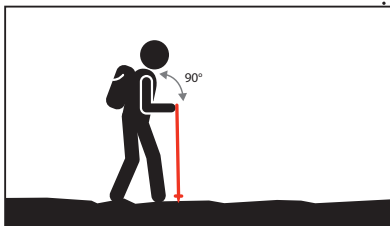


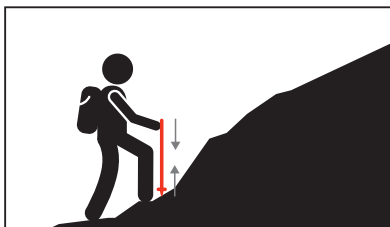
LENGTH ADJUSTMENT

PURE OUTDOOR PASSION



Flat

Elbow should be at a 90° angle for use on even ground



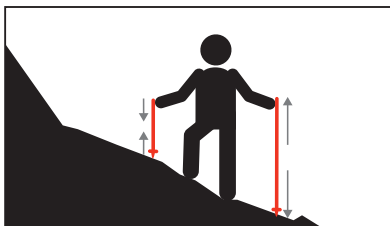
Uphill

Shorten the poles so you are not overstretching



Downhill

Increase the length of the poles to avoid bending too much



Contouring

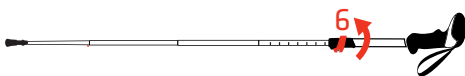
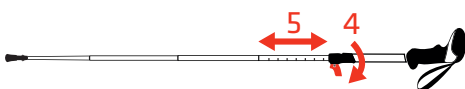
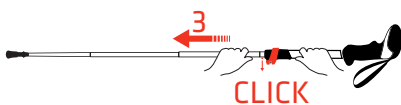
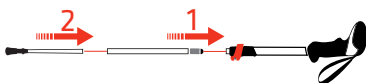
When walking round the side of a hill use a shorter pole on the uphill side and a longer pole on the downhill side for best support



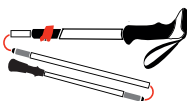
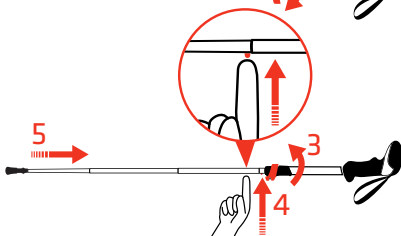
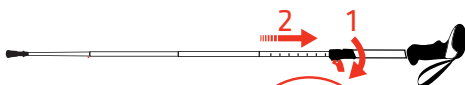
PERFORMANCE SINCE 1973

ASSEMBLE AND DISASSEMBLE

Assemble



Disassemble



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