

Bosu
HOME TRAINER

**WEIGHTED
VEST**

redcord®
AUSTRALIA

MaxBall

duraDisc™

BODYBLADE

**CYCLONE
BALL™**

MUSCLEMate

fitterfirst
balance and fitness for life



17th anniversary



FUNCTIONAL EXERCISE PRODUCTS

RETAIL CATALOGUE

*prices subject to change without notice

12/13

www.aokhealth.com



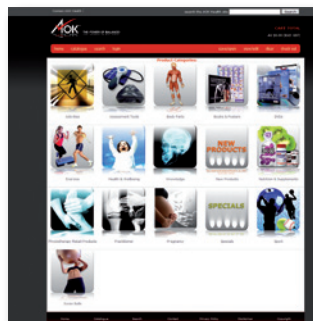
"AOK through research, development and practical application develops or selects the world's best 'balance based' functional exercise and rehabilitation equipment.

Bradley Wilson
Managing Director

OUR NEW E-COMMERCE PLATFORM

RETAIL

Log on to www.aokhealth.com to browse our large range of functional fitness products. From MediBalls to TRX systems you can shop when you like and have your goods delivered to your door.



WHOLESALE

If you are a health practitioner, studio or retailer you are eligible for a series of discounts and value added services as a "Registered Wholesaler". Increase your income without increasing the workload..

Log on to www.aokhealth.com and click the "wholesale" link at the top of the page for more information.

Make extra monthly income and be part of a bigger team. Benefit from wholesale prices and "ADDITIONAL REWARDS" of up to 7.5% of your monthly spend.



AFFILIATE

If you have a website we have your back end shop! Build an additional income from your site with an affiliate link to our catalogue and shopping cart or have us brand our shop with your company's look and feel.

- Let us:
- Take the orders
 - Ship the goods
 - Warehouse the products
 - Eliminate the bookwork
 - Pay you commissions

All you do is tell people about your site!

contents

swiss balls & accessories	4
balance	7
rollers	8
balance discs	10
wobble + rocker boards	11
rotation + compound motion	13
mats	14
exercise aids	15
redcord	17
speed + agility	18
power & strength	19
boxing	23
therapists	24
active sitting	26
assessment	27
medicine balls	28
performance	29
COR Systems	30
books & dvds	31

Disclaimer

Warning! Do not use our equipment without a complete understanding of its intended purpose and function. By using our equipment the user accepts full responsibility for all risks and injury and waives any right to themselves, their heirs, their executors or any part to hold the manufacturer or its representatives responsible for any direct or indirect damages whatsoever caused by use of this equipment. Only use AOK products in a safe clear area on a flat dry surface. Children must not play on this equipment unattended. Consult a physician before starting this or any exercise program.

Our Guarantee

Our product guarantee assures you 100% satisfaction. If it's not right, we'll make it right! Our friendly, helpful team will always do their best to make your experience with AOK Health a pleasant one.

Return Policy

Every item sold by AOK is unconditionally guaranteed free of faults.

If for any reason you should find our products unsatisfactory, you may return the product within 60 days (excluding DVDs, videos, books and courses). Before returning any product, please call customer service at 1300 790 900 for a Return Authorization (RA) number. No product will be accepted without a RA number. With the exception of shipping errors, refunds or credits will not be issued for shipping charges. Goods must be in as new condition with all packaging and instructions. It is your responsibility for return freight charges. Remember abuse or misuse may void your product warranty.

mediBall Pro PLUS

sizing & colours

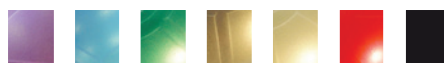
Available in a range of great colours with a size to suit everyone.

The mediBall® Pro is burst resistant to 500kg and made in Australia.

Chosen by Virgin Active and Fitness First for professional use.



australian made



PURPLE BLUE GREEN GREY PEARL RED BLACK PRICE

(06)* (01)* (03)* (04)* (05)* (07)* (51)* RRP

1145* 45cm	•	•	•	•	•		\$79. ⁹⁵
1155* 55cm	•	•	•	•	•	•	\$89. ⁹⁵
1165* 65cm	•	•	•	•	•	•	\$99. ⁹⁵
1175* 75cm	•	•	•	•	•	•	\$115. ⁰⁰
1185* 85cm	•	•	•	•			\$149. ⁰⁰

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.



55cm MAX Ball

\$129⁰⁰

65cm MAX Ball

\$149⁰⁰


australian made

Colours:



Gold



Black

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

what size do i need?

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. You will rarely use a mediBall at its maximum inflated diameter. Best results at 90-95% inflation. Over inflation will void warranty. Do not use heavy weights on balls.

