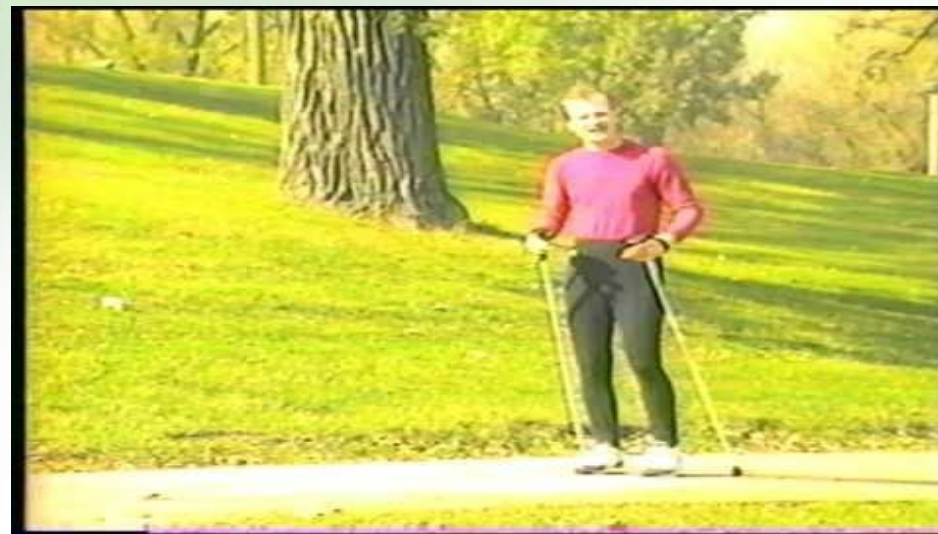


Nordic walking instructional video (1992)

In this two part video, Tom Rutlin demonstrates his original Exerstride Nordic Walking techniques first introduced in 1988.



Part 1- <https://youtu.be/NWKqAYw2r0g>



Part 2- https://youtu.be/idQ_loi1NVc

