



Manufacturing
Export Award

AOK™

T H E P O W E R
O F B A L A N C E

15th anniversary

FUNCTIONAL EXERCISE PRODUCTS

08/09

www.aokhealth.com

R E T A I L C A T A L O G U E

*prices subject to change without notice



“AOK through research, development and practical application develops or selects the world’s best ‘balance based’ functional exercise and rehabilitation equipment.

Bradley Wilson
Managing Director



OUR NEW E-COMMERCE PLATFORM

HOW TO ORDER

Online: Order online anytime at our website www.logicalfitness.com

WARNING / DISCLAIMER

The manufacturers, producers, participants and distributors of this catalogue disclaim any liability or loss in connection with the incorrect or unsupervised use of equipment, exercises and advice shown herein.

Anybody practicing any exercise in this catalogue assumes the risk of injury resulting from performing the exercises and using the equipment suggested. Extreme care must be taken to ensure the exercise equipment is properly maintained.

Any exercise or instructions associated with this catalogue are in no way intended to be a substitute for medical advice. Before beginning any exercise training, with or without equipment, you should always consult a physician or health professional, who can assist you in planning a program appropriate for your age and physical condition. This is especially important if you are over 35 or have pre-existing health problems. Not all exercises are suitable for everyone. The equipment and exercises shown in this catalogue may result in injury. Stop exercising immediately and consult a doctor if you experience pain or tightness in your chest, irregular heart beat, shortness of breath, or if you feel faint, nauseous or dizzy. Adult supervision is required when a child is using or near the equipment. Use only the accessory items recommended by the manufacturer of the equipment you purchase and allow adequate space around you when using the exercise equipment.

Warranty: AOK Health products guarantee against all manufacturing faults. Mistreatment or misuse will void warranty.

Return Policy: If you have a problem with a product during the warranty time, AOK Health is happy to replace the faulty product or provide a refund (excluding delivery costs). To make a claim please contact AOK Health to obtain an RA (return authorisation) number and delivery address. No returns will be accepted without an RA number.

JOIN THE AOK TEAM

AOK have developed an innovative E-Commerce platform that enables sophisticated Business Partnerships between AOK and its customers. This will help you increase your earnings and/or manage your purchases.

Some features and benefits of this Partnership include:

- Discount pricing to allow you to resell to your clients at a profit, creating new income for your business.
- Future access to the AOK e-commerce hosting service.
- Advertising space on the AOK website, receiving over 20,000 hits per month.
- Residual Income opportunities via affiliate programs.
- Access to our brand new nutritional lines, Agel, Axis Labs and Isatori.
- Guides to Business Success in the Health and Fitness Industry.

Contact us to become a part of the team now, and expand your business potential.

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mediBall Pro PLUS

sizing & colours



Available in a range of great colours with a size to suit everyone. mediBall® Pro is burst resistant to 500kg, made in Australia and is guaranteed by AOK Health.



Blue Gold Green Pearl Grey Red Purple



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CODE	PURPLE	BLUE	GREEN	GREY	PEARL	RED	GOLD	PRICE
	(06)*	(01)*	(03)*	(04)*	(05)*	(07)*	(11)*	RRP
1145**	45cm •	•	•	•	•	•	•	\$79.95
1155**	55cm •	•	•	•	•	•	•	\$89.95
1165**	65cm •	•	•	•	•	•	•	\$99.95
1175**	75cm •	•	•	•	•	•	•	\$115.00
1185**	85cm •	•	•	•	•	•	•	\$149.00

mediBall® Dynamics DVD

An instructional program providing a wide range of the mediBall exercises to help develop postural flexibility, stability and strength. Each exercise is demonstrated and explained starting from the base position and moving through to the more difficult progressions making it suitable for beginners to advanced users.



#793157 mediBall Dynamics DVD \$29.95

Wall Chart A visual representation of the mediBall® exercises featured in the mediBall® Dynamics DVD. A2 size.



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#730002 Laminated \$17.50

#730001 Unlaminated \$9.95

CAUTION - IMPORTANT WARNING

All balls like car tyres wear out with heavy use. If you use your ball in a commercial environment you may need to upgrade on a regular basis. mediBall® Pros are not indestructible and may be weakened or damaged by sharp objects which may result in the ball deflating. Do not use a mediBall® that has been damaged. Always keep your activity area clear of sharp objects or corners, and check your ball regularly. Go to www.mediball.com/ball-damage-warning-signs.asp

sizing chart

BALL SIZE	JUNIOR	SMALL	MEDIUM	LARGE	EXTRA LARGE
MAX BALL DIAMETER diameter is the vertical height of the ball	45cm	55cm	65cm	75cm	85cm
YOUR HEIGHT COMBO SIZING suitable for combined sitting and exercise	<150cm	150-165cm	162-183cm	180-200cm	198cm+
EXER-SIZING suitable for mainly exercise	<160cm	160-175cm	175-195cm	195cm+	

Note: These sizes are only a guide. Larger/ Bulkier users may need a larger size ball than shown, purely for comfort and not biomechanics. There is only 10-20% loss of efficiency if using a larger ball size for your exercise. You will rarely use a mediBall at its maximum inflated diameter. Best results at 90-95% inflation. Over inflation will void warranty. Safe working load is 350 kg.

Bellow Pump

Made from high density polypropylene and ideal for use with mediBall®. Easy to operate with it's high volume foot operated pump.



#292517 Bellow Pump **\$29⁹⁵**

mediBall® Adaptors and Plugs

Suitable for all AOK Swiss Balls, these adaptors attach to most standard compressors allowing you to inflate your Swiss ball to the correct size.



#290020 Adaptors & #290030 Plugs **\$1⁵⁰ each**

Ball Web

Use your Swiss ball to its full potential. The BallWeb straps easily on to any size Swiss ball to enable the more effective use of resistance cords. BallWeb is available with or without the resistance cord.

