

WORKBOOK

SUMMER COLLECTION 2020

19-06-2019



NORDIC WALKING - NORDIC WALKING A.I. - TRAIL RUNNING



 **GABEL®**
gabel.it

 ItalianDesign

AREA TECNICA / TECHNICAL AREA

N.C.S.



Nordic Click System di rilascio con un Click.

N.C.S. Nordic Click System - quick nordic strap release.

GRIP



Impugnatura ottimizzata per il Nordic walking.

Rounded shape on top and an angle of 6-7° to enhance comfortable grip and release during practice.

FAST LOCK



Sistema di bloccaggio esterno ideale anche a basse temperature.

Fast and safe external locking system, ideal for low temperatures.

A.I.



Anti Impact

Assorbe le vibrazioni dannose.

Absorbs harmful vibrations.

U-LOCK



Ultra Lock

Sistema di bloccaggio ad alte performance con leva in alluminio.

High performance locking system with aluminum lever.

T.P.L.



Top Performance Locking

Sistema di bloccaggio interno con due punti di attrito.

Internal locking system with two points of friction.

L.L.S.



Light Locking System

Sistema di bloccaggio interno.

Internal locking system.

TWIST



Sistema di chiusura rapido brevettato.

Patented quick compacting system.

WIRED



Sistema di chiusura rapido per un bastoncino super compatto.

Quick folding system for a very compact pole

S-CARBON



Snake Carbon

Carbonio ad alto modulo a geometria speciale.

Special high module carbon fiber with special geometry.

CARBON



Tubi leggeri e resistenti in carbonio alto modulo.

Light and resistant carbon shafts.

REFLEX



Sistema rifrangente.

Reflective - Visibility and Safety.

CARBIDE



Puntale in tungsteno.

Carbide tip.

ACTIVE TIP



Punta ad alte prestazioni che garantisce una presa sicura su ogni terreno.

High performance tip for the perfect grip on every surface.

* Brevettato. Patented

TWIST LOCK



Twist Lock makes your poles compact! This locking system is operated through two simple, easy and intuitive steps. Just rotate by 90° degrees the lower section towards the open lock icon. Follow the instructions on the stick (open / closed padlock). In correspondence of the open lock, pulling outward, the lower section will be released from the top one. Once the lower section is released, this can be turned toward the upper one, making the stick compact. To put it back together, you just need to reinsert the lower section into the upper one, then rotate it toward the closed lock, with a 90° rotation. Once the different sections are locked, you can use your stick normally. The Twist Lock is interchangeable.

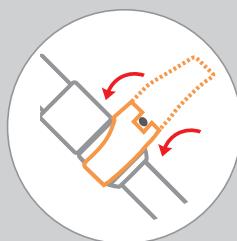
Twist Lock rende compatto il vostro bastoncino! Questo sistema di chiusura è azionabile attraverso due semplici gesti, facili ed intuitivi. Basta agire sul tubo principale del bastoncino, ruotando di 90° la sezione inferiore rispetto a quella superiore, osservando le indicazioni grafiche riportate nel tubo stesso (lucchetto aperto/chiuso). In corrispondenza del lucchetto aperto, tirando verso l'esterno, la sezione inferiore si sgancerà da quella superiore. Una volta rimossa, questa potrà essere girata su quella superiore, rendendo il bastoncino compatto. Per ricomporre il tutto, basterà reinserire la sezione inferiore su quella superiore, e ruotare la stessa nella direzione del lucchetto chiuso, con una rotazione di 90°. Una volta bloccate le varie sezioni, potrete utilizzare normalmente il vostro bastoncino. Il Twist Lock è intercambiabile.

Twist Lock macht den Stöcke kompakt! Diese Verriegelung wird durch zwei einfache, leichte und intuitive Schritte betrieben. Gerade auf dem Hauptrohr des Stabes wirken, indem der untere Abschnitt 90° in Bezug auf die obere Abschnitt. Folgen Sie den Anweisungen auf dem Stöcke (offen / geschlossen Vorhängeschloss). In Übereinstimmung mit dem offenen Schloss und zog nach außen, wird der untere Abschnitt von der obere Abschnitt freigegeben werden. Sobald der untere Abschnitt entfernt wird, kann diese in Richtung des oberen Abschnitt gedreht werden, so dass der Stick kompakt ist. Um das alles zusammen bringen, man muss nur den unteren Teil in die obere wieder einsetzen und drehen Sie ihn in die geschlossene Schloss, mit einer 90°-Drehung. Sobald die verschiedenen Abschnitte gesperrt sind, können Sie den Stöcke normal verwenden. Der Twist Lock ist austauschbar.

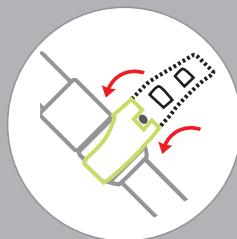
WIRED TECHNOLOGY



SPRING FAST LOCK S.F.L.



U-LOCK



The innovative technology WIRED will allow you to collapse your pole, using a simple button. The different pole's sections are connected with a high-strength cable. The advantage of this technology is having a pole very compact, light, less bulky and easy to carry.

L'innovativa tecnologia WIRED vi permetterà di piegare il vostro bastoncino dopo l'uso per avere il minor ingombro possibile, utilizzando un semplice pulsante. Le diverse sezioni del bastoncino sono unite tra loro con

un cavo in acciaio rivestito in plastica. Il vantaggio di questa tecnologia è avere un bastoncino compatto, leggero, poco ingombrante e facilmente trasportabile.

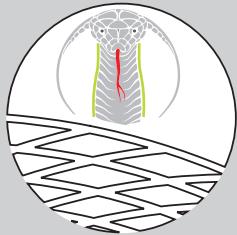
Die innovative WIRED-Technologie ermöglicht es, den Stock auf ein sehr kompaktes Packmaß zu falten, einfach und schnell durch den Pinverschluss. Durch das Zeltstangenprinzip ist der Stock im Handumdrehen wieder einsatzbereit. Der Vorteil liegt im Rucksacktauglichen Packmaß und der einfachen Bedienung. Leicht, stabil, bewahrt.