**mediBall® Dynamics DVD**

An instructional program providing a wide range of mediBall exercises. 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.



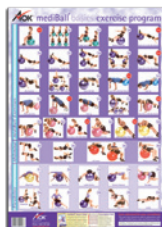
mediBall Dynamics

\$9⁹⁰

australian made

Wall Chart

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



Laminated

\$17⁵⁰

Unlaminated

\$9⁹⁵**Exercise Pad**

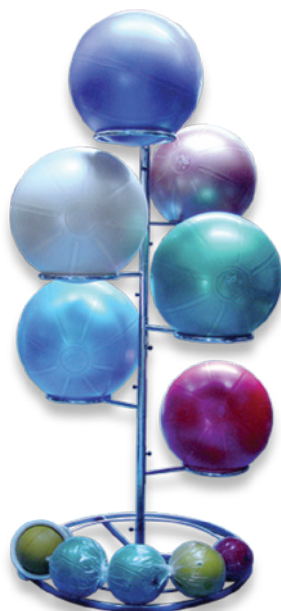
We have a wide range of prescription pads. Carbon-less Duplicates. 50 sets. A4 size.



A4 Pad

\$17⁵⁰

ball storage solutions



Ball Tree these look fantastic and save space

3 ARM **\$695⁰⁰**

6 ARM **\$995⁰⁰**

9 ARM **\$1250⁰⁰**

High Quality chromed metal tubing

Ball Stacker Rings

Polycarbonate Strips

\$19⁹⁵ each

PVC Strips (Set of 3)

\$21⁸⁹

Ball Rack

\$549⁹⁵

Powder coated Steel Tubing



australian made

ball accessories

Bellow Pump

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

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.

Adaptors & Plugs

\$1⁰⁰ each



Hand Pump

These double action pumps are reliable and easy to use.

Hand Pump

\$9⁹⁵



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.

BURN MORE CALORIES
ENHANCE COORDINATION
IMPROVE BALANCE



Made in USA

Bosu PRO Balance Trainer

\$220⁰⁰

BOSU rack

BOSU STORAGE CART

Conserve space and efficiently store up to 14 fully-inflated BOSU Balance Trainers in any sized fitness facility. The BOSU Storage Cart is constructed of durable steel, has heavy duty, non-marking casters. Fits through a standard size door.

Dimensions:
49.5" L x 25.0" W x 76.0" H.
Weight: 54.0 lbs..

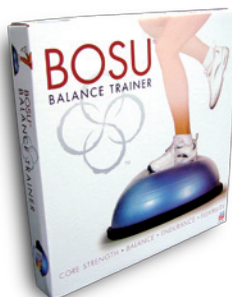


Made in USA



BOSU Rack

\$225⁰⁰



Attractive
Retail
Packaging



Made in USA

Bosu Home Balance Trainer

\$199⁹⁵



PRO SERIES



LONG & LEAN



CALORIE COMBUSTION



REACTIVE STRENGTH



CARDIO FUSION



INTEGRATED BALANCE TRAINING

Great range of BOSU
DVDs and sports specific
titles available online.

wall chart **\$12⁵⁰**

wall chart **\$19⁹⁵**
(laminated)

Turtl Balance Trainer

Patented Design - Made in Italy

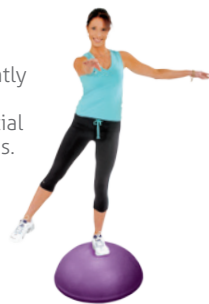
Conserve space and efficiently
The Turtl is an innovative
product that offers substantial
benefits over existing domes.

**The widest, most durable, safest
and low maintenance Balance
Trainer on the market.**

Colours:



Purple Pink



Turtl T2 Balance Trainer

\$299⁹⁵

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.



Blue sensaBolster

\$55⁰⁰

Purple sensaBolster

\$55⁰⁰



australian made

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.



australian made

Blue or Grey

\$110⁰⁰

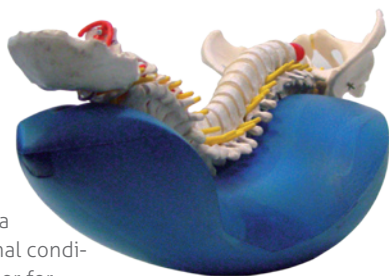
Oov

Contoured Body Roller

This product works by activating the users core stabilising muscles while also gently extending the spine to stimulate healthy intervertebral disc lubrication.

This active response in the user helps achieve neutral spine, a widely used concept in the treatment and assessment of spinal conditions. From stretching to core strengthening to rehabilitation or for relaxation purposes, the Oov can be utilised with significant benefits for spinal health. The Oov can be readily applied in the fields of fitness, yoga, pilates, physiotherapy, osteopathy, chiropractics, even massage and stress relief.