#290010 Ball Web with 6ft Heavy Resista Cord **\$69⁹⁵**

#290016 Ball Web without Resista Cord **\$44⁹⁵**



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You can also attach NCM bands to the Ball Web

max ball



With a load rating of 750 kg and independent testing conducted by the University of Newcastle, the AOK Health mediball Pro is reputed to be the strongest and safest Swiss ball in the world!

AOK's research and development department has surpassed the mediBall Pro technology to introduce the mediBall Max. The mediBall Max features a non-slip surface and is available in black or gold.

#1255XX 55cm MAX Ball \$129⁰⁰

#1265XX 65cm MAX Ball \$149⁰⁰



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ball storage solutions

Made in Australia



Ball Stacker Rings

#291004 \$17⁵⁰ each

Polycarbonate Strips

Ball Rack

#291001 \$494⁹⁵
Powder coated Steel Tubing



australian made

Ball Tree

#291013 3 ARM \$612⁰⁰

#291016 6 ARM \$835⁰⁰

#291019 9 ARM \$999⁰⁰



these look fantastic and save space

High Quality chromed metal tubing

BOSU

The Bosu resembles an Exercise Ball that has been cut in half. It has a stable and an unstable side. This makes for a versatile piece of equipment which can be used for everything from cardio to rehab to yoga.

With the ball side up, you can stand, squat, sit or use it just like you would a step for aerobics. When you exercise with the platform up, your body has to constantly shift and contract to stay aligned. Perfect for body balance.



#593010 Bosu Home Balance Trainer **\$199⁹⁵**



BURN MORE
CALORIES
ENHANCE
COORDINATION



Made in USA

#593010 Bosu PRO Balance Trainer **\$245⁰⁰**

#730046 wall chart **\$12⁵⁰**

#730047 (laminated) **\$19⁹⁵**

Great range of BOSU DVDs available. **From just \$24.95 each**



PRO SERIES



CALORIE COMBUSTION



LONG & LEAN



INTEGRATED BALANCE TRAINING



CARDIO FUSION



REACTIVE STRENGTH



TENNIS



GOLF



SKIING



FOOTBALL



SOCCER



BASKETBALL



duraDisc

The **duraDisc™** provides active and reactive rehabilitation for the lower kinetic chain. Use duraDisc™ to improve proprioception and balance, increase range of motion and strengthen the lower kinetic chain. duraDisc™ is appropriate for use in therapy as well as active training and as a seating device.

Can be used in conjunction with Balance Plates

Blue #413301, Green #413303, Grey #413304,

Red #413307, Gold #413311 **\$89⁹⁵**

#413390 duraDisc Cover **\$25⁰⁰**



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duraDome™ &

Similar to the duraDisc, the duraDome offers a higher return angle for increased Range of Motion and stretching.

4710## duraDome Available in Blue or Grey **\$95⁰⁰**



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cobblestone



Prevent Falls. Improve Balance



Cobblestone Mat / Walkway

The Pebble Walkway is proven to improve your health. Take a barefoot walk on a Pebble Walkway for foot reflexology and a great foot massage! Improve balance and circulation while reducing blood-pressure through daily practice of this simple, low impact exercise.

#541095 6 foot walkway **\$69⁹⁵**

#541090 16" square mat **\$46⁴⁵**

balance boards

Classic Balance Board

This board is made from a sturdy moulded plastic with a dual level fulcrum allowing the board to adjust from basic to advanced levels with a simple twist of the wrist. Try it and see for yourself. 2 height adjustments for beginner and intermediate.

#599615 Classic Balance Board **\$69⁹⁵**



canadian made

Adjustable Balance Board

Available in 16" and 20". This balance board is a wooden board with a non-slip surface and adjustable base with 3 levels of difficulty. Perfect for High load and Advanced Balance Training.

#599616 (16") Adjustable Balance Board **\$99⁰⁰**

#599620 (20") Adjustable Balance Board **\$109⁹⁵**



canadian made

Weeble Boards

These are ideal for people who stand for long periods of time. There is a high carry over of balance and proprioception to active living and sports activities. They can also be used for functional push ups, squats and upper body dumbbell lifts. - Independent action under each foot, 18 degree angle.

#599715 Weeble Boards (pair) **\$109⁹⁵ a pair**



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balance plates



Balance Plates

These balance plates can be used with one or a multiple of duraDiscs or duraDomes to perform in a similar manner as a wobble/ balance board.

- #426010 Circular 390mm \$44⁰⁰
- #426020 Circular 500mm \$65⁰⁰
- #426030 Rectangle 620 X 420 X 20mm \$60⁰⁰

A Range of Balance Plates lets you vary Stance Patterns and Planes of Motion



australian made

netball

rugby

soccer



Protech

Designed by Orthopaedic Surgeons, the Protech ankle brace is quick and easy to fit and can be used for either the left or right ankle. This brace is reusable and is available in 3 different sizes. The Protech ankle brace has a unique design which allows wide range of motion but provides enough stability to prevent the ankle rolling and causing injury.

Small #596012 Medium #596013 Large #596014

\$84⁹⁵



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THE BEST STYRUP BRACE ON THE MARKET



Pro Stretch

Enables stretching of hamstrings, calf muscles, Achilles tendons & plantar fascia.

#597800 Pro Stretch

\$59⁹⁵

Full Range Achilles



rocker boards

The Vortex

Boarders, Surfers, and Extreme Skiers will love this one. The Vortex has a NEW high density polyurethane rock, which makes it the most versatile board. It can be ridden on virtually any surface (indoors or out).

#598508 Vewdoo Vortex

\$249⁰⁰



Bongo Board

An exciting expert level balance trainer for boarders, surfers, skiers, hockey players and xtreme sports enthusiasts. Bongo Balance Boards back and faster than ever! Take one kick tail board, one dual bearing, multi-rotational polyurethane wheel and strap them together with an "I" beam and bungy cord and you will have a whole lot of balance going on. Boarders and skiers will love the skills that they can master on the Bongo Board.