The FAST LOCK system is based on the locking clamp principle, as a valid alternative to conventional systems. FAST LOCK does not require rotation of the tubes, but locks them through an external lever mechanism, and is fast and effective, even at low temperatures and when wearing gloves.

Il sistema FAST LOCK si basa sul principio della chiusura a morsetto, diventando una valida alternativa ai sistemi tradizionali. FAST LOCK non obbliga alla rotazione dei tubi ma li blocca attraverso un meccanismo a leva esterno, efficace e rapido anche a basse temperature e con l'uso dei guanti.

Das FAST LOCK System basiert auch dem Klemmbügel Prinzip, als eine stichhaltige Alternative zu konventionellen Systemen. Durch FAST LOCK muss man das Rohr nicht drehen, denn es wird durch einen außenliegenden Flachspannhebelmechanismus geschlossen. Dazu kommt, dass durch FAST LOCK eine schnelle und effektive Verstellung des Stockes auch bei niedrigen Temperaturen oder beim Tragen von Handschuhen gewährleistet wird.

SNAKE CARBON

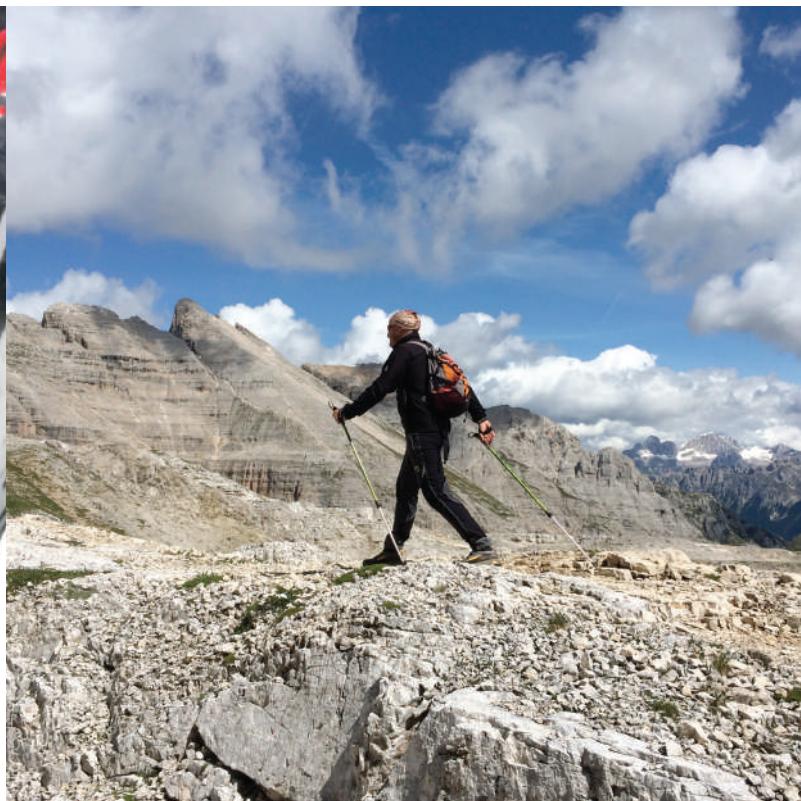


The recent "Snake Carbon" technology applied to the latest models developed by Gabel combines the excellent resistance of high modulus carbon fibre with a distinctive geometric structure, adding an innovative type of crystallisation technology. This process allowed to make the tubes 20% lighter, as well as boosting resistance by 18%. The combination of HD technologies with these new processes and materials has thus allowed us to introduce an outstanding new product onto the market.

La recente tecnologia "Snake Carbon" applicata agli ultimi modelli sviluppati da Gabel, unisce l'elevata resistenza del tessuto in carbonio ad alto modulo ad una particolare struttura geometrica, abbinata ad una innovativa tecnologia di cristallizzazione. Tale processo ha permesso la riduzione di peso dei tubi di circa il 20%, aumen-

tando la resistenza del 18%. L'abbinamento, quindi, delle tecnologie HD con questi nuovi processi e materiali, ci ha consentito di introdurre nel mercato una novità di altissimo livello.

Die kürzlich entwickelte, bei den neuesten von Gabel ausgearbeiteten Modellen angewandte Technologie "Snake Carbon" verbindet die hohe Widerstandsfähigkeit des Carbon-Gewebes mit hohem Modul mit einer besonderen geometrischen Struktur, kombiniert mit einer innovativen Kristallisierungstechnologie. Dieses Verfahren ermöglichte die Verminderung des Gewichts der Rohre um ca. 20%, bei gleichzeitiger Erhöhung der Widerstandsfähigkeit um 18%. Die Kombination der HD-Technologien mit diesen neuen Verfahren und Materialien hat uns somit in die Lage versetzt, eine Neuheit auf höchstem Niveau auf den Markt bringen zu können.



N.C.S. GLOVE



1



2



3



4



NCS SYSTEM: integrated strap and glove. Combining the C.P.S. system with the glove allows levels of comfort hitherto unimaginable, allowing you to push evenly down with your whole hand and thus avoiding stress points. The sensation of lightness and well being facilitates the natural movement of the NW, boosting the athlete's performance.

Sistema integrato lacciolo e guanto con sistema NCS. Con il sistema C.P.S. abbinato al guanto si raggiunge un livello di comfort fino ad ora inimmaginabile. La distribuzione della spinta avviene in modo uniforme su tutta la mano evitando punti di stress fastidiosi. La sensazione di benessere e leggerezza che ne deriva, favorisce il

naturale movimento del NW aumentando conseguentemente la performance di durata del gesto atletico.

Integriertes System Schlaufe und Handschuh mit NCS-System. Durch das mit dem Handschuh kombinierte System C.P.S. wird ein bis jetzt unvorstellbares Niveau an Komfort erreicht. Die Verteilung des Schubs erfolgt gleichmäßig auf der ganzen Hand und vermeidet somit unangenehme Stresspunkte. Das sich daraus ableitende Gefühl des Wohlbefindens und der Leichtigkeit fördert die natürliche Bewegung des NW und erhöht folglich die Ausdauer/Performance des sportlichen Einsatzes.

