

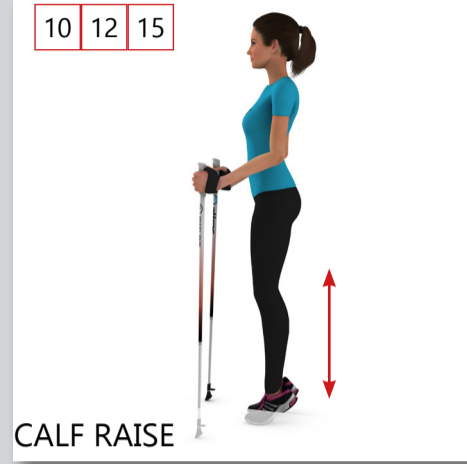
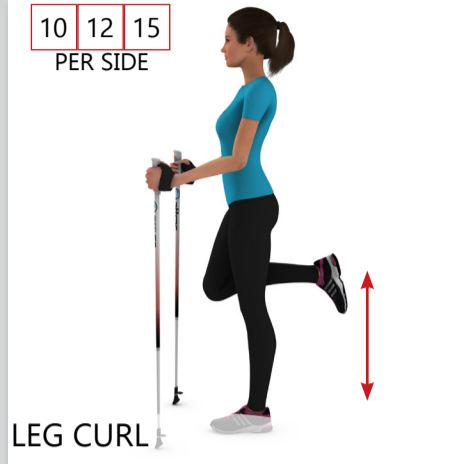
# NORDIC WALKING WORKOUT

YOUR FITNESS IS OUR CHALLENGE

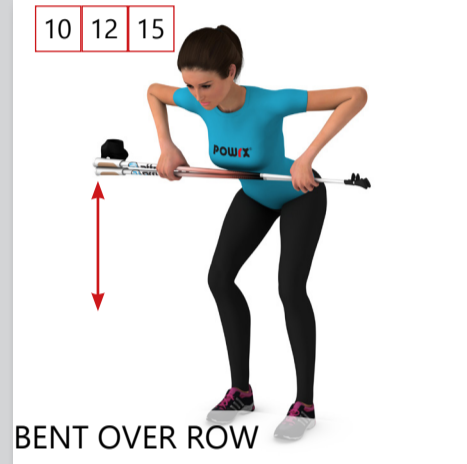


**BASIC**

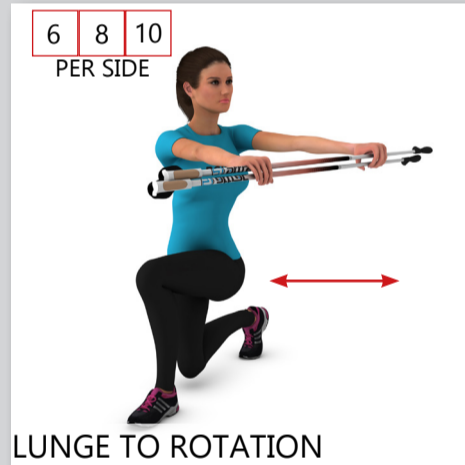
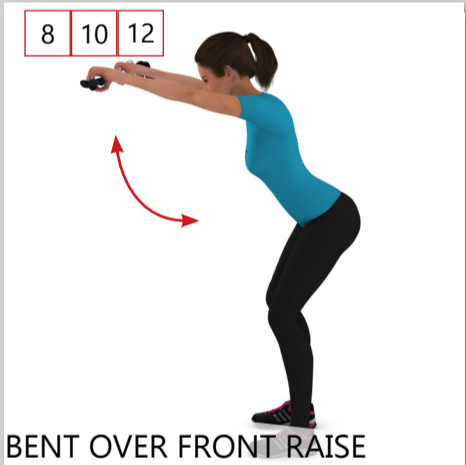
WARM UP