#597201 Bongo Board

\$149⁹⁵



Rocker Board 20"

20" Birch square with 14 degree rocker base. Suitable for basic balance training and improving Range of Motion. Recommended for warm up squats and senior use.

#599690 Rocker Board

\$109⁹⁵



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Combobble Board

This combination of 2 existing Balance Boards. Combobble Boards are excellent for challenging squats, 180° turns and many other higher level moves. At 24" wide, this product is well suited to even the largest individuals who wish to improve balance while in an aggressive athletic stance.

#599824 Combobble Board

\$120⁹⁵



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physiolog motion system



PMS (Physiolog Motion System)

This is a state-of-the-art wireless Balance assessment, training and monitoring system. At the heart of the system is a unit, which measures angles of tilt (inclination). This unit, known affectionately as the Physiolog Wobbegong™, houses a sensitive triple-axis accelerometer and Digital Signal Processing micro-controller, as well as a Bluetooth radio. The Wobbegong continually senses changes to its orientation and sends the data back to a receiving PC.



The unique feature of the Wobbegong is that it is truly portable, and can be attached to a wide variety of unstable platforms – anything from commercial balance boards through to unsteady chairs. The software is designed to suit a wide range of functions; it can be used as part of an assessment system for balance/motion in either a research or sports environment, and also can be used for training. Typical uses might be anything from assessment of balance in a normal healthy person to a sports person strengthening an ankle joint.



Software on the PC side is used to complete the system, and turns an inclination sensor into a complete system of data acquisition, visual display, recording and analysis. There are also additional sensors and software within the complete Physiolog Motion System™, which enable the simultaneous recording of several channels of data. The Balance Trainer software is an invaluable tool for assessing, training and researching balance within humans.

#900000 Physiolog Motion System **\$3,074⁵⁰**



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Balance Beam

Helps all age and skill levels safely learn balance, coordination and improve gymnastic skill.

1900mm x 190mm x 60mm

#596016 Balance Beam **\$89⁹⁵**

airRoller

The AOK airRoller™ is great for:

enhancing balance reactions, body awareness, muscle activation and improving dynamic strength, neural association and flexibility. It can be used on its own or in combination with mediBalls®, medicine Balls, Bodyblades and resistance bands to provide a more challenging workout.

Blue #517001

Grey #517004 **\$110⁰⁰**



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physioRoller

Physio Rollers

Designed by Physios for rehabilitation, the Physio Roller has gone mainstream because of its versatility. Using it at home requires minimal skill and delivers maximum effect. Conventional foam rollers are made from extruded packing foam, which can shrink and distort, sometimes after only a few months. Our Physio Roller is different. It's a high performance, professional roller made of the highest quality, pressure moulded EVA foam, giving it superior memory and shape retention.



#518025

Long round

\$64⁹⁵

#518026

Short round

\$33⁰⁰

#518027

Long Half round

\$39⁹⁵

#518027

Short Half round

\$16⁰⁰

BONUS FREE EXERCISE SHEETS DEVELOPED BY AUSTRALIAN HEALTH PROFESSIONALS.

sensaBolster

Great for stretching programs!

An exciting new concept, the sensaBolster™ is 25cm long with a band of sensory nodes at each end. Made from duralon™ and burst resistant to 200 kgs. It makes a good rehabilitation and exercise tool when used like the airRoller™ or traditional physio roller.

#518001 Blue sensaBolster

\$55⁰⁰

#518006 Purple sensaBolster

\$55⁰⁰



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Pilates Ball

NEW!! The Pilates Ball is a very versatile piece of pilates equipment. The Pilates Ball can be used for resistance in a similar way to the 'pilates magic circle' and instead of a foam roller for increased body awareness. The Pilates Ball is 20cm in diameter and is currently available in blue.

#360001 Pilates Ball \$25⁰⁰

BONUS FREE EXERCISE CHART



australian made

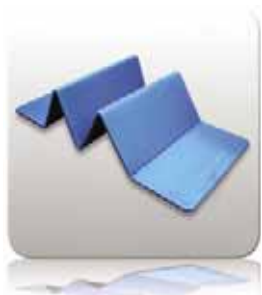


Exercise Mat

These 'closed foam' exercise mats are lightweight, portable and easy to clean. The closed foam construction provides a comfortable training environment even on most hard surfaces.

Available in Blue or Black

#54101# 1800 x 600 x 15mm \$55⁰⁰



Folding Exercise Mat

The folding exercise mats are great for using in classes where storage space for equipment is limited. The Mats easily fold out and there are no gaps in the mat where the folds are. They are also lightweight and easy to carry. And its so much easier and quicker than rolling the mats back up!

Available in Blue or Black

#54110# 1840 x 605 x 15mm \$54⁹⁵



Yoga Mat

These closed-foam yoga mats are lightweight and easy to clean. Portable and versatile. The closed-foam construction enables them to provide a comfortable training environment even on most hard surfaces.

Available in Blue, Black or Purple

#54205# 1700 x 600 x 4mm Yoga Mat \$45⁰⁰

SRF board

SRF Board (Stabilization, Rotation and Function)

This versatile product allows you to do rehabilitation, general fitness, cross-training and dance specific exercises. Resistance cords may be added from either end to assist or resist the forces of gravity on the user. SRF Board offers unlimited configurations with a 2 piece system. One fixed and one sliding disc. Lock out pins eliminate disc rotation for increased stability. 4 adjustable bumpers to limit Range of Motion and operates with resistance from 0 to 4 cords from either end.



#597911 SRF Board

\$599⁹⁵



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Rotational Discs

Commonly used in hip rehabilitation, these 11" discs are effective aids for developing balance and strength while standing or sitting. These heavy duty discs allow you to rotate 360° in a single smooth motion.



