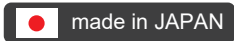
Thanks to particular rounded shape, Revita rubber tips can grip at any angles on the surface. As a result, users can enjoy smooth walking.



《 REVITA -SERIES, 》

REVITA is unique walking poles that maximize effect of walking excise.

length / 85~120cm
weight / 220g(single pole)
material / Aluminium φ16+φ14



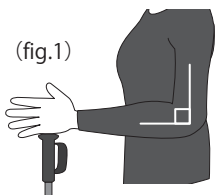
Your size

Pole length is suitable when your elbow is bent approximately 90° with your forearm parallel to the ground while your hand is on the top of grip (fig.1).

Furthermore, proper pole length also can be calculated by following formula.

$$\text{Your height(cm)} \times 0.63 = \text{Pole length(cm)}$$

(fig.1)



18SC025
Purple

18SC026
Turquoise

18SC027
Bordeaux

18SC028
Pink

18SC029
Navy



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