



Exerstrider Instructional Manual & User's Guide WITH DVD (Nordic Walking Poles for total body exercise and fitness)

Tom Rutlin

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A 48-page manual and a 31-minute DVD, where Tom Rutlin offers a wealth of information learned from his many years of study and work as an internationally recognized health and fitness expert. You'll get valuable tips on establishing a sane, effective exercise plan, dieting, stretching and more because Tom wants everyone who uses fitness walking poles to get the maximum benefits!

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