#597815 Rotational Discs (pair)

\$109⁹⁵ a pair



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GYMSTICK is a new fitness tool which was developed for total body fitness and is ideal for improving cardiovascular fitness, muscular strength and endurance, balance and flexibility, muscle toning, fat loss and coordination. Great Results Really Fast!



Gymstick

Light #574880
 Medium #574881
 Strong #574882
 Extra Heavy #574883
\$129⁹⁵

Gymstick Bands

Light #574870
 Medium #574871
 Strong #574872
 Extra Heavy #574873
\$69⁹⁵

Gymstick DVD

#792700
 Gymstick DVD **\$29⁹⁵**



Agility Rings

Agility Rings are flat and flexible plastic rings, 41cm in diameter. They are a fantastic part of training exercises, as they are essential for abdominal strength, co-ordination and calf muscle development. They are durable, light weight training equipment, which come in multiple colours.

#660090 Agility Rings Set of 12 **\$24⁹⁵**



Hurdles

Fantastic quickstep training tool and develops agility, anaerobic conditioning, knee-lift mechanics and general fitness. All hurdles are made of quality moulded plastic, are lightweight and easily carried and stacked.

#6600## Professional Hurdles **from \$18⁵⁰**
 #6600## Micro Hurdles **from \$7⁹⁰**
 #6600## Hurdle Risers **\$5⁹⁵**



Field Markers

Guaranteed not to break if stepped on during training. Mark out training areas and use the different colours to colour co-ordinate sessions. Terrific for all your training exercises and needs. They are durable and are designed to stack easily, making it simple to transport.

#6601## Witches Hats **from \$1⁴⁵**
 #6601## Dome Cones Sets of 50 **\$39⁵⁰**
 #6601## Disc Cones Sets of 50 **\$29⁹⁵**



"The Best Snow Ski Training on the Market."

Bradley Wilson

Pro Fitter

A challenging, yet fun and easy to learn, a multi-directional movement cross-trainer proven to:

- Maximise functional leg strength and power, Improve cardiovascular endurance.
- Enhance core strength and stability.
- Develop effective upper and lower body strength programs.
- Achieve better balance, co-ordination and overall agility.
- Obtain faster and more precise reaction times, Improve sports performance.
- Reduce the risk of sports related injuries.

#698401 Pro Fitter_ **\$749⁹⁵**



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Power Chute

- * Improve your acceleration, agility and speed with a whole lot of fun!
- * Provides low-impact resistance with no tangle
- * Manufactured from light-weight materials
- * Easily stored and portable
- * Includes harness



#660100 Power Chute **\$35⁹⁵**

Power Sled

Attached to the shoulders or waist, the power sled is the ultimate speed and strength training tool. Through its solid metal structure and the ability to add weights if required, rapid speed and strength improvements are closer than ever. The way in which the power sled is designed enables it to be highly durable for even the most rigorous training sessions.



#660105 Power Sled **\$127⁹⁰**

Speed Resistor - Shoulder Strap

Attached at the shoulders, the speed resistor is a simple, yet ideal tool that can be used in order to rapidly improve components such as speed and power. For maximum gain, having a training partner is essential. When sprinting, your training partner applies a level of resistance determined by how hard they are holding/pulling the handle.



#660110 Speed Resistor **\$27⁹⁵**

Weighted Jacket

- * Contains 8 pockets for weights/sand,
- * Each capable of holding approx 1.2kg.
- * Total weight of the jacket 10kg approx. (incl. added weights).
- * Use weights in the pockets to your requirements.
- * Great for building upper body and lower body strength.
- * Can be used for running, jogging martial arts training.
- * Does not include weights.



#660115 Weighted Jacket **\$39⁹⁵**

bodyblade



Advanced Training:
Use Standing on a duraDisc
for even more effective
'core control'



The key to Bodyblade's success as a functional rehabilitation tool is proprioception, power and stabilisation. Physical therapists have discovered that isolated painful areas, including extremities in a brace or cast, can be exercised with Bodyblade without requiring an excessive range of motion.

This unique, oscillating action makes it an ideal choice for treating acute injury, chronic disability and post-surgical rehabilitation in a variety of environments and task-oriented activities.

#537135 Bodyblade Pro **\$260⁰⁰**

Comes with Super 6 instructional DVD and wall chart

#537115 Bodyblade Classic **\$180⁰⁰**

Comes with Super 6 instructional DVD and wall chart

#537125 Bodyblade CXT **\$115⁰⁰**

Comes with CXT Workout and Instruction DVD and wall chart

#5372## Bodyblade Carry Bag **\$30⁰⁰**



Exercise Wall chart

#790651 Super 6 DVD **\$24⁹⁵**

#790651 Target Training DVD **\$34⁹⁵**

Resista Cords

Available in light, medium and heavy resistance strengths and in either 3ft or 6ft lengths. Resista Cords are made from high quality bungee cord and are easily interchangeable with the BallWeb.

#57030X 3ft Light/Medium/Heavy \$29⁰⁰



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#57060X 6ft Light/Medium/Heavy \$39⁰⁰



NCM BANDS 1.5m (5ft)

CODE	STRENGTH/COLOUR	PRICE
#574890	Level 4/ Dark Blue	\$9.00
#574889	Level 3/ Light Green	\$9.00
#574888	Level 2/ Turquoise	\$9.00

NCM BANDS 5.5m (18ft)

CODE	STRENGTH/COLOUR	PRICE
#574895	Level 5/ Teal	\$32.00
#574894	Level 4/ Dark Blue	\$30.00
#574893	Level 3/ Light Green	\$28.00
#574892	Level 2/ Turquoise	\$24.00

NCM BANDS 45m (150ft)

CODE	STRENGTH/COLOUR	PRICE
#574997	Level 7/ Silver	\$239.95
#574995	Level 5/ Teal	\$139.95
#574994	Level 4/ Dark Blue	\$139.95
#574993	Level 3/ Light Green	\$114.95
#574992	Level 2/ Turquoise	\$99.95

NCM Tubing 3m (10ft)

CODE	STRENGTH/COLOUR	PRICE
#575894	Level 4/ Dark Blue	\$23.00
#575893	Level 3/ Light Green	\$21.00



Resistance Band Handles:

Available in plastic or foam. Handles make using the resistance bands and tubing easier to use.