N.C.S. STRAP



1

Push the plastic edge till the end of the hole (you will hear a click).

Inserire completamente la testa in plastica del passamano nel foro dell'impugnatura (si deve sentire un "click").

Dücken Sie den Kunststoffstift bis zum Ende der Öffnung (Sie werden einen Klick hören).

2

The strap is now fixed.

Il passamano ora è fissato all'impugnatura.

Die Griffschlaufe ist jetzt fixiert.

3

Release your hand from the pole by pushing the top N.C.S. button.

Premere il pulsante in testa all'impugnatura per rilasciare il passamano N.C.S.

Lösen Sie die Hand aus dem Stock durch drücken des oberen Knopfes.

4

Your hand is now free!

La Vostra mano ora è libera!

Ihrer Hand ist jetzt frei!





user guide TRAIL RUNNING

NEW**96g - 96 daN**

We don't make
you walk on water...
we will make you fly...safely



- S-CARBON** **TWIST** **N.C.S.**
- -
 -
 -
 -
 -

COBRA 3S TRSnake Carbon
700839130**Size**165 g / 5.82 oz
110-140 (5 cm) / 44"-62" (2")**Material**

S-CarboN 100 - Ø 16

Grip

01/37 Dual Cork

Strap

02/36 NCS Comfort

Basket

03/37 TR

Tip05/15 + 08/15
Vario Fit + Carbide**Optional**
Adjustable trekking bag

03/37 Ø38



- S-CARBON ACTIVE TIP**
- -
 -
 -
 -
 -

FX-75 RSnake Carbon
700839101**Size**96 g / 3.3 oz
100-125 (5 cm) / 40"-50" (2")**Material**

S-CarboN 100 - Ø 16

Grip

01/76 Foam Touring - Ø16

Strap

02/28 FX

Adjustable

TipPunta / Tip
05/44 + 08/5
Aero + Active Carbide

- Nordic-Revo Alu Carbon**
- -
 -
 -
 -
 -

Optional

03/37 Ø38

- Nordic-Revo Alu Carbon**
Snake Carbon + Alu
700835134

Size220 g / 7.76 oz
105/130 cm / 42"/52"**Material**S-Carbon 100 + Alu
Ø 14/16 mm**Grip**

01/37 Dual Cork

Strap

02/36 NCS Comfort

Basket

03/37 TR

Tip05/15 + 08/15
Vario Fit + Carbide**Walking pad**

05/33 Sport pad

OptionalNordic walking bag
Adjustable trekking bag


RECOMMENDED
FOR ALPINE TOURING

q.ty

110-130 / 44"-52"


RECOMMENDED
FOR ALPINE TOURING

q.ty

110-130 / 44"-52"



Optional



20 PA

FAST LOCK CARBIDE CARBON



Optional



20 PA

CARBIDE FAST LOCK



37 cm



05/34 ø11



03/51 ø87



03/40F ø35

OPTIONAL
03/39 FC

XTR Carbon

700839280

Size

267g / 9.41 oz
110cm - 130cm / 44" - 52"
Folded Size
37cm/15"

Material

Carbon/ Alu 7075-T6
ø18/16/14mm

Grip

LM36

Strap

Adjustable padded

Basket

03/40F 35mm
03/51 large 87mm

Tip

05/50 Carbide
05/34 Tip Protector

Optional

Adjustable trekking bag
Basket - 03/39 ø120



37 cm



05/34 ø11



03/51 ø87



03/40F ø35

OPTIONAL
03/39 FC

XTR Alu

700839270

Size

280g / 9.87 oz
110cm - 130cm / 44" - 52"
Folded Size / 37cm/15"

Material

Alu F60 - ø18/16/14mm

Grip

LM36

Strap

Adjustable padded

Basket

03/40F 35mm
03/51 large 87mm

Tip

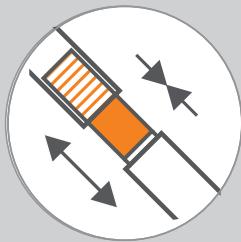
05/50 Carbide
05/34 Tip Protector

Optional

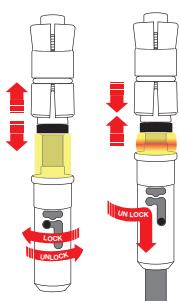
Adjustable trekking bag
Basket - 03/39 ø120



ANTI IMPACT



ANTI IMPACT
ON/OFF SPRING SYSTEM



The anti-impact system patented by Gabel absorbs at its maximum and vibrations caused by the collision with the ground and eliminates the transmission of the bad vibrations (lower than 100Hz). Gabel Anti-Impact: the best confort you can ask for.

L'Anti-Impact brevettato da Gabel assorbe al massimo gli urti dovuti all'impatto con il terreno, eliminando di fatto la trasmissione delle vibrazioni dannose (inferiori a 100Hz). Gabel Anti-Impact: il confort al quale è difficile rinunciare.

Das patentierte Gabel Anti-Schlag-System absorbiert maximal die Stöße und Vibrationen, die durch den Kontakt mit dem Boden verursacht werden, indem sie die schlechten Vibrationen (niedriger als 100Hz) eliminieren. Gabel Anti-Impact: Der Comfort, auf den du nicht verzichten kannst.

GABEL Anti Impact - Patented

What's behind our innovation

Many good things have been said about the use of adjustable Nordic Walking and Walking Poles for professional, recreational and healthcare use. GABEL have been at the forefront of many developments, particularly in relation to the ease and security of adjustment. We have now developed and patented a unique Anti Impact System which lessens the impact between pole and ground by reducing the jarring and prolonged vibration effect.

GABEL A.I. uses a micro cellular cushion similar to the material used by the automotive industry to dampen suspension systems. Most other brands use an uncushioned springs for their anti shock system; this can cause prolonged vibration problems as it reacts like a bouncy ball. Some other systems have used elastic non metallic materials but their effectiveness has been limited and compromised by the relationship to the tube diameters.

