



Comparison between BungyPump poles and rigid walking poles

My main job as a physiotherapist is to show the correlation between movement and health and how movement can be used as a means to live an active lifestyle with a good quality of life. The focus is on each person's individual condition and ability to perform physical activity which form the basis of mobility and health.

When you expose your body to physical activity it responds by strengthening muscles, tissues and bones to withstand the load while strengthening tendons and ligaments. Muscle mass can be maintained or increased with cardio and strength training using walking poles. With increased strength and endurance, you can better support the body and help to relieve vulnerable areas such as the back. Physical activity also has a positive impact on damage to the nervous system, rheumatoid arthritis and fibromyalgia, cardiac and vascular diseases, lung diseases, stress and anxiety, various fractures and herniated discs and osteoarthritis. In addition, it can be effective in prevention of age-related disorders.

Nordic walking with rigid poles or exercising with BungyPump training poles, with built-in suspension and 8.8 or 13.2 pounds resistance, are both good options for physical activity. As items of training equipment these two differ. I think the BungyPump poles are more a multifunctional fitness equipment and offer more variety in usage than traditional rigid poles. The big difference is the built-in suspension and the resistance of up to 8.8 or 13.2 pounds in the BungyPump training poles. The suspension softens impact on shoulders and elbows compared to traditional Nordic walking poles.

Walking with BungyPump poles and using the resistance effect demands greater activity of postural muscles in the torso and back compared with traditional Nordic walking poles. I also feel that, thanks to the built-in suspension in the poles, stabilisation of the muscles around shoulders is improved which is very important in preventing shoulder problems.

Those with back problems may also find walking with BungyPump a good option for rehabilitation since the poles activate deep stabilizing abdominal and back muscles: important in maintaining good posture, which in turn supports the vertebrae of the spine. Furthermore, muscle strength and stability in the neck is increased, as well as in the shoulders and spine, which also has great significance for improving posture.

The 'springy motion' generated by the suspension and resistance of BungyPump poles force one to exercise increased balance and coordination compared to rigid poles. One cannot rely on support from the pole until it is fully depressed. This increases the level of activity in the buttocks and leg muscles and activates the posture muscles.

If you enjoy using walking poles, you can obtain greatly enhanced exercise and technique opportunities with the BungyPump training poles. Thanks to the constant resistance when pumping it allows for various concentric / eccentric exercises. It is the resistance inside each pole that makes BungyPump poles multifunctional strength training equipment. When pushing the pole down to the ground during exercises it uses the resistance inside each pole, which in turn activates and stabilizes core muscles that are important for preventing back problems.

Cardio and strength training with BungyPump training poles helps to activate many muscle groups throughout the body. Research shows that it gives up to 25% more training effect compared to a regular walk and up to 77% increased calorie consumption. But as with all training, problems may arise when using the poles incorrectly. To avoid problems, it is advisable to get instruction from a certified personal trainer, physiotherapist or medical expert. It is often difficult to see for yourself if you are doing something incorrectly!



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