#572920 ResistanceHandles \$17⁵⁰ each



Resistance Band Door Anchors:

Simply thread the resistance band or tubing through the loops at one end and place the round anchor plate on the other side of the door.

#5/2910 Door Anchors \$18⁰⁰

medicine balls



Conventional Grip Live



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#341001	190mm diameter 1kg	\$39⁹⁵
#341002	190mm diameter 2kg	\$59⁹⁵
#341006	250mm diameter 6kg	\$132⁰⁵

superGrip Live Medicine Ball

Developed at AOK Health's R & D centre, the superGrip™ Live Medicine Ball is conveniently air filled, you can increase or decrease the 'bounce factor' by inflating or deflating the ball. The ball's textured surface provides greater grip over other Medicine Balls (Ideal for throwing and catching training.) 250mm diameter.

#341013	250mm diameter 3kg	\$69⁹⁵
#341014	250mm diameter 4kg	\$84⁹⁵
#341015	250mm diameter 5kg	\$99⁹⁵



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#293220	Medicine Ball Stand (holds 6 medicine balls)	\$286⁵⁰
#341100	Set of 6 Medicine Balls, Includes Ball Stand	\$684²⁰



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Dynamic Rebounder

This Rebounder and Frame is extremely sturdy, and is able to be set at various angles in order to be used for medicine ball exercises. The adjusting clamp is very strong and adjusts from horizontal to 45 degrees. Includes mounting holes to enable mounting the unit onto a wall for upward movement exercises.

#696020	Complete Rebounder Unit	\$1,335⁰⁰
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Does not include Balls.

cyclone balls

Cyclone Ball

The ultimate core challenge!

A strong medicine type ball, Cyclone Ball uses a pliable braided rope running through it's core that extends into a handle for the user. Cyclone Ball is tough, durable and provides a challenging workout - great for both power training and core stability training.



High Energy Power Training !!!

#314001 1kg Cyclone Ball \$125⁰⁰

#314003 3kg Cyclone Ball \$175⁰⁰

#314002 2kg Cyclone Ball \$155⁰⁰

#314004 4kg Cyclone Ball \$199⁰⁰

Replacement Balls available



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Grip Balls

Medicine balls that fit in the palm of your hand

Add resistance to a variety of exercises or use in rehabilitation. Ball fits in the palm of the hand allowing the user to move freely through a full range of motion during exercise. As conditioning improves, user may progress to heavier weights.



#324006 .5kg Grip Ball \$34⁹⁵ #324015 1.5kg Grip Ball \$39⁹⁵

#324007 .75kg Grip Ball \$34⁹⁵ #324020 2kg Grip Ball \$39⁹⁵

#324010 1kg Grip Ball \$34⁹⁵ #324025 2.5kg Grip Ball \$39⁹⁵

#324000 Set of 6 Grip Balls \$199⁹⁵



australian made

The hard wearing, soft flexible **Powerbags** can be used indoors or out, in all conditions and on any surface. With many performance advantages over conventional weight training, Powerbags are totally suited to all ages, fitness levels and training goals.

This unique 3 in 1 training system incorporates all the benefits of gym based strength training with the flexibility of sports specific, rotational and throwing drills.



#630010 10kg Powerbag \$115⁰⁰

#630015 15kg Powerbag \$120⁰⁰

#630020 20kg Powerbag \$130⁰⁰

A MUST FOR YOUR HOME GYM

microloading with **plate mates**



PlateMate - Micro Loading

Platemates save you time, money and space. Two pairs of 21/2lb plateMates allow you to buy dumbbell sets in 10lb increments. Fewer bulky weights creates more space for training increases and/or decreases. Strength training with smaller incremental increases, is the smarter, better and safer way to success.

Available in 275 gms to 1.1 kg in Donuts, Hex & Brick **from \$31⁹⁰**

dumbbells and freeweights



Kettle Bells

olympic bars & plates

Dumbbells

AOK Health is pleased to be able to supply you with all of your resistance training needs from dumbbells to barbells, weight plates and racks.

Available in single weight pairs or Complete sets, Vinyl, Rubberised or Stainless Steel



13 pair, 4 Sided Verticle Dumbbell Rack

Holds 13 pairs of dumbbells

Space efficient design

***Assembly required**

13 pair rack **\$795⁰⁰**



all in one PT solution

cable cross - dual action smith - safety cage - chin up

Hoist PTS - HILO

- Standard dual 68 kg (150 lbs) cast weight stacks.
- One-Handed pulley adjustment
- 23 adjustment positions on each independent pulley.
- Split Weight Cabling delivers 50% resistance to low pulleys.
- Wide groove pulleys allow the user to perform more exercises.
- Multi-Position chin-up bar.
- Assist strap allows user to perform weight assisted pull-ups.
- Primary frame constructed from 3 inch round steel tubing.
- Dual attachment bar enables simultaneous use of both pulleys.

***Assembly required**



Hoist PTS - HILO

\$6,999⁰⁰

redcord®



made in Norway

The **original sling exercise system**, Redcord®, formerly TerapiMaster, is a unique and effective concept for functional training. It enhances performance, prevents injury and is therapeutic. Users are athletes, therapists, sports trainers, and other who wish to improve performance and remove pain in sport or daily life.

