



Nordic Walking for Total Fitness

Suzanne Nottingham, Alexandra Jurasin

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Take the next step toward a stronger, leaner, healthier physique with *Nordic Walking for Total Fitness*. From selecting equipment to creating your own personalized workout, it is your complete guide to the power of Nordic walking.

In *Nordic Walking for Total Fitness*, Nordic walking experts Suzanne Nottingham and Alexandra Jurasin show you how to make the most of every walk. You'll learn how to choose the perfect pole, master proper form and technique, and supplement your routine for the ultimate total-body workout.

Nordic Walking for Total Fitness includes six essential workouts from short, quick walks to longer, more challenging workout excursions. You can tailor each workout to achieve your fitness goal, or you can select from a menu of sample programs developed specifically for cardio health, strength, power, flexibility, sport cross-training, and full-body fitness.

If you're ready to hit the path with power and purpose, *Nordic Walking for Total Fitness* is for you. It's like having a personal trainer striding alongside you every step of the way.

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