

Exercise Poles

FITNESS Revolution

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.

Put chin down, look 15m away of eye direction

Relax and let the tension out of your shoulders, and swing arms naturally

Softly grasp the grips by thumb, mid finger, and ring finger

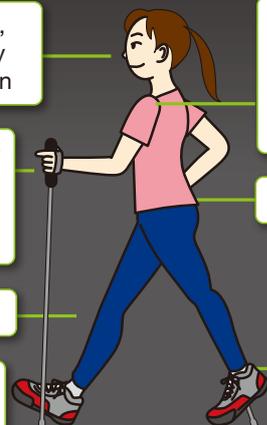
Straighten spine

Step forward

Point the pole on near heel

Shift position of center of gravity smoothly.

Lengthen stride, about half-step





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Ideal style to improve and maintain your general health and fitness



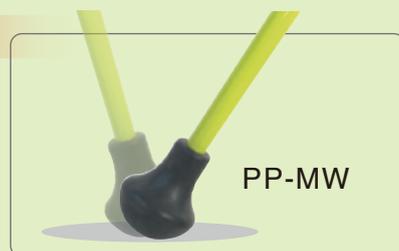
Easy and Quick

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.

Folding type - REVITA PORTABLE PLUS

made in Taiwan

#S-00342 Long model

Silver
length / 100~115cm



material / Aluminium φ 16+14+12mm

#S-00427 Short model

Red
length / 90~105cm



Dedicated for safety night walking with reflective material on poles

made in JAPAN

#S-00021 F



length / 95~115cm(A, B)
length / 90~110cm(F, G, H, I)
material / Aluminium φ 14+12mm

NIGHT WALKING

#S-00014 A



#S-00014 B



#S-00021 G



#S-00021 H



#S-00021 I



Anti-shock system model - REVITA EXCERCISE POLE La Cushion

made in JAPAN

#S-00168



length / 85~115cm
material / Aluminium φ 16+14mm

#S-00151



#S-00144