The GABEL A.I. softly and quickly absorbs the impact vibration, providing the most effective solution to the reduction of wrist and elbow stress, particularly on hard surfaces and prolonged downhill stretches. All users will appreciate the high level of extra comfort provided by the GABEL Anti Impact System.

GABEL Anti Impact - Brevettato

Cosa c'è dietro la nostra innovazione

Si sono dette molte cose interessanti sull'uso professionale, ricreativo ed anche riabilitativo di bastoncini telescopici da passeggio e da Nordic Walking. GABEL è stata promotrice di molti sviluppi, particolarmente in relazione alla sicurezza e alla facilità di regolazione. Ha ora sviluppato e brevettato (in Italia, pat. pend. in altri paesi) un singolare sistema ammortizzante - Anti Impact (AI)- che attenua l'impatto tra bastone e terreno, e ne riduce fortemente l'effetto di vibrazione prolungata.

Il sistema GABEL A.I. usa un 'cuscino' micro-cellulare in materiale simile al quello usato nell'industria automobilistica per smorzare le sospensioni. La maggior parte degli altri sistemi disponibili fanno uso di semplici molle, mancando quindi di smorzamento: questo può causare problemi di vibrazioni prolungate, dato che tendono a comportarsi come una palla elastica reagisce ad un colpo. Alcuni altri sistemi usano elementi elastici non metallici, ma la loro efficacia è spesso limitata o compromessa nel tempo, per le restrizioni imposte dal diametro del tubo.

Il sistema GABEL A.I. assorbe velocemente e dolcemente la vibrazione dell'impatto, fornendo la soluzione più efficace alla riduzione dello stress a livello di polso e gomito, soprattutto in caso di esercizio prolungato su superfi-

cie dure e/o in discesa. Qualsiasi utente potrà trarre beneficio dall'extra confort offerto dal sistema GABEL A.I.

Manutenzione dei prodotti con Anti Impact

Non esistono particolari attenzioni od istruzioni da osservare per il sistema GABEL A.I.. Il sistema di assorbimento è efficiente per tutta la vita del prodotto ed è "life time guaranteed". Le uniche due precauzioni necessarie sono:

Evitare che si sporchi l'interno della sez. diam. 18 (quella più grossa dove è fissata l'impugnatura) in modo che il tubo diam. 16 a cui è fissato il sistema GABEL A.I. possa scorrere facilmente. Prestare molta attenzione nell'inserire la sezione centrale diametro 16. Infatti nell'inserimento si possono avere degli attriti all'immboccatura da provocare il disassamento delle due sezioni (diam. 16 e diam. 18) provocando la piegatura o rottura dello stelo filetato. Se questo si verificasse deve essere acquistata una nuova sezione di ricambio, disponibile presso il Vostro rivenditore di fiducia.

GABEL Anti Impact - Patented

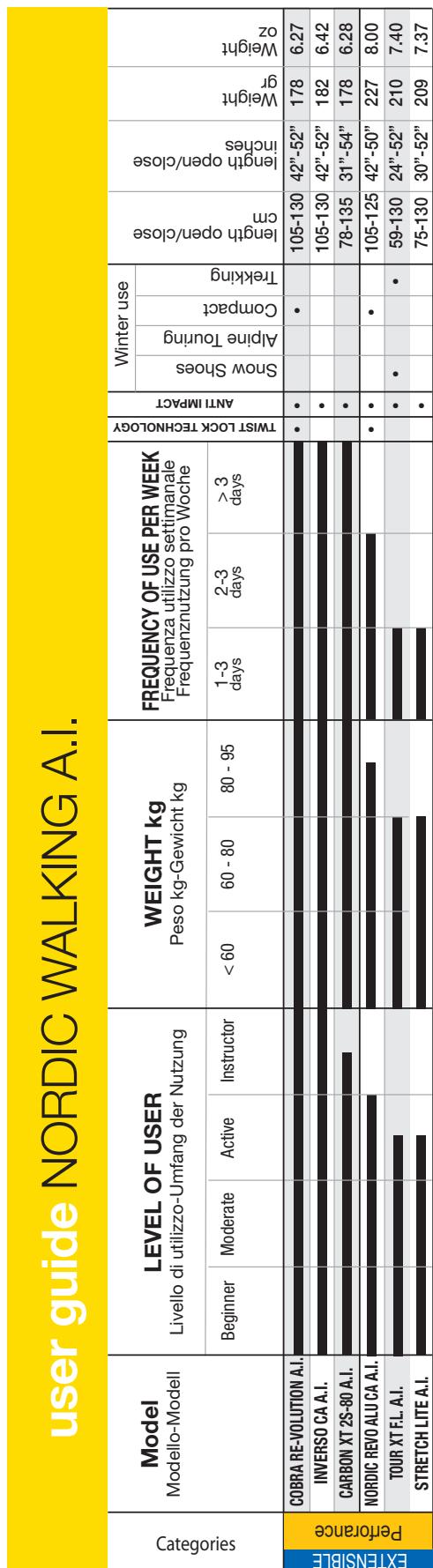
Was steckt hinter unserer neuesten Innovation

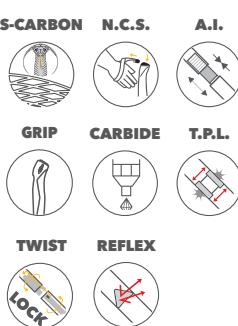
Der längenverstellbare Nordic Walking Stock hat sich mittlerweile in seiner vierfältigen Anwendung auf Grund seiner Vorteile voll durchgesetzt. GABEL hat insbesondere was die Fixierung betrifft entscheidend daran mitgewirkt. Die neueste Innovation von GABEL ist das patentierte und exklusive Anti Impact. Dieses neuartige Dämpfung System reduziert entscheidend den beim Stock Einsatz auftretenden Stoß und die auftretenden Vibrations Schwingungen. Damit wird der gesamte Bewegungsapparat im Arm- und Schulterbereich entscheidend entlastet.

