

Skikes



Great fun riding, skating and skiing

- Roller blades/skis with brakes - enable control going down hills
- Use your running/walking shoes - no special boots/bindings
- Go exploring - able to travel on earth, grass a small stone trails
- Enjoy being able to get away from loops on the bitumen
- Some people skike to / from work
- Reinforces correct technique - enables ski training at altitude
- Builds leg, core and upper body strength (when used with poles)
- Terrific for beginners through to experts
- Low impact - easy on the joints due to pneumatic tyres
- Setting adjustment possibilities for knock knees or bow legs
- Relatively low cost - effective equipment alternative for groups

Skike one4ALL poles

- Adjustable - able to be used by a range of people & activities
- Light, strong & versatile - 30% carbon, yet telescope for travel
- Easy to switch - skating to classic roller skiing to hill bounding..
- Tungsten tips and cork handles for roller skiing & nordic walking
- Easily change screw on tips and slip on pads
- Great value esp. for teams - quality features at affordable price



COME JOIN THE 'SKIKE FORCE'