

POLE WALKING


vol.3

Professional **TELL ME! TSUBOI**

Characters

TSUBOI a.k.a. Mr. Professional
Professional Pole Walker

SAKI
Newcomer



SPIN!

Previous on Professional TSUBOI

SAKI who suffers from stiff neck works hard with stretching exercise. At this time, SAKI tries to eliminate stiff neck. to be continued...



Mr. Professional!! **TELL ME! TELL ME! TELL ME!!**
Tell me how to Pole Walking!!

SHAKE SHAKE

SAKI Mr. Professional

FLAAAAASH!!



GET GLOVES!



GET SHOES!
It's time for...



Are you ready?
Please make **"START POSITION"!!**




SAKI: "START POSITION?"

Step1, Make your back straight.
Step2, Look far.



Step3, Right foot to the front, and Left arm to the front.




Put the pole to next to the front foot.



This "START POSITION" makes you easy to start walking.

This is POLE WALKING!
Do not put the pole strongly to the ground.
The point is, move your whole arm. Extend and pull elbow.



extend pull extend



So much **FUN!!**

Oh wait!??
I feel like... **NO MORE STIFF NECK!!**



Blood flow will be better by moving scapula.



scapula

As a guide :
more than 10 minutes
Pole walking exercise a day

I GOT IT!!
Thank you Mr. Professional



To be continued