Das GABEL Anti Impact nutzt dabei als Dämpfungsmauer einen Spezial Kunststoff wie er ähnlich im Automobil Bau für Stoßdämpfer eingesetzt wird. Die meisten anderen gefederten Trekking Stöcke benutzen im Gegensatz dazu eine Metall Feder. Dies kann eine verlängerte Vibration bedeuten und einen Trampolin Effekt erzeugen. Bei anderen Systemen die Kunststoff Dämpfungen verwenden, ist die Wirkung auf Grund des begrenzten Platzes, bedingt durch den geringen Rohrdurchmesser, begrenzt.

Das GABEL A.I. absorbiert dagegen die auftretenden Stöße schnell und weich. Es reduziert damit besonders effektiv die speziell auf hartem Untergrund und langen Abstiegen auftretenden Belastungen im Arm- und Schulterbereich.

Das neue GABEL Anti Impact mit seinem neuartigen Komfort wird deshalb auf Anhieb Jeden begeistern.





Cobra Re-volution A.I.

Snake Carbon
7008351303

Size

185 g / 6.52 oz
105cm - 130cm / 42" - 52"

Material

S-Carbon 100 Ø 14/16 mm

Grip

01/37 Dual Cork

Strap

02/36 NCS Comfort

Basket

03/37F TR

Tip

05/15 + 08/15
Vario Fit + Carbide

Walking pad

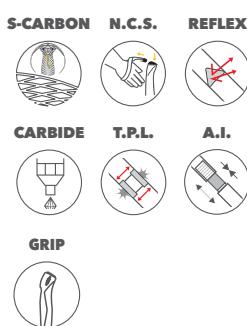
05/33 Sport pad

Optional

Cobra walking bag



52 cm



Inverso Ca A.I.

Snake Carbon
700835131

Size

191 g / 6.73 oz
105/130 cm / 42"/52"

Material

S-Carbon 100 Ø 14/16

Grip

01/37 Dual Cork

Strap

02/36 NCS Comfort

Basket

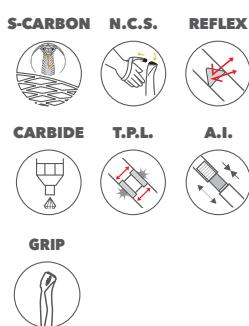
03/37F TR

Tip

05/15 + 08/15
Vario Fit + Carbide

Walking pad

Sport pad - 05/33



Carbon XT 2S-80 A.I.

Snake Carbon
700835148

Size

174 g / 6.13 oz
78/135 cm / 32"/54"

Material

S-Carbon 80 Ø 16/14 mm

Grip

01/37 Dual Cork

Strap

02/36 NCS Comfort

Basket

03/37F TR

Tip

05/15 + 08/15
Vario Fit + Carbide

Walking pad

05/33 Sport pad



03/37 ø38

03/37 ø38

03/37 ø38

Nordic-Revo A.I. Alu Carbon
Snake Carbon + Alu
700835138

Size
227 g / 8.00 oz
105/130 cm / 42"/52"

Material
S-Carbon 100 + Alu - Ø 14/16 mm

Grip
01/37 Dual Cork

Strap
02/36 NCS Comfort

Basket
03/37F TR

Tip
05/15 + 08/15
Vario Fit + Carbide

Walking pad
05/33 Sport pad

Optional
Nordic walking bag
Adjustable trekking bag

Tour XT F.L. A.I.
700835154

Size
210 g / 7.40 oz
59/130 cm / 24"/52"

Material
ALU F56 - Ø 16/14/12 mm

Grip
Dual Cork 01/37

Strap
NCS Comfort 02/36

Basket
TR 03/37F

Tip
Vario Fit + Carbide
05/15 + 08/15

Walking pad
Sport pad - 05/33

Stretch lite A.I.
700835251

Size
209 g / 7.37 oz
75-130 / 30"- 52"

Material
ALU F56 - Ø 16/14 mm

Grip
01/37
Dual Cork

Strap
02/36 NCS Comfort

Basket
03/37F TR

Tip
Vario Fit + Carbide
05/15 + 08/15

Walking pad
05/33 Sport pad

Optional
Nordic walking bag
Adjustable trekking bag

10 PA

20 PA

20 PA

S-CARBON **N.C.S.** **T.P.L.**

CARBIDE **A.I.** **REFLEX**

GRIP **TWIST**

LOCK

N.C.S. **A.I.** **T.P.L.**

FAST LOCK **REFLEX** **CARBIDE**

GRIP

REFLEX **GRIP** **CARBIDE**

GRIP

LOCK

03/37 ø38

03/37 ø38

03/37 ø38

user guide

NORDIC WALKING

WARRANTY
2
YEARS

Categories	Model Modello-Modell	LEVEL OF USER				WEIGHT kg Peso kg-Gewicht kg			FREQUENCY OF USE PER WEEK Frequenza utilizzo settimanale Frequenznutzung pro Woche			Winter use	length open/close cm	length open/close inches	Weight gr	Weight oz	
		Beginner	Moderate	Active	Instructor	< 60	60 - 80	80 - 95	1-3	2-3	> 3						
CLASSIC LINE Performance	COBRA 3S TR											•		100-140	44"-62"	165	5.82
	FX - 75													100-130	40"-52"	130	4.58
	X-5													100-130	40"-52"	150	5.29
	X-1.35													100-130	40"-52"	175	6.17
EXTENSIBLE LINE Performance	LIGHT NCS													100-130	40"-52"	205	7.23
	COBRA RE-VOLUTION											•	•	105-130	42"-52"	175	6.17
	NORDIC REVO ALU CARBON											•	•	105-130	42"-52"	220	7.76
	NORDIC REVO A1											•	•	105-130	42"-52"	229	8.07
	CARBON XT 3S-100													63-135	24"-54"	180	6.35
	CARBON XT 2S-80 FL													78-135	32"-54"	167	5.89
	INVERSO CA													105-130	42"-52"	188	6.63
	FUSION WIRED											•	•	110-130	44"-52"	294	10.37
	FUSION CORK-TECH											•	•	59-130	24"-52"	210	7.40
	TOUR XT F.L.												•	59-130	24"-52"	210	7.40
	STRETCH LITE												•	75-130	30"-52"	200	7.05
	STRETCH												•	75-130	30"-52"	204	7.20
	VARIO S-9.6													77-130	31"-52"	212	7.47
Sport Professional	NORDIC FRIEND													77-130	31"-52"	229	8.07
	NORDIC ENERGY													60-100	24"-40"	178	6.28

nordic walking categories



All the performance and lightness features required by the top experts in Nordic Walking. Only for those who dare!