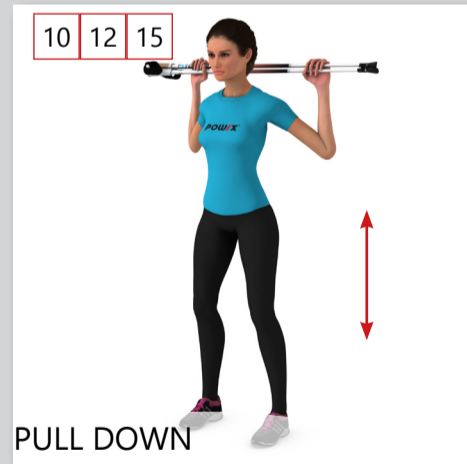
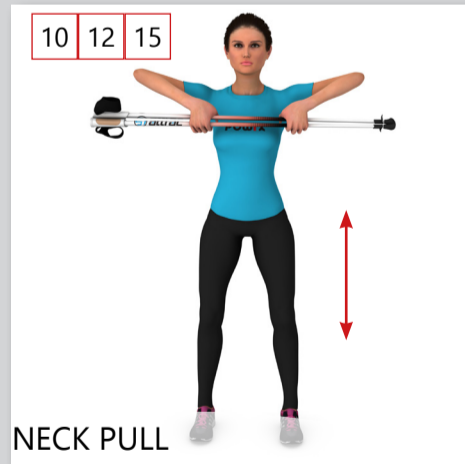
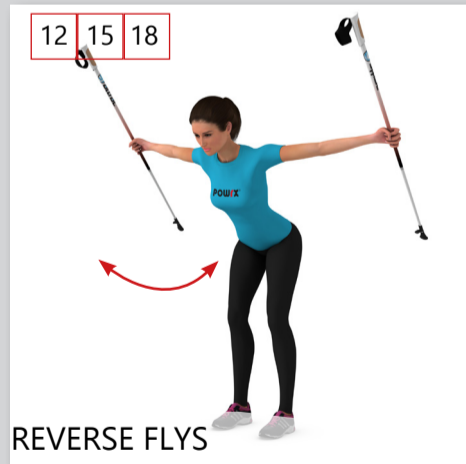
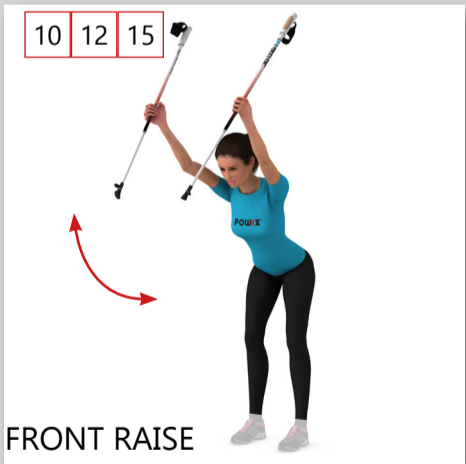
LEGS/BACK



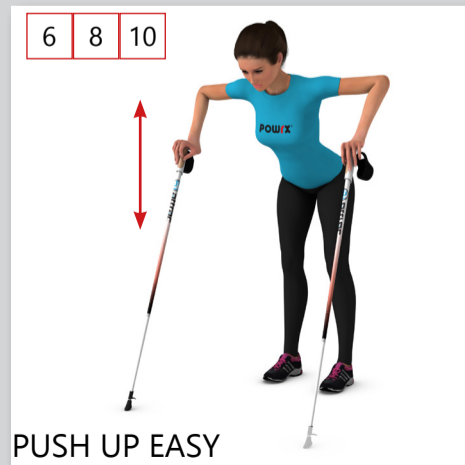
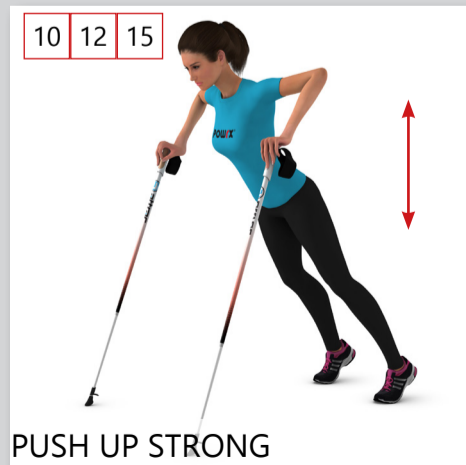
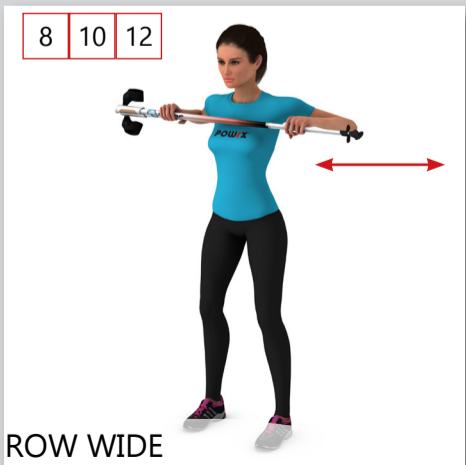
LEGS/CORE



SHOULDER/ARMS



UPPER BODY



**NOTIFICATIONS**

8 12 15

Die Zahlen im Kästchen sind die jeweiligen Wiederholungen pro Satz (3 Sätze).  
 The numbers in the boxes are the repetitions of each set (3 Sets).  
 I numeri riportati nelle caselle si riferiscono alle ripetizioni per ogni serie (3 Serie).  
 Los números en los cuadros se refieren a las repeticiones por cada serie (3 Series).  
 Les chiffres indiqués dans les cases se réfèrent à les répétitions pour chaque série (3 Série).