

BungyPump[®] *of Sweden*

Biggest Loser Sweden for
3 consecutive seasons



PRODUCT CATALOG

BungyPump is a unique training pole that has around 8 inches of built-in suspension. There are several different models available with a resistance between 8.8 and 22 pounds. You get much more from exercising with BungyPump than you do from simply walking – a stronger body, greater calorie consumption and better fitness.

- Up to 77% increased calorie burn compared to regular walking
- Approximately 90% of the body's muscles are activated when using BungyPump
- Trains fitness and strength at the same time
- Can be used by everyone regardless of age, fitness level and gender
- Soft and gentle on your shoulders and elbows
- Praised by medical experts – used in rehabilitation
- Suits everyone, from daily exercisers to elite athletes

BUNGYPUMP POLES – SUITABLE FOR EVERYONE



WALKERS

Many people enjoy walking as a simple and relaxing means of exercise. Bungee Pump has become very popular as a complement to this as the built-in suspension eliminates any shock to the upper body and so becomes a very natural extension of the walking movement whilst offering far more effective training. In addition, a large number of people who started walking with standard Nordic poles as a means of exercise have now started using Bungee Pump.



REGULAR TRAINERS

The largest market segment belongs to those people of all ages and from all walks of life who are generally interested and active in some type of regular fitness activity. The benefits of the increased activation of upper body muscle groups when walking appeals to all those interested in simple, regular exercise.



OVERWEIGHT PEOPLE

The largest market segment belongs to those people of all ages and from all walks of life who are generally interested and active in some type of regular fitness activity. The benefits of the increased activation of upper body muscle groups when walking appeals to all those interested in simple, regular exercise.



REHABILITATION

One of the unique features of Bungee Pump is the well-documented benefits offered to those involved in rehabilitation programs. The built-in suspension offers soft and gentle exercise whilst activating a wide range of muscle groups in the back and upper body. Bungee Pump is recommended and used by physiotherapists and other medical specialists which has been very important to the success and wide-spread appreciation of Bungee Pump on the Swedish market.



POTENTIAL EXERCISERS

Bungee Pump not only appeals to those actively involved in regular physical activity, but has proven to be very attractive to those people who feel the need to exercise, but are not motivated to join a gym or find it difficult to start a fitness program. Bungee Pump Walking is seen as "fun" offering effective exercise at a low cost in a relatively short time. As such, Bungee Pump easily motivates and touches a demographic in which traditional exercise and training techniques have held little interest.



ELDERLY PEOPLE

The soft and gentle exercise afforded by the built-in suspension system holds great appeal to elderly people who wish to continue regular physical activity. The fact that a wide range of muscle groups in the back and upper body are activated when walking offers a very effective way of maintaining a certain level of fitness and well-being.



OCCUPATIONAL / HEALTH CARE

Bungee Pump is very popular with Human Resource departments of companies, sports associations and other organisations as they are becoming more and more aware of the importance of good health and regular exercise for the well-being of their staff and members. Free training events have proven very popular and have helped raise Bungee Pump's profile through the hands-on experience.



ELITE ATHLETES

The fact that Bungee Pump has been embraced by leading sports and fitness personalities in Sweden has been very important to the success on the Swedish market. Through endorsements from top level skiers, who find Bungee Pump to be an excellent complement to their training schedules, and opinion leaders in the fitness world who have recognised the unique benefits of Bungee Pump, we have enjoyed wide-spread acceptance as a serious training product.

BungyPump Walkathon – poles with double function

2-IN-1, TRAINING POLES WITH 8.8 POUNDS OF BUILT
-IN RESISTANCE AND FIXED/RIGID POLE

Art.nr: 1242 EAN: 07350054420273

SUITABLE FOR TRAINING, HIKES AND REHABILITATION PROGRAMS.
The built-in resistance gives the user effective yet gentle fitness and strength training, while the fixed option is perfect for e.g. hikes in the mountains, rugged terrains or as support on slippery surfaces. The poles are delivered in pairs, complete with tips, baskets and rubber feet.



With the moveable locking mechanism the pole can quickly and easily change from springy to fixed pole in just seconds. Note! The locking of the pole can be adjusted by twisting the turning nut so that it is secured on the middle part of the pole. This will guarantee the pole from collapsing and staying in the fixed position.

LENGTH: Adjustable, 45-61 inches

SHAFT – UPPER PART: Aluminum, diameter 0.7 inches

SHAFT – LOWER PART: Aluminum, diameter 0.6 inches

GRIP: Cork handle, with ergonomically designed wrist strap

LOCK: Moveable locking system to alter between springy and fixed pole.