Tutte le caratteristiche di performance e leggerezza richieste dai migliori esperti di Nordic Walking. Solo per chi osa!

Alle Ausführungs- und Leichtigkeitsfeautures die von Experten für Nodic Walking benötigt werden. Nur für diejenigen, die dies benötigen!

Toutes les caractéristiques de performance et légèreté demandées par les meilleurs experts de Nordic Walking. Seulement pour ceux qui osent !



For youngsters and beginners who expects quality and performance. Maximum reliability and lightness for all circumstances.

Per i più giovani e per chi è ai primi passi ma pretende qualità e performance. Il massimo di praticità e leggerezza per ogni circostanza.

Für Jugendliche und Anfänger die Qualität und Funktionalität erwarten. Unter allen Umständen ein Produkt von höchster Verlässlichkeit und Leichtigkeit.

Pour les plus jeunes et pour les débutants qui prétendent qualité et performance. La plus grande utilité pratique et légèreté en toute circonstance.



For the most demanding sporties, and for those who want to quickly improve their technique. Comfort without compromise.

Per i più sportivi, e per chi desidera migliorare rapidamente la propria tecnica. Una comodità senza compromessi.

Für Sportler mit den höchsten Ansprüchen und auch für diejenigen, die schnell ihre Technik verbessern wollen. Komfort ohne Kompromiss!

Pour les plus sportifs et pour ceux qui souhaitent améliorer rapidement leur technique. Un confort sans compromis.



Great for trainers, versatile for families, great travel companion for everyone. Simply adjust the height and you're ready to go!

Ottimo per gli istruttori, versatile per la famiglia, fantastico compagno di viaggio per tutti. Basta regolare l'altezza e poi partire!

Optimal geeignet für Trainer, vielseitig für Familien und ein großartiger Reisebegleiter für jeden. Einfach die Stockhöhe einstellen und bereit zu gehen.

Excellent pour les moniteurs, versatile pour la famille, extraordinaire compagnon de voyage pour tous. Il suffit de régler la hauteur et partir !

CHOOSE THE RIGHT SIZE

HEIGHT	SIZE
150cm - 155cm / 4'9" - 5'1"	100cm / 40"
156cm - 160cm / 5'1" - 5'2"	105cm / 42"
161cm - 165cm / 5'3" - 5'4"	110cm / 44"
166cm - 170cm / 5'4" - 5'6"	115cm / 46"
171cm - 175cm / 5'6" - 5'8"	115cm / 46"
176cm - 180cm / 5'8" - 5'9"	120cm / 48"
181cm - 185cm / 5'9" - 6'1"	125cm / 50"
186cm - 190cm / 6'1" - 6'2"	130cm / 52"
191cm - 195cm / 6'3" - 6'4"	130cm / 52"
196cm - 200cm / 6'4" - 6'6"	135cm / 54"

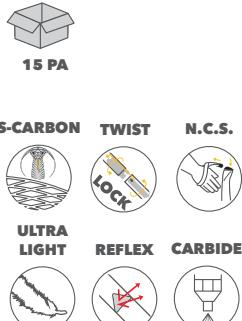




NEW



Optional



15 PA



Optional

COBRA 3S TRSnake Carbon
700839130**Size**165 g / 5,82 oz
110-140 (5 cm) / 44"-62" (2")**Material**

S-CarboN 100 - Ø 16

Grip

01/37 Dual Cork

Strap

02/36 NCS Comfort

Basket

03/37 TR

Tip05/15 + 08/15
Vario Fit + Carbide*Optional*
Adjustable trekking bag

03/37 Ø38



Ø38



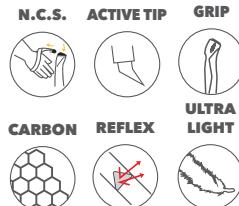
Ø38



Optional



X-5 Red 700836105



15 PA

X-5
700835113 Black/yellow**Size**158 g / 5.57 oz
100-130 (5 cm) / 40"-52" (2")**Material**

Ca 85 - Ø 16 mm

Grip

01/37

Dual Cork

Strap

02/36 NCS Comfort

Tip05/44 + 08/5
Aero + Active Carbide**Walking pad**

05/33 Sport pad

Optional

Nordic Walking bag



Ø38



Ø38



Ø38


X-1.35
700836114
Size

175 g / 6.17 oz
100-130 (5 cm) / 40"-52" (2")

Material

Ca 35 - Ø 16 mm

Grip

01/25 Dual Tech

Strap

02/36 NCS Comfort

Tip

05/43 + 08/15
Aero + Carbide

Walking pad

05/33 Sport pad


Light NCS
700834136
Size

205 g / 7.23 oz
100-130 (5 cm) / 40"-52" (2")

Material

ALU F45 - Ø 16 mm

Grip

01/25 Dual Tech Lime

Strap

02/36 NCS Comfort

Basket

03/37F TR

Tip

05/15 + 08/15
Vario Fit + Carbide

Walking pad

05/33 Sport pad



03/37 Ø38



Cobra Re-volution

Snake Carbon
700835130

Size

175 g / 6.17 oz
105cm - 130cm / 42" - 52"

Material

S-Carbon 100 Ø 14/16 mm

Grip

01/37 Dual Cork

Strap

02/36 NCS Comfort

Basket

03/37F TR

Tip

05/15 + 08/15
Vario Fit + Carbide

Walking pad

05/33 Sport pad

Optional:

Cobra walking bag

03/37 ø38





**Nordic-Revo
Alu Carbon**
Snake Carbon + Alu
700835134

52 cm

Size
220 g / 7.76 oz
105/130 cm / 42"-52"