Specific exercises and stretches have already been developed with the help of medical practitioners and trainers to address different specific body types, patterns and ailments.



australian made

Blue Oov in Small, Medium & Large

from \$149⁹⁵

Yoga
Relaxation
Pilates

physioRoller

Physio Rollers - EVA 30+/-3 SHORE C Hardness

Designed by Physios for rehabilitation, the Physio Roller has gone mainstream because of its versatility. Its use requires minimal skill and delivers maximum effect. The Physio Roller is manufactured at high temperature in specially designed molds. It's a high performance, professional roller made of the highest quality, pressure molded EVA foam, giving it superior memory and shape retention.



made in taiwan

BONUS FREE EXERCISE SHEETS
DEVELOPED BY AUSTRALIAN
HEALTH PROFESSIONALS.



Long round	15 x 90cm	\$69⁹⁵	Long round	10 x 90cm	\$54⁹⁵
Medium round	15 x 60cm	\$54⁹⁵	Long Half round	15 x 90cm	\$39⁹⁵
Short round	15 x 30cm	\$33⁰⁰	Short Half round	15 x 30cm	\$16⁰⁰

EPP Rollers - 35+ SHORE C Hardness

Supplied with a stretching/exercise guide, these rollers are slightly harder than our EVA Physio Rollers. It is a high performance, professional roller made of the highest quality, Expanded Polypropylene foam.

EPP Foam Roller - Long Round 15cm x 90cm **\$49⁹⁵**



Thera Rolls - GO DEEPER!!

The patented "ribbed" design and manufacture of the Thera Roll is a potent variation on the traditional roller. It ensures an edge to the compression forces generated by the user's body weight and Thera Roll placement. This means increased penetration of the soft tissue. The ribbed surface also increases traction. Minimising the risk of 'sliding off'. This deep traction also assists the fascia to slide over adjacent tissue. Suitable for general soft tissue pain & stiffness, fascial restriction, active or latent myofascial trigger points or joint restriction.

Available 2 hardness levels 30 +/- 3 (purple) & 38 +/- 3 (grey) Shore C  Made in USA

Thera Roll Purple (Firm)			Thera Roll Grey (Hard)		
Small	7.5 x 20cm	\$29⁹⁵	Small	7.5 x 20cm	\$32⁹⁵
Medium	17.5 x 45cm	\$84⁹⁵	Medium	17.5 x 45cm	\$99⁹⁵
Long	17.5 x 90cm	\$159⁹⁵	Long	17.5 x 90cm	\$174⁹⁵



duraDisc



australian made

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

Can be used in conjunction with Balance Plates

Available in Blue, Green, Grey, Red, Gold **\$89⁹⁵**
 duraDisc Cover (zippered heavy duty grey velour) **\$25⁰⁰**



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.

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



australian made

Circular 390mm **\$44⁰⁰**
 Circular 500mm **\$65⁰⁰**
 Rectangle 620 X 420 X 20mm **\$60⁰⁰**



Wobble Board Stand - Baltic Birch

To neatly store five wobble boards. Does not include boards.
 Dimensions 20x10x3. 4 lbs.



canadian made

Wobble Board Stand **\$99⁹⁵**



duraDome™

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



australian made

Available in Blue or Grey **\$95⁰⁰**



Balance Beam

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

1900mm x 190mm x 60mm



made in taiwan

Balance Beam **\$99⁹⁵**

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.

Classic Balance Board

\$69⁹⁵



Adjustable Balance Board

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

(16") Adjustable Balance Board

\$119⁹⁵

(20") Adjustable Balance Board

\$139⁹⁵



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.

Weeble Boards (pair)

\$109⁹⁵ a pair



20" Rocker Boards - Baltic Birch Construction

Suitable for basic balance training and improving Range of Motion. Recommended for warm up squats and senior use the Rocker Boards allow for one plane of instability. Made from 20" Birch square with 12 degree rocker base. The Pro Rocker Board is similar and is adjustable to three different angles: 10, 12 and 15 degrees.

20" Rocker Board (fixed 12°)

\$124⁹⁵

20" Pro Rocker Board (adjustable 10°, 12° & 15°)

\$139⁹⁵



Combobble Board

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.

Combobble Board

\$120⁹⁵

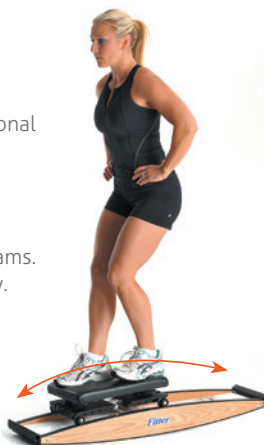


pro fitter

Pro Fitter Balance Trainer

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.



