

Recommended by leading surgeons, physicians and therapists, our evidence-based Activator® and Urban Poles were designed by an occupational therapist & gerontologist specifically for rehab and long-term conditions. This unique patented design enhances strengthening, stability and off-loading with your client's safety in mind.



## Activator

Highest Volume SKU  
Button Lock System  
Adjustable User Heights up to 6'  
Weight bearing per pole up to 200lb  
Max User Weight 250lb  
**MSRP 114.99**



## Activator<sup>2</sup>

3 Sectional Design  
Button & Flip Lock System  
Adjustable User Heights up to 6'4"  
Weight bearing per pole up to 225lb  
Max User Weight 320lb  
**MSRP 149.99**



## Activator Moda

with Snow & Trekking Baskets  
Button Lock System  
Adjustable User Heights up to 6'  
Weight bearing per pole up to 200lb  
Max User Weight 250lb  
**MSRP 124.99**



**COMING SOON**

## Activator Evening Black

Button Lock System  
Adjustable User Heights up to 6'  
Weight bearing per pole up to 200lb  
Max User Weight 250lb  
**MSRP 114.99**



## Series300

2 Sectional Pole  
Adjustable User Heights 4'2" to 6'2"  
Twist Locking System  
Weight bearing per pole up to 90lb  
Max User Weight 225lb  
**MSRP 99.99**



## 4Life

2 Sectional Pole  
Adjustable User Heights 4'2" to 6'2"  
Twist Locking System  
Weight bearing per pole up to 90lb  
Max User Weight 225lb  
**MSRP 99.99**

Urban Poling Offers a variety of accessories and replacement tips  
**MSRP 19.99 each** (tips, baskets, bag)





PATENTED

# Activator®

How to adjust your Activator® Poles



Activator® Technique



**Activator®**  
SKU #894577001016  
Highest Volume SKU  
Button Lock System  
Adjustable User Heights up to 6'  
Weight bearing per pole up to 200lb  
Max User Weight 250lb  
MSRP 114.99



**Activator® Moda**  
SKU #894577001146  
Snow & Trekking Baskets (included)  
Button Lock System  
Adjustable User Heights up to 6'  
Weight bearing per pole up to 200lb  
Max User Weight 250lb  
MSRP 124.99



**Activator® Evening Black**  
SKU #894577001160  
Button Lock System  
Adjustable User Heights up to 6'  
Weight bearing per pole up to 200lb  
Max User Weight 250lb  
MSRP 114.99



**Activator® 2**  
SKU #894577001115  
3 Sectional Design  
Button & Flip Lock System  
Adjustable User Heights up to 6'4"  
Weight bearing per pole up to 225lb  
Max User Weight 325lb  
MSRP 149.99



**Series 300**  
SKU #894577001023  
2 Sectional Pole  
Adjustable User Heights 4'2" to 6'2"  
Twist Locking System  
Weight bearing per pole up to 90lb  
Max User Weight 225lb  
MSRP 99.99



**4Life**  
SKU #894577001030  
2 Sectional Pole  
Adjustable User Heights 4'2" to 6'2"  
Twist Locking System  
Weight bearing per pole up to 90lb  
Max User Weight 225lb  
MSRP 99.99  
2% Donated to Breast Cancer

## Urban Poling Fitness

How to adjust your Urban Poles



Urban Poling Technique



**Bell Tips**  
SKU #894577001078  
Color: Black | MSRP 19.99

Our exclusive Bell Tips are made of durable rubber for Activator® poles. The bell-shaped tips provide greater stability and weight bearing than the traditional Nordic Walking boot tips. Replace bell tips when treads begin to wear and affect their stability, grip and shock-absorbing capabilities.



**Trekking Tips**  
SKU #894577001313  
Color: Black | MSRP 19.99

Made from premium rubber these Trekking tips fit all of our Urban Poling fitness and Activator® poles. The Trekking tips provide grip and quiet use of the poles as an alternative to using the carbide steel tip when hiking or walking on uneven terrain and give an excellent grip without scarring up the flora.



**Carry Bag**  
SKU #894577001092  
Color: Black | MSRP 19.99

The Urban Poling carry bag allows you to engage in poling while completing your daily tasks. It comes with two straps so your arms are free for poling. It has an internal pocket for your wallet, phone or rubber tips and an external water bottle holder. It fits all Urban and Activator® poles, if you are commuting with your poles or for storage when your poles are not in use. The carry bag collapses into a tiny bag that can fit in your pocket or purse. Made of rugged double-stitched nylon construction.



**Boot Tips**  
SKU #894577001061  
Color: Black | MSRP 19.99

The durable rubber Boot Tips fit all Urban and Activator® poles. Tips should be replaced when the tread begins to wear to ensure continued grip and shock-absorption.