Carefully designed training using body weight and unstable slings is at the core of the concept. It strengthens major muscle groups, activates deep core muscles and improves balance. The results from our international community of professional sports trainers and therapists are impressive.



redcord Trainer

from \$795⁰⁰

redcord Mini

from \$299⁹⁵

redcord Professional

from \$1,195⁰⁰

redcord Work Station Professional

from \$6,250⁰⁰



Grama Bike-Moves like a real bike

The Grama bike with its unique ability to allow the athlete to position their drive train (hips and legs) over the crank axis throughout the pedal cycle optimises technique and biomechanical advantage. No conventional spin bike does this.

Great for Triathletes

#520010 Grama Bike_ \$2,199⁰⁰



- BELT DRIVE • MAGNETIC RESISTANCE • POWDER COATED
- FULLY ADJUSTABLE • SUITABLE FOR CLINICAL USE

TRIKKE 6



trikke

The Trikke is an innovative three-wheeled vehicle that takes the best of the popular vehicles of today and combines them into a completely new machine in form, function, and riding experience. The patented technology makes it possible for a rider to propel the Trikke forward without pushing or pedalling... just rock and roll!

TRIKKE 8



#520019 Trikke 6_ 6 inch wheels \$298⁹⁵

#520020.9 Trikke 8 Convertable Air_ 8 inch wheels \$550⁰⁰

#520020.1 Trikke 8 Convertable PU_ 8 inch wheels \$484⁹⁶

#520025 Trikke 8 Combo Air & PU_ 8 inch wheels \$595⁰⁰

TRIKKE 12



#520021 Trikke 12 Roadster_ 12 inch wheels \$770⁰⁰

HIGH SPEED
TOURING AND
CARVING
ON A T12



Pro Lux Boxing Gloves

Great for serious boxing training and sparring. Custom cut for unmatched comfort. Moulded 4cm padding.

Pro Lux Senior Black #990251 Red #990207 Blue #990201 **\$74⁹⁵**

Pro Lux Junior Pink #990302 Black #990351 Red #990307

Blue #990301 **\$74⁹⁵**



Class Pads - Combination Mitts

This fantastic combination glove is great for Mass Class use. There is no need for change overs from gloves to pads, giving you maximum interaction and aerobic intensity. The Punchfit Class Pads also feature Breather Holes to allow for quick drying.

Class Pads - Combo Mitts **\$89⁹⁰**



PT Focus Pads

Largest, thickest focuspad in the Punch Equipment range. Padded hand pieces for extra protection and comfort.

PT Focus Pads

Black #990451 Red #990407 Blue #990401 **\$109⁹⁵**



Punchfit DVD

This DVD is a MUST HAVE !!



australian made

Why have the best gear in the World if you don't know how to use it?

796175 Punchfit DVD **\$49⁹⁵**



Many other Punch Products available including skipping ropes, cotton inners, various gloves and hand wraps, at www.aokhealth.com



Solitude Water Pillow

Easy to Use

- * Removable Bladder
- * Easy to clean
- * Microwavable

Sleep Soundly

- * Natural Custom Fit
- * Supports Head & Neck
- * 2 year guarantee

Easy Adjustment - Variable padding thickness

#840020 Embrace Air Solitude Water Pillow **\$100⁰⁰**



Royal Rest Pillow

The combination of a soft, open-cell foam outer shell that maximises healthy air circulation, and firm oval-shaped cores to support and provide gentle relief from tense neck muscles. The optional high and low sides enables one size to fit all.

The Royal Rest is ideal for allergy sufferers - it is CFC free and allergy tested, making it environmentally friendly.

Both the cores and the covers are washable.

#872015 Buy one Royal Rest Pillow **\$129⁰⁰**
or two for **\$199⁰⁰**

Tense neck, bad back or difficulty sleeping? Comfort and Support in Perfect Harmony
Royal Rest is the number one orthopaedic pillow in the world.



Made in Sweden

lets ice it one unit - all body parts



Ice bags, in some form, have been around since there was a need to reduce swelling or dull the pain of an injury, as they are a simple and effective way to instantly relieve pain and reduce swelling.

Lets Ice It bags using the simplicity of ice and hot water are easy to purchase for the general public who need the reassurance of having the right equipment to treat an injury or manage aches and pains when the time is necessary.



HOT AND COLD

#597400 Lets Ice It blue #597405 Lets Ice It pink **\$39⁹⁵**

athlegen treatment tables

Ultimate Access Massage Table

The Athlegen Access provides you with the ability to treat your clients using the very best equipment available. The unique shape of the top allows excellent access. Add triple layered cushioning for superior comfort, electric height adjustment and optional raising mid section, and you have discovered just a few advantages of the Athlegen Access.

Ultimate Access **from \$3,290⁰⁰**



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Genesis Massage Table

The next generation portable massage table has arrived. The Athlegen Genesis is state of the art. Ergonomically designed for patient comfort and practitioner access - the contoured shape allows you close access to your client and makes it easier on your back. Includes a face cradle.

#832040 Genesis **from \$632⁰⁰**



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Professional Portable Massage Table

The Athlegen Professional provides comfort and support for your clients at an affordable price. Features height adjustable legs, lifetime structural warranty and only weighs 16kg.

#833020 Professional **from \$440⁰⁰**



australian made



Supa Light Weight Portable Massage Table

The Athlegen Supa Light Weight is at the cutting edge of technology offering eight separate height settings, It also offers rigidity and strength through a design registered leg system and light weight, weighing only 12kg.

Supa Light Weight **from \$565⁰⁰**



australian made





Massage Ball

The 230 raised conical heads on the ball's surface massages the skin and muscles. massageBall's help provide relief from the pain of strained muscle fascia and joints and aid in recovery of musculoskeletal injuries. Lightly scented with essential oils. Comes with instruction booklet.