"The Best Value
Snow Ski Training
on the Market."
Bradley Wilson



canadian made

Removable
padded seat
included

Pro Fitter (2010 Model) **\$878⁰⁰**

Bongo Board

An exciting expert level balance trainer for xtreme sports enthusiasts. 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.



Bongo Board **\$154⁰⁰**



Pilates Ball - 20cm

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.

Pilates Ball

\$25⁰⁰



australian made

FREE EXERCISE CHART ONLINE



Pilates Circle - 14inch

Integrate Pilates style exercises into your workouts and achieve dynamic body transformations. Train with the Pilates Circle for moderate flex resistance to activate and strengthen deep core muscles in the abdominals and back. By using the Pilates Circle, the body becomes toned and muscles become elongated without creating bulk. .

Pilates Ring

from **\$39⁹⁵**

freeFORM

freeFORM Board

Designed in Australia & Showcased on ABC TV's New Inventors Program
Not just an exciting exercise tool for Yoga or Pilates practitioners - freeFORM offers Physiotherapists a new tool for treating groin and hip problems

- * Cutting edge design, engineering and construction
- * 8 low friction double bearing polyurethane wheels
- * industrial strength plastic rotational platform
- * high quality sealed industrial main bearing
- * practical, portable and safe - lock, dock and store
- * highly functional and infinitely versatile
- * affordable, durable and low maintenance

Includes instructional DVD and 1 Kneeling Pad

freeForm Board

\$350⁰⁰



SRF board

SRF Board (Stabilization, Rotation and Function)

This versatile product allows you to do rehabilitation, general fitness, pilates 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.

SRF Board (2010 Model)

\$759⁰⁰

 **canadian made**

Over 1,000 variations
for each
exercise

New
resisted
rotation



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 Baltic Birch ply discs allow you to rotate 360° in a single smooth motion.

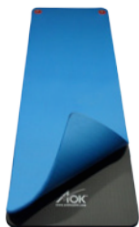
Rotational Discs (pair)

\$126⁵⁰ a pair

 **canadian made**



exercise mats



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

1800 x 600 x 15mm

\$59⁹⁵ each

Colours:



Blue Charcoal



Mat Hanger - Wall Mount Bracket

A high quality welded and powder coated in charcoal black, steel bracket for hanging AOK Exercise Mats with Eyelets. Made from 6mm flat bar and 10mm steel rod they will hold 12 15mm mats. They have pre-drilled 11mm mounting holes suitable for 10mm coach screws for timber stud walls or 10mm Dynabolts for masonry walls.

Available in Charcoal Black

Mat Hanger

\$66⁰⁰ each



Carry Handle

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! These closed-foam exercise mats are lightweight and easy to clean.

Available in Blue or Black

1840 x 605 x 15mm

\$59⁹⁵ each

Colours:



Blue Charcoal



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 PVC or TPE

1700 x 600 x 4mm Yoga Mat

\$20⁹⁰ each

Colour:



Black

resistance chair

Chair Exercise System - For Office or Home

The Resistance Chair was designed with one goal in mind—to make the safest and most convenient 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 as value pack).

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, shoulder press, tricep extensions, and more.

Anchor Assembly Base

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



Resistance Chair

\$352⁰⁰

chair accessories



Mini Bike Ergo Cycle

The "Short Stroke" exercise bike snaps on to the front crossbar of the Resistance Chair® to provide cardio and leg exercise.

\$165.⁰⁰



Value Pack - Cables

Includes a set of cables of each of the resistance levels for one low price.

\$99.⁰⁰



bodyblade

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.

Bodyblade Pro

\$242⁰⁰

Comes with Super 6 instructional DVD and wall chart

Bodyblade Classic

\$154⁰⁰

Comes with Super 6 instructional DVD and wall chart

Bodyblade CXT

\$95⁰⁰

Comes with CXT Workout and Instruction DVD and wall chart

Bodyblade Carry Bag

\$30⁰⁰



Vibram Five Fingers - Classic

NEW!! This patent-pending FiveFingers design takes a minimalist approach to barefooting. Non-marking Vibram TC1 performance rubber soles protect your feet and provide a sure grip over a variety of terrain. A thin, abrasion-resistant stretch polyamide fabric fits low on the foot for comfort and quick drying.

CLASSIC IS BEST FOR: Travel, Pose Method running, ChiRunning, Fitness, Light Trekking, Yoga, Pilates, Sailing, Boating



Classics

\$110⁰⁰



Vibram Five Fingers - Komodo

Vibram FiveFingers has raised the intensity with the Vibram FiveFingers KomodoSport. This aggressive multisport design inherits functional improvements that appeal to the most active fitness enthusiast. Vibram introduces a stitch-free, seamless 2mm footbed to reduce friction. Heel and instep hook-and-loop closures help secure the stretch nylon upper to the contours of your foot—just like a second skin.