TIP: Hard metal

RUBBER FOOT: Natural rubber

COLOR: Lime green/silver

WEIGHT: 1.5 pounds/pair

**Upgrade kit for 13.2
pounds of resistance
comes with the poles
without any extra cost.**



BungyPump Slimline - training poles with 8.8 pounds of resistance

Art.nr: 1241 EAN: 07350054420167

BungyPump Slimline has 8 inches of built-in suspension and resistance of 8.8 pounds. The poles are completely manufactured from aluminum. The red buttons on top of each pole is used to quickly and easily release the strap from the handle grip. The poles are delivered in pairs, complete with tips, baskets and rubber feet.

LENGTH: Adjustable 45-61 inches

GRIP: Ergonomically designed handle straps with removable straps.

Equipped with a quick release red button on top of each pole to detach the straps.

SHAFT – UPPER PART: Aluminum, diameter 0.7 inches

SHAFT – LOWER PART: Aluminum, diameter 0.6 inches

TIP: Hard metal

RUBBER FOOT: Natural rubber

COLOR: Black/blue/yellow

BungyPump Number One - training poles with 8.8 pounds of resistance

Art.nr: 1201 EAN: 07350054420013

A training pole that primarily suits those who are everyday exercisers and great for physical therapy training as well.

The poles are unique with its built-in suspension of 8 inches and resistance of 8.8 pounds. The poles are delivered in pairs, complete with tips, baskets and rubber feet.

LENGTH: Adjustable 45-61 inches

GRIP: Ergonomically designed with powerful wrist strap

SHAFT – UPPER PART: Durable plastic material, diameter 1.2 inches

SHAFT – LOWER PART: Aluminum

TIP: Hard metal

RUBBER FOOT: Natural rubber

COLOR: Black/blue/yellow



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BungyPump Pink Charity - training poles with 8.8 pounds of resistance

Art.nr: 1202 EAN: 07350054420266

A training pole that primarily suits those who are everyday exercisers and great for physical therapy training as well.

The poles are unique with its built-in suspension of 8 inches and resistance of 8.8 pounds. They are delivered in pairs, complete with tips, baskets and rubber feet.

LENGTH: Adjustable 45-61 inches

GRIP: Ergonomically designed with powerful wrist strap

SHAFT – UPPER PART: Durable plastic material, diameter 1.2 inches

SHAFT – LOWER PART: Aluminum

TIP: Hard metal

RUBBER FOOT: Natural rubber

COLOR: Black/pink

BungyPump Energy - training poles with 13.2 pounds of resistance

Art.nr: 1211 EAN: 07350054420068

A training pole that primarily suits those looking for an extra challenging training. The poles are unique with its built-in suspension of 8 inches and resistance of 13.2 pounds. They are delivered in pairs, complete with tips, baskets and rubber feet.

LENGTH: Adjustable 45-61 inches

GRIP: Ergonomically designed with powerful wrist strap

SHAFT – UPPER PART: Durable plastic material, diameter 1.2 inches

SHAFT – LOWER PART: Aluminum

TIP: Hard metal

RUBBER FOOT: Natural rubber

COLOR: Black/blue/silver



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BungyPump Power - training poles with 22 pounds of resistance

Art.nr: 1261 EAN: 07350054420211

A tough training pole that caters to professional athletes in the areas, e.g. cross country skiing, boxing or ice hockey. For those that exercise a lot and need a real challenge. The poles are unique with its built-in suspension of 8 inches and resistance of 22 pounds. They are delivered in pairs, complete with tips, baskets and rubber feet.

LENGTH: Adjustable 45-61 inches

GRIP: Ergonomically designed with powerful wrist strap

SHAFT – UPPER PART: Durable plastic material, diameter 1.2 inches

SHAFT – LOWER PART: Aluminum

TIP: Hard metal

RUBBER FOOT: Natural rubber

COLOR: Black/Red

SportsPro Travel - Collapsible walking poles without any resistance.

Art.nr: 1231 EAN: 07350054420150

Small and neat travel friendly walking pole, with 4 sections and adjustable length. Made of high quality material. When in folded position it is not longer than 20 inches.

LENGTH: 20-50 inches
TELESCOPIC: 4 sections
GRIP: Padded handle straps
SHAFT: Aluminum
TIP: Hard metal
RUBBER FOOT: Natural rubber
COLOR: Black



BungyPump Bag

Art.nr: 1511 EAN: 07350054420259

Practical storage bag with room for 10 pair of BungyPump poles. Ideal for those who want to bring their poles together with, for example, their workout clothes and have everything practically gathered in one place, or instructors who need to bring several pairs of poles in a simple and easy way. The bag is equipped with two extra zipped pockets on the outside.

MATERIAL: PU coated polyester
SIZE: 50 x 8 x 8 inches
COLOR: Black



Belt bag with water bottle and reflective tape

Art.nr: 1503 EAN: 07350054420129

This bag has two pockets with zippers, one on each side of the water bottle, where you easily can fit your phone and keys. The elastic waist strap is adjustable and has a real buckle. A stylish, comfortable and practical bag – perfect for any outdoor activities!