PACKAGED Blue #350001, Purple #350005,
Red #350007, Green #350003 **\$25⁰⁰**

UNPACKAGED Blue #350001, Purple #350005,
Red #350007, Green #350003 **\$22⁵⁰**



australian made



Stress ball

Not just a novelty product, the stress ball is a great way to rebuild strength in the hands and forearms. The Stress ball offers little resistance. Keep in the car to combat Road Rage.

Blue #391001, Green #391003, Red #391007,
Yellow #391009 **\$10⁰⁰**



australian made

muscle mate



Do you suffer from:

- Muscle Pain? Sporting Injuries?
- Tendonitis? Joint Pain?
- Backache? Headaches?

Then you need the Muscle Mate
Enhances depth and effectiveness of massage
without causing fatigue to the hands or fingers.

#679610 Muscle Mate **\$39⁹⁵**

Trigger Point

Myofascial Release

Muscle Assessment

Easy to Use



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resistance chair

Chair exercise system

The Resistance Chair was designed with one goal in mind—to make the safest and most convenient home exercise system for mature adults. The Resistance Chair achieves this goal because of its innovative Resistance Anchor Cable™ system. With the Resistance Cables, you get a smooth, quiet resistance without using conventional weights.



PostureProp™

Removable backrest offers support for strength exercises and gives added range of motion for chest press routines.

Resistance Anchor Cable™

Patent pending Resistance Anchor Cable™ exercise cables provide a low-impact, convenient resistance system. Easy-to-change cables available in six different resistance levels (sold separately).

Lower Activity Bay

For bicep curls, lateral raises, bent rows and more.

Health Step™

Detachable step can be used as a footrest for improved balance during seated exercises, and attaches to the back of the chair for step exercises.

Balance Bar Handles

Provide balance support for leg exercises while standing behind chair.

Upper Activity Bay

Allows a wide range of upper body exercises, including chest press, incline press, shoulder press, tricep extensions, ab crunches and more.

Anchor Assembly Base

Resistance Anchor Cable™ exercise cable easily snaps on and off so you can quickly change cable resistance levels.



#710000

Resistance Chair **\$345⁰⁰**

mini bike



"Mini-Bike" Ergo Cycle **Attaches to the Resistance Chair**

The "Short Stroke" exercise bike snaps on to the front crossbar of the Resistance Chair® to provide cardio and leg exercise. It includes an LCD display and adjusts for resistance level and leg length.

#710020 Mini Bike Ergo Cycle

\$175.00

freedom flex



Freedom Flex Shoulder Stretcher

This is a great accessory item that attaches to the back of the Resistance Chair and helps maintain range of motion in shoulder joints and treat "frozen shoulder syndrome". A rugged pulley system allows you to control the amount of stretching on your shoulder. Adjustable handle straps fit a wide range of arm lengths.

#710010 Freedom Flex Shoulder Stretcher

\$195.00

resistance cables



"Value Pack" Assortment of Resistance Cables

Every Resistance Chair comes with a set of "Level 5" resistance cables attached as standard equipment. There are six different resistance levels available, from "Level 4" to "Level 9", allowing you to adjust the resistance to suit your needs. Each level increases resistance by approximately 2.5 pounds. Our "Value Pack" option includes a set of cables of each of the resistance levels for one low price.

#710011 Value Pack - Cable Assortment

\$125.00

duraDisc

Combine with the duraDisc

When using your Resistance Chair®, you can make an exercise more difficult and challenging to your nervous system as well as the muscles in your trunk, simply by introducing a duraDisc™ or two. The nature of the duraDisc™, being relatively unstable, forces the user to turn on little muscles on their trunk they would not normally have turned on, when sitting on a stable surface alone.

Blue #413301, Green #413303, Grey #413304,

Red #413307, Gold #413311 **\$89⁹⁵**



australian made

hand weights

Easy Grip, Palm Bell Hand Weights

Get the benefits of traditional weight training without using hard-to-hold metal dumbbells. The round shape and unique Velcro safety strap of the Palm Bell™ hand weights keep them in your hand, even if you have arthritis or have trouble gripping. This makes the Palm Bell™ hand weights very safe to use and easy to hold. And, an inflatable air chamber inside the Palm Bell allows you to adjust the fit perfectly to your hand.



[Available in Five Weight Levels:](#)

- | | | |
|---------|--|--------------------------|
| #710201 | Palm Bell Hand Weights - 1 lb Orange, set of 2 | \$39⁹⁵ |
| #710202 | Palm Bell Hand Weights - 2 lb Purple, set of 2 | \$44⁹⁵ |
| #710203 | Palm Bell Hand Weights - 3 lb Red set of 2 | \$49⁹⁵ |
| #710204 | Palm Bell Hand Weights - 4 lb Green set of 2 | \$54⁹⁵ |
| #710205 | Palm Bell Hand Weights - 5 lb Blue, set of 2 | \$59⁹⁵ |

[protocols available:](#)



ELBOW PAIN



FROZEN SHOULDER



KNEE ARTHRITIS



OBESITY

active sitting

swopper Made in Germany



With the Swopper you can exercise your back without even knowing it. Back, forward, up, down and around - the Swopper is Dynamic Seating at its best.

The Swopper provides all the benefits of 3 dimensional seating but looks like a conventional stool. The Swopper assists in strengthening the core muscles, enhancing balance and the user's overall relationship with gravity.

Classic w/Castors & Alacantra Cover

Classic w/Castors & Leather Cover

Standard w/Castors & Softex Cover

Classic w/Gliders & Alacantra Cover

Standard w/Gliders & Softex Cover

#4900## from \$899⁰⁰ to \$1,299⁰⁰



Adjustable Lumbar Support

embrace air

Embrace Air Plus

Recommended by Professionals worldwide, EmbraceAIRPlus is state of the art. Pour molded foam and plywood contours to you naturally offering gentle, lateral support. The adjustable, vertical contouring spinal strip eases into position to match your natural shape. Adding our patented air system gives you the best tested, proven and guaranteed back support available today.