Komodo

\$193⁰⁰

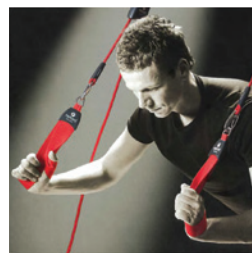
redcord®



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 Professional

from **\$1,399⁰⁰**

www.redcord.com

The Redcord Mini is a smaller and lighter version of the Redcord Trainer. It is the perfect alternative to the TRX because lets you do many clinically approved exercises. It is portable and perfect for training outside or at home. It is lightweight and easy to bring along while traveling. You can hang it over a beam, pull-up bar or use the ceiling screws included in the package.

Redcord MiniExtra

\$299⁹⁵



CABILITY - Sling Exercise Therapy

The unstable cables ensure you activate the stabiliser muscles when performing the exercises and can be used in conjunction with the duraDisc and mediBall Pro to further challenge the stabilising system. Using the cable also requires good postural control and will assist in correcting poor posture if the exercises are performed properly..

Cability Set - Fixed Hand Grips

\$269⁰⁰

Cability Set - Rotating Hand Grips

\$335⁰⁰





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.

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.

Professional Hurdles

from \$20⁵⁰

Micro Hurdles - 4 Pack

from \$34⁹⁵

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.

Witches Hats - 4 Pack

from \$8⁹⁵

Dome Cones Sets of 50

\$44⁹⁵

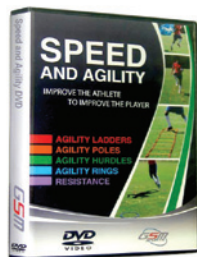
Disc Cones Sets of 50

\$34⁹⁵



Speed & Agility DVD

Speed and Agility is essential if you want to improve your performance. This DVD will help players improve explosive power, speed, agility, balance and coordination. The world's top football clubs all use speed and agility training in their development training.



\$34⁹⁵

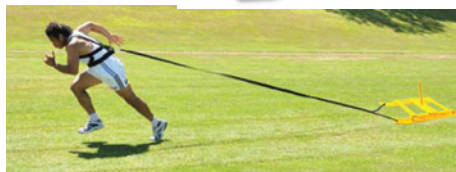
Power Sled

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.



Power Sled

\$145⁹⁵



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



Power Chute

\$39⁹⁵

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.



Speed Resistor **\$27⁹⁵**

Training for Speed, Agility & Quickness

Not only are modern athletes larger and more muscular than their predecessors, but they also move with a swiftness and power never seen before. Training for Speed, Agility, and Quickness is the workout guide and DVD package you need in order to perform a step ahead of the competition. What elevates this book to become the ultimate training resource is the bonus DVD, ideal for both athletes and coaches. It allows you to see exactly how to perform key tests and execute the best and most complex drills from the book.



Training for Speed, Agility & Quickness **\$34⁹⁵**

AOK Weighted Vest – Award Winning Design

We use patented gel weight blocks which mould to your body and provide an ultra comfortable fit.

Maximize your exercise routine and burn up to 50% more calories by adding weight and resistance to your core with the AOK weight vest.

Men and women of all ages and body types can use the AOK Weighted Vest to get in shape, lose weight, increase bone density, enhance fitness and improve performance.

The unique design allows one size to fit all.



5kg Weighted Jacket	\$174⁹⁵
10kg Weighted Jacket	\$224⁹⁵

Exercise Resistance Bands 45m (150ft)

Level 1/ Light Blue, Level 2/ Turquoise, Level 3/ Light Green
Level 4/ Dark Blue, Level 5/ Teal

Buy by the box and SAVE from **\$112.95**



Resistance Band Handles:

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



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.

ResistanceHandles

\$17⁵⁰ each

Door Anchors

\$18⁰⁰

Power Training Bag

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.

A MUST FOR YOUR HOME GYM

10kg Power Training Bag **\$99⁹⁵**

15kg Power Training Bag **\$114⁹⁵**

20kg Power Training Bag **\$139⁹⁵**

Colours:



Cyclone Ball - with double layer yachting-braid rope

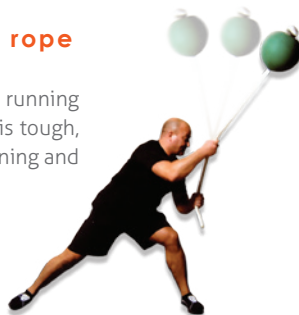
The ultimate core challenge!

