



Comparison between BungyPump poles and rigid walking poles

To practice Nordic Walking with rigid poles or exercise with BungyPump training poles, with built-in suspension and 8.8 or 13.2 pounds resistance, are both good options for physical activity. As training equipment these two differ, as I think the BungyPump poles are more a multifunctional fitness equipment and provide more variety in usage than what traditional rigid poles do. The big difference is the built-in suspension and the resistance of up to 8.8 or 13.2 pounds in the BungyPump training poles. The resistance effect makes the poles impact on shoulders and elbows softer and gentler, compared to traditional Nordic walking poles.

Walking with BungyPump poles and using the resistance effect, demands greater activity of postural muscles in the torso and back compared with traditional Nordic walking poles. I also feel that the stabilization of the muscles around shoulders is improved thanks to the built-in suspension in the poles, which is very important in preventing shoulder problems.

Those with back problems may also experience walking with BungyPump as a good option for rehabilitation since the poles activate deep stabilizing abdominal and back muscles which is important to maintain good posture, which in turn relieves the vertebrae of the spine. Furthermore, the muscle strength and stability in the neck is increased, as well as in the shoulders and spine, which also has great significance for improving posture.

The BungyPump poles springy motion force one to work more with balance and coordination compared to rigid poles, one can't rely on the support from the pole until it reaches the bottom. This in turn increases the level of activity on the buttocks, leg muscles and activates the posture muscles.

If you enjoy using walking poles, you get many more exercise and technique opportunities with the BungyPump training poles, thanks to the constant resistance when pumping it allows for various concentric / eccentric exercises. It is exactly the resistance inside each pole that makes BungyPump poles into a multifunctional strength training equipment. When pushing the pole down to the ground during exercises it uses the resistance inside each pole, which in turn activates and stabilizes core muscles that are important for preventing back problems.

Cardio and strength training with BungyPump training poles helps to activate many muscle groups throughout the body. Research shows that it gives up to 25% more training effect compared to a regular walk and up to 77% increased calorie consumption, but as with all training, problems may arise when using the poles incorrect. To avoid problems, it may be good to get instructions from a certified personal trainer, physiotherapist or medical expert. Often you don't see for yourself if you perform something incorrect!

Walking is the type of movement form that has the greatest potential to increase physical activity in the country, so why not make it more effective and use the multi-functional training tool BungyPump training poles as a complement!

Rovena Westberg, Registered physiotherapist