#840005 Embrace Air PLus \$139⁹⁵



canadian made



LumbAir Plus

Designed for those who want only lower back or neck support, this unit provides a gentle foam cushion that can be adjusted using the aspirator bulb. Ideal for small office chairs, bucket seats or where portability is required.

#840015 Embrace LumbAir PLus \$64⁹⁵



canadian made

University of Waterloo Tested

back pain & elderly

Overcome Neck and Back Pain - Kit Laughlin

With clear photographs and easy to follow instructions, Kit shows how to use stretching, strengthening and relaxation to end pain. Using simple and more advanced techniques, this book provides solutions for athletes and non-athletes, young and old alike.

#765786 Overcome Neck & Back Pain Book **\$34⁹⁵**



australian made



Ultimate Back Fitness and Performance 2nd Edition, Stuart McGill

Professor McGill's unique approach is based upon years of scientific research into back function of injured people through to elite athletes. Get the latest scientific evidence on back exercise - what helps, what hurts, and why. Learn from a world renowned authority. This book provides professionals with the evidence base to design and prescribe the best exercise programs for the back.

#767810 Ultimate Back Fitness Book **\$90⁰⁰**



other titles

#760210	Anatomy Trains Book	\$95⁰⁰
#761903	Exercise for Frail Elders Book	\$57⁰⁰
#761925	Exercise for OLder Adults Book	\$63⁹⁵
#762120	Fall Proof Book	\$84⁹⁵
#764537	Lower Back Disorders Book	\$99⁹⁵
#792130	Fit Seniors DVD	\$29⁹⁵
#795787	Overcome Back Pain DVD	\$29⁹⁵
#795790	Overcome RSI DVD	\$29⁹⁵
#797790	Ultimate Back Assessment DVD	\$79⁹⁵
#797309	Scientific Back Training 5 DVDs	\$370⁰⁰



#762954
How to Eat Move and Be Healthy
\$45⁰⁰

CHECK OUR
WEBSITE FOR
MANY MORE
GREAT TITLES

pregnancy



Preggi Bellies DVD

Every woman deserves access to quality fitness training throughout her pregnancy. Preggi Bellies has changed the face of fitness for pregnant women. Now you can actively improve your strength, fitness and overall well being throughout your pregnancy, creating a healthier life habit. Suitable for women of all fitness levels from pre-pregnancy to delivery, this exercise program for pregnancy utilises mediBall™ for an all round cardiovascular and strength workout.

#791788 Preggi Bellies DVD **\$35⁰⁰**



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Powering through Pregnancy - Jane Simons

This is an easy-to-use, practical guide for women who are experiencing pain and discomfort during their pregnancies, and for those who want to do their best to prevent an uncomfortable nine months. Exercises are provided to ease pregnancy discomfort, along with instructions on how and why the exercises are beneficial, as well as when they are not suitable.

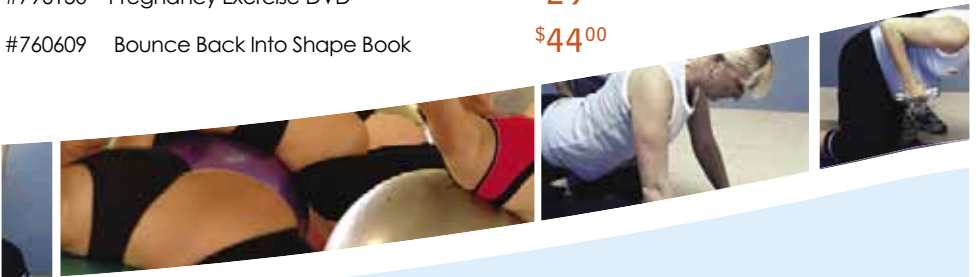
#766098 Powering Through Pregnancy Book **\$34⁹⁵**



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other titles

- #792101 FitMum DVD **\$35⁰⁰**
- #791780 Exercise and Your New Baby DVD **\$35⁰⁰**
- #796150 Pregnancy Exercise DVD **\$29⁹⁵**
- #760609 Bounce Back Into Shape Book **\$44⁰⁰**



Junior Hopper - The fun bouncing ball for kids

Hoppers are available in a range of colours red, yellow and blue. Features a cartoon design on the front of each ball. Made from extra heavy duty material, Hoppers make exercising fun for the kids.

Blue #171501, Red #171507, Yellow #171509 **\$39⁹⁵**



Ozi Hopper - Great for the big kids

Orange #171510 Adult Size Hopper **\$79⁰⁰**



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Get Strong 101 DVD

In this high-energy DVD, Judy Notte Howard introduces 101 innovative strength and conditioning activities that will help your participants ages 10 to 18 get strong, look good, and feel great.

Each activity is presented with a clear demonstration and description of how to perform the moves correctly, safely and efficiently.

#792555 Get Strong 101 DVD **\$64⁹⁵**

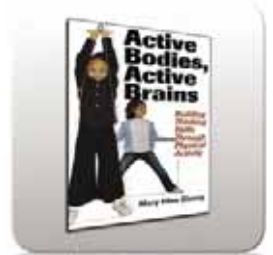


Active Bodies, Active Brains by Mary E Clancy

Building Thinking Skills Through Physical Activity

“Active Bodies, Active Brains” offers a wealth of physical activities to help kids develop physical, social, and cognitive skills. Based on cutting-edge research in brain compatibility, these games and activities help children increase their ability to focus; integrate their movement with thinking.

#760100 Active Bodies Active Brains Book **\$42⁵⁰**



other titles

#791980 Fit Kids DVD **\$34⁹⁵**

#762500 Game Skills Book **\$44⁵⁰**

#763210 Kids on the Ball Book **\$49⁹⁵**

AOK™

T H E P O W E R
O F B A L A N C E



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08/09