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 !!! Replacement Balls available



australian made



1kg Cyclone Ball **\$125⁰⁰**

2kg Cyclone Ball **\$155⁰⁰**

3kg Cyclone Ball **\$175⁰⁰**

4kg Cyclone Ball **\$199⁰⁰**

Soft Touch Grip Balls - Diameter 12cm

Medicine balls that fit in the palm of your hand. Soft touch encourages grip. 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.



1 lb Grip Ball (0.5kg) approx **\$16⁹⁵** Set of 3 Grip Balls **\$49⁹⁵** Save **\$8**

2 lb Grip Ball (1.0kg) approx **\$18⁹⁵**

3 lb Grip Ball (1.25kg) approx **\$21⁹⁵**

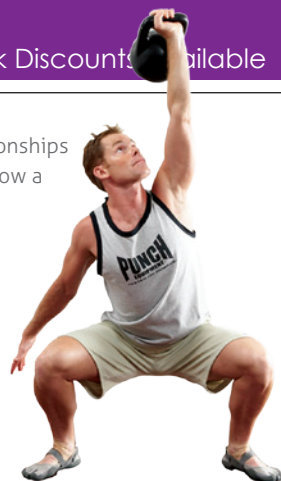


australian made

Kettlebells - Steel

Professional grade kettlebells are used in all legitimate kettlebell championships and in training by all professional lifters. The ergonomics of the design allow a higher level of technique to be utilized without excessive forearm fatigue building up and they also prevent continual impact to the forearm. These factors are important if you perform high repetition style training. They are made from Steel, which is a far superior metal to iron, being less rust prone and also less brittle. The finish is a matt black paint. These kettlebells are the best available.

Kettlebells 8kg, 12kg, 16kg, 24kg & 32kg from **\$80⁰⁰**



dumbbells and freeweights

olympic bars & plates



Vinyl Coated



Stainless Steel

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

racks from **\$495⁰⁰**

Pro Lux Boxing Gloves

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

Pro Lux - M/L/XL - Pink, Black, Red or Blue

\$74⁹⁵



Hybrid Glove - 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.

Combo Mitts

\$99⁹⁵



Pro Titan Focus Pads

Largest, thickest focuspad in the Punch Equipment range. Padded hand pieces for extra protection and comfort. Massive wrist stabilizer soaks up shock and impact. Professional boxing padwork

PT Focus Pads - Black , Red or Blue

\$109⁹⁵



Punch Skipping Rope

Standard Punch Rated
 * Skipping Rope Ball Bearing
 * Blue with wooden handle

Skipping Rope

\$14⁹⁵



Punchfit DVD

This DVD is a MUST HAVE !!
 Why have the best gear in the World if you don't know how to use it?

Punchfit DVD

\$49⁹⁵

PUNCH Certified Trainer Discount



australian made

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

athlegen treatment tables

Portable Massage Tables

One of the strongest, quietest, lightest and most rigid portable tables available to date, the Bodyworker range includes innovative new models such as the Bodyworker Genesis, Bodywork Luxe and Bodyworker Lite. Both the Bodyworker Genesis and Bodyworker Luxe come with an adjustable face cradle and the option to attach a prone position arm rest, while the Bodyworker Luxe also features a generous 60mm triple layered cushioning system

A choice in cushioning systems allows you to choose between a range of options, delivering varying levels of quality, comfort and support.



Powerlift Massage Table These tables feature a unique top shape designed to allow excellent client access while still providing generous table width necessary for providing client security and comfort. This table comes with an adjustable length footrest and is also available in a number of widths and cushioning systems so that the Access massage table can be best tailored to suit your individual requirements.



Athlegen treatment tables from **\$395⁰⁰**



australian made

Sports Taping Basics DVD Recommended for All Sports Therapists. This is a taping workshop in itself. The DVD provides a simple, straightforward tutorial on using tape to help prevent injuries and to rehabilitate injured athletes.

Sports Taping DVD and Book

\$74⁹⁵



Kinesio Tape

Rigid Strapping Tape and Elastic Adhesive Bandages for injury prevention and treatment.

Leuko P Rigid Tape - 3.8cm X 13.7m - 30 Rolls

\$299⁹⁵



Protech - Styrap Ankle Brace

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.

Available in Small, Medium and Large

\$49⁹⁵



australian made

THE BEST STYRAP BRACE ON THE MARKET



australian made

**Muscle Mate***Do you suffer from:*

Muscle Pain?

Tendonitis?

Backache?

Sporting Injuries?

Joint Pain?

Headaches?

Then you need the MuscleMate!

The MuscleMate Enhances depth and effectiveness of massage without causing fatigue to the hands or fingers.