Material
S-Carbon 100 + Alu - Ø 14/16 mm

Grip
01/37 Dual Cork

Strap
02/36 NCS Comfort

Basket
03/37F TR

Tip
05/15 + 08/15
Vario Fit + Carbide

Walking pad
05/33 Sport pad

Optional
Nordic walking bag
Adjustable trekking bag

03/37 ø38



Nordic-Revo A1
700835139

52 cm

Size
229 g / 8.07 oz
105/130 cm / 42"-52"

Material
Alu - Ø 14/16 mm

Grip
01/37 Dual Cork

Strap
02/36 NCS Comfort

Basket
03/37F TR

Tip
05/15 + 08/15
Vario Fit + Carbide

Walking pad
05/33 Sport pad

Optional
Nordic walking bag
Adjustable trekking bag

03/37 ø38



12 PA



12 PA

**Carbon XT 3S-100**Snake Carbon
700835141**Size**180 g / 6.35 oz
63/135 cm / 24"-54"**Material**

S-Carbon 100 Ø 16/14/12 mm

Grip

01/37 Dual Cork

Strap

02/36 NCS Comfort

Basket

03/37F TR

Tip05/15 + 08/15
Vario Fit + Carbide**Walking pad**

05/33 Sport pad

**Carbon XT 2S-80 F.L.**Snake Carbon
700835149**Size**167 g / 5.89 oz
78-135 cm / 32"-54"**Material**

S-Carbon 80 Ø 16/14 mm

Grip

01/37 Dual Cork

Strap

02/36 NCS Comfort

Basket

03/37F TR

Tip05/15 + 08/15
Vario Fit + Carbide**Walking pad**

05/33 Sport pad

**Inverso Ca**Snake Carbon
700835132**Size**184 g / 6.49 oz
105-130 cm / 42"-52"**Material**

S-Carbon Ø 14/16 mm

Grip

01/37 Dual Cork

Strap

02/36 NCS Comfort

Basket

03/37F TR

Tip05/15 + 08/15
Vario Fit + Carbide**Walking pad**

05/33 Sport pad



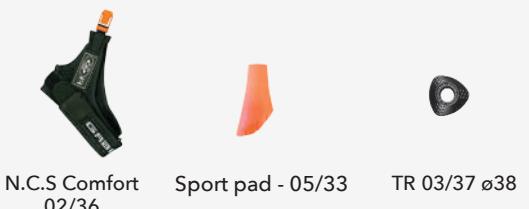
Fusion series

6 different activities in **1** pole

1



nordic walking



2



trail running



3



snow shoeing



4



alpine touring



5



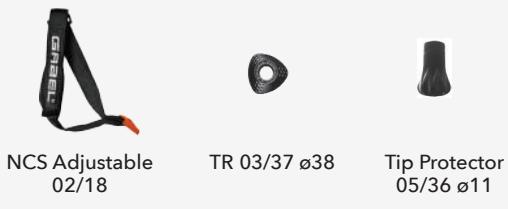
alpine skiing



6



trekking hiking





Fusion wired

700836160

Size

295 g / 10.4 oz
110-130 cm / 44"-52"
Folded Size / 37cm/15"

Material

ALU F60 - Ø 18/16/14 mm

Grip

01/87 Dual Cork

Strap

02/36 NCS Comfort
02/18 NCS Adjustable

Basket

03/1F Power Race
03/27F S.S.Power
03/37F TR

Tip

05/15 + 08/15
Vario Fit + Carbide
05/36 Tip Protector

Walking pad

05/33 Sport pad
Optional
Basket 03/39 FG



Fusion Cork-Tech

700836151

Size

247 g / 8.71 oz
59-130 cm / 24"-52"

Material

ALU F56 - Ø 16/14/12 mm

Grip

01/37

Dual Cork

Strap

02/36 NCS Comfort
02/18 NCS Adjustable

Basket

03/1F Power Race
03/27F S.S.Power
03/37F TR

Tip

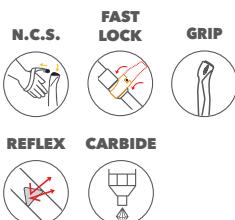
05/15 + 08/15
Vario Fit + Carbide
05/36 Tip Protector

Walking pad

05/33 Sport pad
Optional
Basket 03/39 FG



20 PA



Tour XT F.L. 700835155

Size

210 g / 7.40 oz
59-130 cm / 24"-52"

Material

ALU F56 - Ø 16/14/12 mm

Grip

01/37 Dual Cork

Strap

02/36 NCS Comfort

Basket

03/37F TR

Tip

05/15 + 08/15
Vario Fit + Carbide

Walking pad

05/33 Sport pad



20 PA



Stretch Lite 700835252

Size

200 g / 7.05 oz
75-130 cm / 30"-52"

Material

ALU F56 - Ø 16/14 mm

Grip

01/37 Dual Cork

Strap

02/36 NCS Comfort

Basket

03/37F TR

Tip

05/15 + 08/15
Vario Fit + Carbide

Walking pad

05/33 Sport pad



20 PA



Stretch 700835253

Size

204 g / 7.20 oz
75-130 cm / 30"-52"

Material

ALU F56 - Ø 16/14 mm

Grip

01/25 Dual Tech Black-White

Strap

02/36 NCS Comfort

Basket

03/37F TR

Tip

05/15 + 08/15
Vario Fit + Carbide

Walking pad

05/33 Sport pad



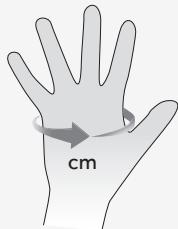


NORDIC GLOVES NCS

**N.C.S.
GLOVE**



GLOVES SIZES



cm	inch	size
16-17	6,3"-6,7"	5/5,5 XXS
18-19	7,09"-7,49"	6/6,5 XS
20-21	7,88"-8,27"	7/7,5 S
22-23	8,67"-9,06"	8/9,5 M
24-25	9,46"-9,85"	9/9,5 L
26	10,24"	10/10,5 XL



Nordic Lite Tech gray NCS
8015012100106/7/8/9/10
(1 pair)



