

# How to travel with Walkathon

Both of the models "Walkathon" and "SlimLine" can be disassembled into three pieces in less than one minute - becoming 68 centimeter in length. Below instructions apply to both models.



**Step 1.** Grip part B with one hand and part C with the other. Start twisting part C counter clock-wise until it can slide loosely. Pull out part C completely.



**Step 2.** The black twist cap located on part A, right below the green design, can be removed. Twist the black cap counter clock-wise until it has come undone completely. Slide the black twist cap down and pull out part B with the resistance band attached to it.



**Step 3.** Now the pole should be disassembled into three pieces. Right photo displays one pole disassembled and one its original shape.

Contact us for additional instructions and/or assistance.

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