The newly engineered Muscle Mate has been designed using organically inspired contours which fit perfectly in the hand of the user. We have combined polyurethane integral skin foam technology to produced a truly remarkable therapeutic tool. The Muscle Mate is manufactured in Australia from only TGA grade plastics.



Colour:



Black Only

Muscle Mate

\$39⁹⁵*Trigger Point**Myofascial Release**Muscle Assessment**Easy to Use***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.



australian made

PACKAGED Blue, Purple, Red , Green**\$25⁰⁰****UNPACKAGED** Blue, Purple, Red, Green**\$22⁵⁰****Stress ball**

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

Blue, Green, Red, Yellow

\$10⁰⁰



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.

16" square mat

\$46⁴⁵

6 foot walkway

\$69⁹⁵

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:

1 lb Orange, set of 2

\$39⁹⁵

4 lb Green set of 2

\$54⁹⁵

2 lb Purple, set of 2

\$44⁹⁵

5 lb Blue, set of 2

\$59⁹⁵

3 lb Red set of 2

\$49⁹⁵

Balance Pad

Entry Level Balance Training

This Balance Pad is manufactured from high quality closed cell ultrasoft specialty foam and consists of millions of air bubbles. It gently compresses as you stand on it, making you feel as if you were standing on a cloud. Exercises should be done barefoot on the warm and comfortable Balance-pad.

AOK Balance Pad

\$69⁹⁵



Auto Blood Pressure

- * Automatic One Touch Operation
- * Clear 3-line display shows systolic, diastolic and pulse simultaneously
 - * Advanced Oscillometric measurement
 - * Upper arm Hospital Accuracy for everyday use
 - * Batteries and full instructions included



AND UA-767 Digital
Blood Pressure Monitor

\$159⁹⁵

PhysioRoller

Rollers are used for:

Stretching,
Myofascial
Release,
and Exercise



bio feedback



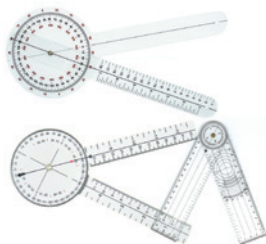
Made in Germany

Blood Pressure Cuff

The German made Gamma 5 is a high quality, long lasting and reliable instrument. The aneroid sphygmomanometer is made from high impact thermoplastic and the large 60mm scale is clear and easy to read. An extra long cord enables one hand operation for both clinician or client to use while exercising or assessing. Complete with a quality velcro cuff, this Blood Pressure monitor comes in it's own zipped carry pouch.

HEINE Blood pressure cuff

\$199.00



Goniometers

The 360° Goniometers are manufactured in a strong, clear plastic and have three scales calibrated with the ISOM International Standards of Measurement System. . It can be helpful in determining if a patient is lacking in mobility due to an injury, or how well he is recovering after sustaining an injury.

6 inch **\$19.95**

8 inch **\$22.95**

12 inch **\$24.95**



Slant Board - 11" Multi-Slant Board.

Made in Canada from durable 3/4" Baltic Birch

The Slant Board is a calf stretching device designed to increase flexibility and reduce tightness.

A simple and effective device for performance enhancement through warm-up stretching.

3 levels of adjustment (From Low-26 degrees, Med-38 degrees, or High-42 degrees).

11" Multi-Slant Board

\$89⁹⁵



canadian made

Pro Stretch

ProStretch is the Runner's Friend!

ProStretch increases performance and limits the risk of injury. This unique design naturally induces movement and enables you to stretch hamstrings, calf muscles, achilles tendon and plantar fascia. Professional sports teams keep it by the bench to keep athletes calves and ankles flexible during games.



Full Range
Achilles



Pro Stretch

\$59⁹⁵

medicine balls



Conventional Grip Live



australian made

19 cm diameter 1kg	\$44⁹⁵	25 cm diameter 4kg	\$84⁹⁵
19 cm diameter 2kg	\$59⁹⁵	25 cm diameter 5kg	\$99⁹⁵
25 cm diameter 3kg	\$74⁹⁵	25 cm diameter 6kg	\$144⁹⁵

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.

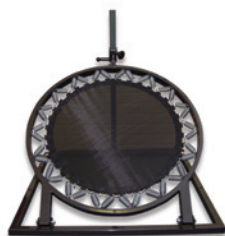
25 cm diameter 3kg	\$79⁹⁵
25 cm diameter 4kg	\$89⁹⁵
25 cm diameter 5kg	\$109⁹⁵



australian made



Medicine Ball Stand (holds 6 medicine balls)	\$299⁹⁵
Set of 6 Medicine Balls, Includes Ball Stand	\$724⁹⁵ Save 10%



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.

Complete Rebounder Unit

\$POA



Does not include Balls.

Cyclone Ball

The ultimate core challenge!
Great for both
power training
and core stability
training.