COLOR: Blue/grey
VOLUME, BOTTLE: 17 oz



Storage Bag

Art.nr: 1501 EAN: 07350054420051

Sturdy storage bag with room for 1-2 pair of BungyPump poles. Perfect bag to use for storing your poles when for example taking them with you in the car or on vacation travels.

MATERIAL: PU coated polyester
SIZE: 47 x 8 inches
COLOR: Black



Training Book

Art.nr: 2201 EAN: 07350054420181

Training book in A5 size format, including workout programs for both calorie burning and fitness training.

SIZE: 40 pages



CarryStrap – shoulder band

Art.nr: 1502 EAN: 07350054420112

Stylish, practical and sturdy shoulder band with velcro fasteners top and bottom to easier carry your poles with you. CarryStrap is also suitable for carrying floor ball sticks, skis, garden tools, fishing equipment and much more.

LENGTH: 33-57 inches
COLOR: Blue



Baskets

Art.nr: 1403 EAN: 07350054420075

Baskets made from resistant plastic material. Easy to mount on to the pole and suitable for walking on soft surfaces where the poles would easily sink down, such as sand or snow. Delivered in pairs.



Refurbishing kit – Number One 8.8 pounds of resistance

Art.nr: 1407 EAN: 07350054420228

Refurbishing kit containing material to repair and restore a pair of BungyPump poles with 8.8 pounds of resistance.



Rubber Foot

Art.nr: 1401 EAN: 07350054420037

Rubber feet made from natural rubber. Strong and durable model that is suitable for walking on surfaces such as asphalt. Delivered in pairs.



Refurbishing kit – Energy 13.2 pounds of resistance

Art.nr: 1408 EAN: 07350054420235

Refurbishing kit containing material to repair and restore a pair of BungyPump poles with 13.2 pounds of resistance.



Tips

Art.nr: 1402 EAN: 07350054420044

Tips made from hard metal. Suitable for walking on virtually any surfaces for a better grip, such as gravel, bark, sand and asphalt, or snowy, icy and slippery surfaces. Delivered in pairs.



Refurbishing kit – Power 22 pounds of resistance

Art.nr: 1410 EAN: 07350054420242

Refurbishing kit containing material to repair and restore a pair of BungyPump poles with 22 pounds of resistance.



MEDICAL EXPERT ABOUT BUNGYPUMP

"I would especially like to recommend walking with BungyPump to those with back problems, as the poles activate the stomach and back musculature which is particularly important for a good posture. This in turn relieves the back vertebrae. Using BungyPump poles as an exercise tool, you can effectively improve your fitness, strength and endurance and feel better as a result."

COMPARISON BETWEEN BUNGYPUMP POLES AND RIGID 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. The BungyPump poles springy motion force one to work more with balance and coordination compared to rigid poles, one can't rely on the support from the pole until it reaches the bottom. This in turn increases the level of activity on the buttocks, leg muscles and activates the posture muscles. It is exactly the resistance inside each pole that makes BungyPump poles into a multifunctional strength training equipment."

Rovena Westberg
Registered Physiotherapist,
Toppform Physiotherapy Centre



TEST REPORT IN COLLABORATION WITH



The purpose of this study was to compare the effect of walking with BungyPump training poles to normal walking and walking with traditional rigid poles.

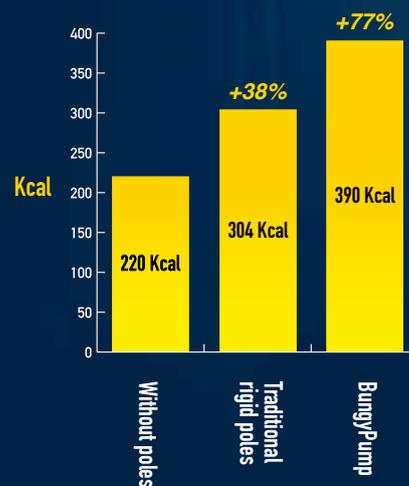
The test group consisted of 15 people, both men and women, aged between 21 and 57 years. On three different occasions, the test subjects had to walk for 30 minutes on a treadmill at 6.5 km/h and at 1-3 degrees inclination –

1. walking without poles.
2. walking with traditional rigid poles.
3. walking with BungyPump training poles.

Test results showed that walking with BungyPump training poles gave an **increase in calorie consumption up to 77%** compared to normal walking corresponding

to a consumption of 390 kcal. Walking with traditional rigid poles gave an increase in calorie consumption up to 38% compared to normal walking corresponding to a consumption of 304 kcal whilst normal walking without poles gave a consumption of up to 220 kcal.

Conclusion: Walking with BungyPump training poles is more time effective compared to normal walking and walking with traditional poles. To achieve the same kcal consumption produced by 60 minutes with BungyPump would require approximately 90 minutes normal walking. To achieve the same kcal consumption walking with rigid poles would require approximately 80 minutes.



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