**Snow & Trekking Baskets**  
SKU #894577001122  
Color: Black | MSRP 19.99

Upgrade your poles with a pair of easy-to-attach Urban Poling Trekking Baskets and Snow Baskets. The Trekking Baskets help prevent your poles from sinking in the sand, mud or rock piles and the snow baskets keep your poles on top of deep snow when snowshoeing or during winter walking on your poles with a pair of easy-to-attach Urban Poling Trekking Baskets and Snow Baskets.

### Activator® Description

The patented & FDA Registered Urban Poling Activator® walking poles are designed for balance and taking more pressure off your back & lower joints while walking. For use indoors as well as outdoors. Most commonly used for pre/post hip & knee replacement surgery, various conditions that impact your balance, varying levels of rehabilitation programs and much more!

The evidenced-based programs and FDA registered Urban Poling Activator® walking poles have been recommended by leading surgeons, physicians & therapists. The Activator® was designed by an occupational therapist and gerontologist specifically for rehab & long-term conditions. This unique patented design enhances strengthening, stability and off-loading with your safety in mind.

### Key Benefits of Activator® Walking Poles

- **Increased Balance & Stability:** constant two-point of contact (one foot and one pole) help decrease your chances of falling
- **Improved Posture:** guiding more upright posture with the Activator® technique, your arms and back muscles strengthen with each arm swing and walking pole plant
- **Increased Core Strength:** abdominal muscles tighten each time you push off with your poles. for example, urban poling 1,000 steps is the equivalent of 1,000 abdominal crunches
- **Increased Walking Tolerance:** research proves that walkers who use Activator® and Urban Poling walking poles, walk further, faster and more frequently
- **Increased Confidence & Independence:** improved balance, walking tolerance and stability results in increased confidence & independence
- **Improved Pain Relief:** walking poles let you offload weight from your hips and knees and into your upper body, helping to reduce pain.

### Clinical Conditions

Activator® poles are evidence-based & FDA registered, designed to improve patient outcomes for conditions including:

- Pre and Post Hip & Knee Surgery
- Arthritis
- Post Spinal Stenosis Surgery
- Parkinson's
- Multiple Sclerosis
- Stroke & ABI
- Fall Prevention Programs
- Traumatic Spinal Injuries
- Musculoskeletal Injuries
- Lower Back Pain
- Vestibular Disorder
- Cancer Rehabilitation
- Lymphedema
- Diabetes

### Key Features of Activator® (including Activator®, Activator® Moda, Activator® Evening Black & Activator® 2)

- Patented Ergonomic CoreGrip® designed for core strengthening while reducing strain on wrist
- Bell Shape tip for stability
- Adjustable to User Height up to 6'; collapsible to 29"
- Button Lock System - 200lb of weight bearing per pole and max user weight of 250lb
- Strapless to minimize injuries
- Three Anti-Vibration features to minimize stress on joints

### Unique Features of Activator® 2

The Activator®2 was uniquely designed to have higher weight bearing and higher max user weight. The Activator®2 is also a 3-Sectional pole that collapse for travel and is also used in Pediatrics due to the unique and varied height options.

- Adjustable to User Height up to 6'4"
- 3-Sectional Design collapsible for travel 25"
- Button & Flip Lock System - 225lb of weight bearing per pole and max user weight of 320lb
- Trekking Baskets included
- Pediatrics - varied height options allow for uses with children

### Description

Looking for a more intense and stable workout over regular walking? Urban Poling walking poles can help you burn more calories, tone your core and at the same time take pressure off your lower joints. A great option when hiking, taking walks & even when snowshoeing.

These premium-quality Urban Poling walking poles are built for fitness and engineered for performance, safety, and comfort. Burn up to 20 to 46% more calories than walking without poles, and easily strengthen your core with the help of our unique and patented ergonomic CoreGrip® that engages your core muscles as you walk.

### Key Benefits of Urban Poling Walking Poles

- **Weight management:** research shows that Urban Poling burns 20 to 46 percent more calories than standard walking.
- **Pain relief:** walking poles let you offload weight from your hips and knees and into your upper body, helping to reduce pain.
- **Balance:** a constant two-point of contact (one foot and one pole) help decrease your chances of falling.
- **Core strengthening:** your abdominal muscles tighten each time you push off with your poles. For example, urban poling 1,000 steps is the equivalent of 1,000 abdominal crunches.
- **Full-body workout:** unlike standard walking, which uses just the lower body muscles, Urban Poling engages 90 percent of your muscles.
- **Walking success:** research shows that walkers who use walking poles walk further, faster and more frequently.
- **Posture:** your arms and back muscles strengthen with each arm swing and walking pole plant.
- **Cardio fitness:** Urban Poling is an energizing activity that is enjoyed by people of all ages and athletic abilities. Simply move faster or slower to modify the intensity.

## Accessories