Wind Tech blk/green NCS
8015012100006/7/8/9/10
(1 pair)



Smart Phone
Touch



Ergo Pro NCS
80150113001 grey - 80150113003 yellow



Ergo Lite NCS
80150114001 grey - 80150114003 yellow



GRIPS



Dual Tech
01/25

7901251800008 Lime ø18
7901251800003 White ø18
7901251600008 Lime ø16
7901251600003 White ø16
7901251600009 Black ø16

Dual Cork
01/37



Dual Eva
01/37



7901371600403 ø16 white

STRAPS

NCS Adjustable
02/18



7902018000011

NCS Comfort
02/36



(S)

(M)

(L)

7902023620011 (S)
7902023620012 (M)
7902023620013 (L) (1 pair)

02/28 FX



Fit Link System
02/10 G



Cuneo/Wedge
07/11



Comfort XWP
02/2 XWP



7902161303010

Jr Adjustable
02/16

7902161303010

7902161303010

TOURING GRIPS

Foam Touring
01/78 - Ø 18
7901781809011



9 cm

Foam Touring
01/81 - Ø 18
790181180211



13 cm

Foam Touring
01/76 - Ø 16
7901761601211



13 cm

Short Foam Touring
01/56 - Ø 16
7901561601001



18 cm

Foam Touring
01/58 - Ø 18
7901581801001



18 cm

BASKETS

Mesh
03/39 FG ø120
03/39 FC ø120



7903390004001 FG
7903390004011 FC

S. S. Power
03/27 F ø90



7903270104010

03/51F
Ø 87 mm



7903510104010

SS. Touring
03/29 F



7903290104010

Performance Disc
03/10F
ø 60



7903100014010

Trekking Lite
03/24 F
ø55



7903249904010

Power Race
03/1F
ø 50



79030310104010

TR
03/37
ø38



7903370004010

NW
03/40 F
ø35



7903400004010

03/50F/
Ø 53 mm



7903500104010

TIPS & PAD

Tip Protector
05/36 ø11



7905361101010

Tip Protector
05/34 ø11



7905341101010

Tip Protector
05/7 Ø13



7905071301010

Walking pad XXL
05/27



7905271305010 black
7905271305011 orange
7905271305012 green

Sport pad
05/33



7905331305010 black
7905331305011 orange

Vario fit + Steel
05/15 + 08/8



7905159800010

Vario Fit + Carbide
05/10 + 08/15



7905159900010

Multi Fit + Carbide
05/5 + 08/15



7905059900010

Ultralight +
Carbide
05/15 + 08/15



7905159900010

Carbide Tip
05/50



7905501400010

Aero +
Active Carbide
05/44 + 08/5



7905440903010

Aero+Carbide tip
05/43 + 08/15



7905430903010

LOCKING PARTS

U-Lock Power Ø12/14/16/18  	Fast Lock Spring S.F.L. 06/133 Ø14/12 7906136120001 Ø.14/12 7906136140001 Ø.16/14 7906136160001 Ø.18/16	Fast Lock Spring S.F.L. 06/134 Ø16/14 790613313312001	Fast Lock Spring S.F.L. Expander 06/135 Ø18/16 790613414001	Expander 06/23 Ø12 790613516001	Expander 06/25 Ø14 7906231202219	Expander 06/27 Ø16 7906251402220
 	A.I. on/off 06/28 Ø16 Ø14 7906311403010	A.I. 06/26 Ø12 7906311203010		Anti Impact elastomer absorber Ø11x10 7906711203010	Anti Impact elastomer absorber Ø13x10 7906711403010	
TPL 06/23 Ø12 7906231202219	TPL 06/25 Ø14 7906251402220	TPL 06/27 Ø16 7906271602220	A.S. 7906271602220	Twist Lock Cartridge 7906000161401 (1 pair)		

STRIDE GYM - Training Rubber Bands

SOFT - 10 Lb
8210001000011 blue



MEDIUM - 15 Lb
8210001500007 red



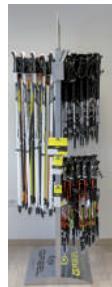
HEAVY - 20 Lb
8210002000008 green



DISPLAYS



Floor Display double side - 60 pairs
98/20
B= 50x50cm - H= 1.93cm
79809820006



Floor Display double side - 100 pairs
98/17
B=70x50cm - H= 1.93cm
7980981701000



Floor Display - 16 poles
98/22
B= 24x24cm - H= 5cm
8110000009122



Floor Display - 7 poles
98/21
B= 35x35cm - H= 5cm
8110000009121



Floor Display - 36 poles
98/23
B= 45x45cm - H= 5cm
8110000009123

BAGS



NW20 - 8009010700001



Gabel poles bag 20 Pairs - 18x134x19,5cm - 8009010500001



Gabel poles bag 2 pair - 85x18cm - 8009010500005



Nordic Walking bag 1 pair - 130x12cm - 8009010500002



Wired bag
Size 50x19cm
8009010100009



Adjustable Trekking Bag
Size 75x12cm
black 8009010100007

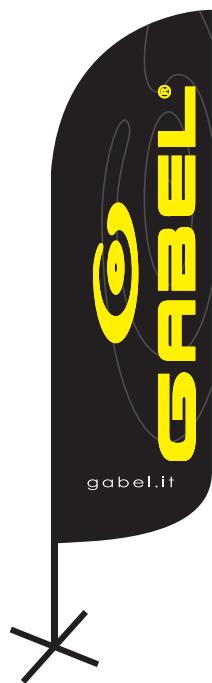


Stride waist bag - 2 bottles
8009010500102



Stride waist bag - 1 bottle
8009010500101

PROMO



GABEL FLAG
8110000001200 - Size 2m
8110000001201 - Size 4m



Gabel T-shirt Man Black
8110000010110



Gabel T-shirt Woman Black
8110000010106



Gabel Badge Holder
8110000006001



Gabel Stickers 145x60 mm
8110000002011



Gabel Stickers 94x38 mm
8110000002010



Gabel Banner
8110000001005
Size 300 x 80 cm.



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