From **\$125⁰⁰**
more details page 23



Power breathe

The POWERbreathe Plus series offers a new hi-tech design, optimised airflow performance and anti-bacterial qualities. POWERbreathe Plus is a result of over 17 years of R&D at Birmingham, Loughborough and Brunel Universities – the UK's leading Human Performance Research Universities. The POWERbreathe Plus series applies the principles of resistance training (pressure threshold training using a load calibrated spring) to strengthen the breathing muscles by making them work harder, in much the same way as you might use weights to increase the strength of your arm muscles.

Powerbreathe - Wellnes Plus (light resistance)

Powerbreathe - Fitnes Plus (medium resistance)

Powerbreathe - Sports Plus (Heavy resistance)

\$119⁰⁰**DUMBBELLS FOR YOUR DIAPHRAM**

10 Adjustable training levels



trikke CV (cambering vehicle)

The Trikke CV is an innovative three-wheeled vehicle. A new machine in form, function, and riding experience. The patented technology lets you propel the Trikke forward without pushing or pedalling just via rhythmic body movement.

TRIKKE 8

Tricking provides an activity with no impact stress to the spine and weight bearing joints. If you suffer from osteoarthritis and degenerative arthritis of the hips, knees and lower extremities, or have chronic back pain you may benefit from Trikking. The Trikke is used for rehabilitation post injury and post-operatively of musculoskeletal conditions such as long-bone fractures, sprain-strains, and neuromuscular re-education after prolonged immobilization or surgery.

TRIKKE 12

The Trikke CV is also an outstanding rehabilitation tool for patients that are deconditioned.

The Trikke CV is a stable platform as compared to the traditional two-wheeled bicycle and it offers a better rehab experience than the stationary or recumbent bicycle.

Trikke 8 Combo Air & PU_ 8 inch wheels **\$649⁰⁰**

Trikke 12 Roadster_ 12 inch wheels **\$849⁰⁰**

Trikke 12 includes FREE CARRY BAG!

COR Bench

The COR Bench introduces an inflatable exercise surface that places greater demand on the neuromuscular system than a traditional flat bench.

The inflatable portion is puncture resistant, lightweight, and "green." The variation between this material and a typical exercise ball: its constructed of 400-denier nylon urethane, is significantly stronger, and very hard to puncture. Producing equipment that is environmentally friendly is important to us.

Whats the result? Our bench increases muscle activation by utilizing the core musculature (rectus abdominus, transverse abdominus, external / internal obliques, and the erector spinae group) to stabilize the bodys center of gravity. The new school of thought is that we should actually be encouraging anti-rotation while still activating the torso and obliques.

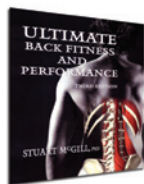


COR BENCH

\$1089⁰⁰



Change Your Training Forever



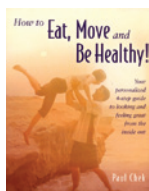
The Ultimate Back Assessment & Therapeutic Exercise DVD by Stuart McGill

This companion DVD illustrates techniques documented in Dr. McGill's textbooks. Using clinic settings and patients, McGill shows assessment skills to determine specific intolerances and therapeutic options. This is followed with exercise techniques allowing the painful back to engage in appropriate corrective exercise and progress to stabilisation/mobilisation, and endurance to prepare for strength.



Anatomy Trains Book & DVD (2nd Ed) by Thomas Myers

This is a must have book for all physiotherapists, bodyworkers and exercise scientists. Anatomy Trains using Myofascial Meridians provides a unique new map of the fascial connections through the muscles that leads to new understanding of the connectivity in the body, and directly to new therapeutic strategies, especially for long-standing compensatory patterns in client stance and movement.



How to Eat, Move and Be Healthy by Paul Chek

This is a MUST HAVE book! Each Person is unique! The way we respond to food, exercise and stress varies person-to-person just as much as our fingerprints. This book will identify the reader's individual needs and teach them how to address issues that may be preventing them from looking and feeling their best. It is ideal for all not just athletes. Paul Chek discusses research, uncovers controversies and provides practical suggestions for achieving peak vitality.



Stretching & Flexibility by Kit Laughlin

How to get the most out of this aspect of stretching is part of what the book is about. Whatever your interest in stretching, this book will provide the techniques you need, from the easiest exercises to the most difficult. It is organised into 15 lessons, plus an 'unnumbered' one which you can do anytime to check your progress.



All registered Health and Fitness Professionals
are eligible for Wholesale Pricing.
Earn extra income simply. See page 2 for details

AOK Health Pty Ltd
PO Box 393
The Junction 2291
1300 790 900
www.aokhealth.com
sales@aokhealth.com