NORDIC CROSS TRAINER



THE OUTDOOR SPORT FOR EVERYONE

www.nordic-cross-trainer.de



NORDIC-CROSS-TRAINING – THE OUTDOOR SPORT FOR EVERYONE

The Nordic-Cross-Trainer is a piece of sporting equipment which combines the advantages of Nordic walking poles with the effects of a cross trainer. The Nordic-Cross-Trainer makes your sports programme particularly effective yet gentle at the same time.
Ideal for everyone – from sporting newcomers to sporting professionals.

SIGNIFICANTLY INCREASED HEART RATE

The Nordic-Cross-Trainer enables an intense, and thus effective, cardiovascular workout.

INCREASED ENERGY CONSUMPTION

As additional groups of muscles are involved in the movement used to push off, training with the Nordic-Cross-Trainer consumes up to 20% more energy than when walking.

EFFECTIVE STRAIGHTENING OF THE UPPER BODY

The ergonomically-shaped poles optimally bear the weight of the body, guaranteeing an upright and unencumbered way of walking.

A MOBILISED SPINE

The movement of swinging forwards and backwards alternately, and the shoulder rotation associated with this, mobilises the spine.

PROTECTS THE JOINTS

The Nordic-Cross-Trainer reduces bumps and impacts, tangibly protecting your musculoskeletal system.

HOLISTIC STRENGTH TRAINING

As additional groups of muscles are involved in the movement used to push off, up to 90 % of the muscles in your body are trained at once.



WHO INVENTED IT?

Orthopaedist and sports physician Dr Georg Kaupe from Bonn developed a training device which enables an upright, unencumbered way of walking: the Cross Shaper. MDR, a German broadcaster, presented this piece of sporting equipment in a report.

Since then, this device has continued to be technically optimised and is now called the Nordic-Cross-Trainer. The effect remains the same: a compact, whole-body workout for any fitness level.

NORDIC-CROSS-TRAINING – AN EFFECTIVE, FULL-BODY WORKOUT

Training with the Nordic-Cross-Trainer is suitable for most types of sports, as the intensity of training can be adapted to suit the individual, and the training sessions can be easily integrated into everyday life. Working out 2 to 3 times a week at 30 to 60 minutes per session is enough for a comprehensive training programme.

FREE FROM STRAIN

When training with the Nordic-Cross-Trainer, the athlete places their forearms in two armrests. In doing so, the two ergonomically-shaped poles, with wheels at the base, optimally bear the weight of the body. This enables a workout which puts considerably less strain on the body. What's more, the body is kept considerably more upright than when walking normally.

GENTLE ON JOINTS

Nordic-cross-training enables an effective, daily, full-body workout to the highest level without putting too much strain on the joints. This is because, as the user pushes off through the armrests, bumps and impacts to joints and skeletal muscles are reduced. This tangibly protects both the active and the passive musculoskeletal system. The muscles are stimulated in a manner which does not put strain on the joints.

COMPREHENSIVE

Nordic-cross-training corresponds with the recommendation made by sports physicians that we combine endurance training with strength training. Thanks to the adjustable resistance of the elastic expanders, the intensity of the workout can be quickly and individually adapted to suit the needs of the user. In doing so, the user's heart rate always remains in a favourable heart rate zone.

EFFECTIVE

Nordic-cross-training guarantees high energy consumption because additional groups of muscles are involved in the movement used to push off. The upper body in particular moves much more than when walking. In this manner, up to 90 % of the muscles in your body can be trained at once. What's more, Nordic-cross-training optimises coordination and motor skills.

HOLISTIC

Nordic-cross-training improves your cardiovascular system. The athlete benefits from improved circulation and an optimised metabolism. Your lung capacity can be increased, and carrying out physical activity in the fresh air is ideal for a strong immune system. High blood sugar and blood lipid levels can be reduced.

FOR EVERYONE

Whether you're looking to do sports in your free time, for health reasons or professionally; whether you're looking to begin doing sports, for support during physical rehabilitation, or to make a change from your usual training plan: Nordic-cross- training is suitable for everyone, as the intensity of training can be individually adjusted. The speed and effort involved can also be adjusted to suit the fitness level of each individual, meaning that both inexperienced users and well-trained athletes can feel an effect when training.

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