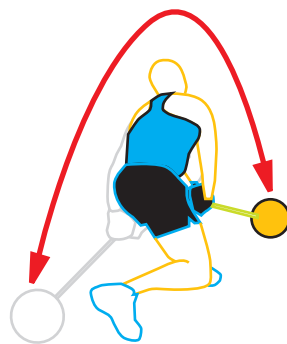
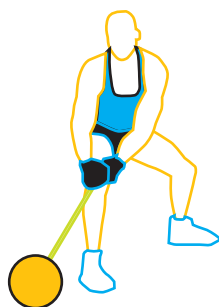


## DYNAMIC EXERCISES - WALKING SQUAT

This exercise is quite advanced in nature. Always let form dictate progression, sets and reps.



Position yourself in a wide squat. Move the Cyclone Ball™ in a big arc above your head and take a step each time the ball is in the air. Alternate the sides that the ball hits the ground.

# CYCLONE BALL™

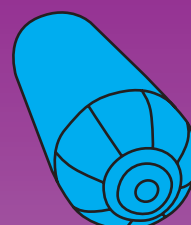
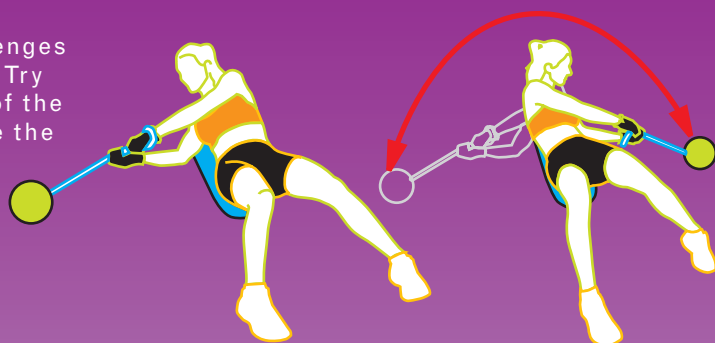
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## ADDITIONAL EXERCISE TOOLS

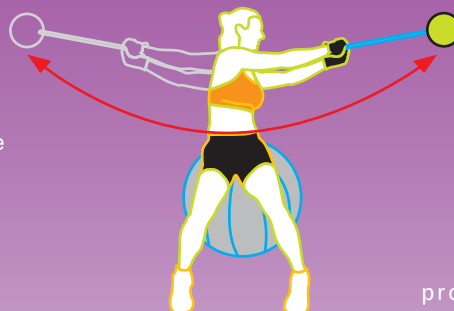
These are a couple of suggestions to make exercising with a Cyclone Ball™ more exciting and challenging.

This exercise really challenges the muscles in your torso. Try to keep your body on top of the airRoller™ while you move the Cyclone Ball™ across your body.



airRoller™ has a 200mm diameter and is designed for dynamic loading.

Sit on the mediBall™ or duraBall™ with the wall at your back. Try to keep the mediBall™ or duraBall™ fixed as you rotate at the trunk and have the Cyclone Ball™ hit the wall behind you.



Training mitts provide protection for your hands.

Cyclone Ball™ is available in 1,2,3 and 4 kg weights.

1kg

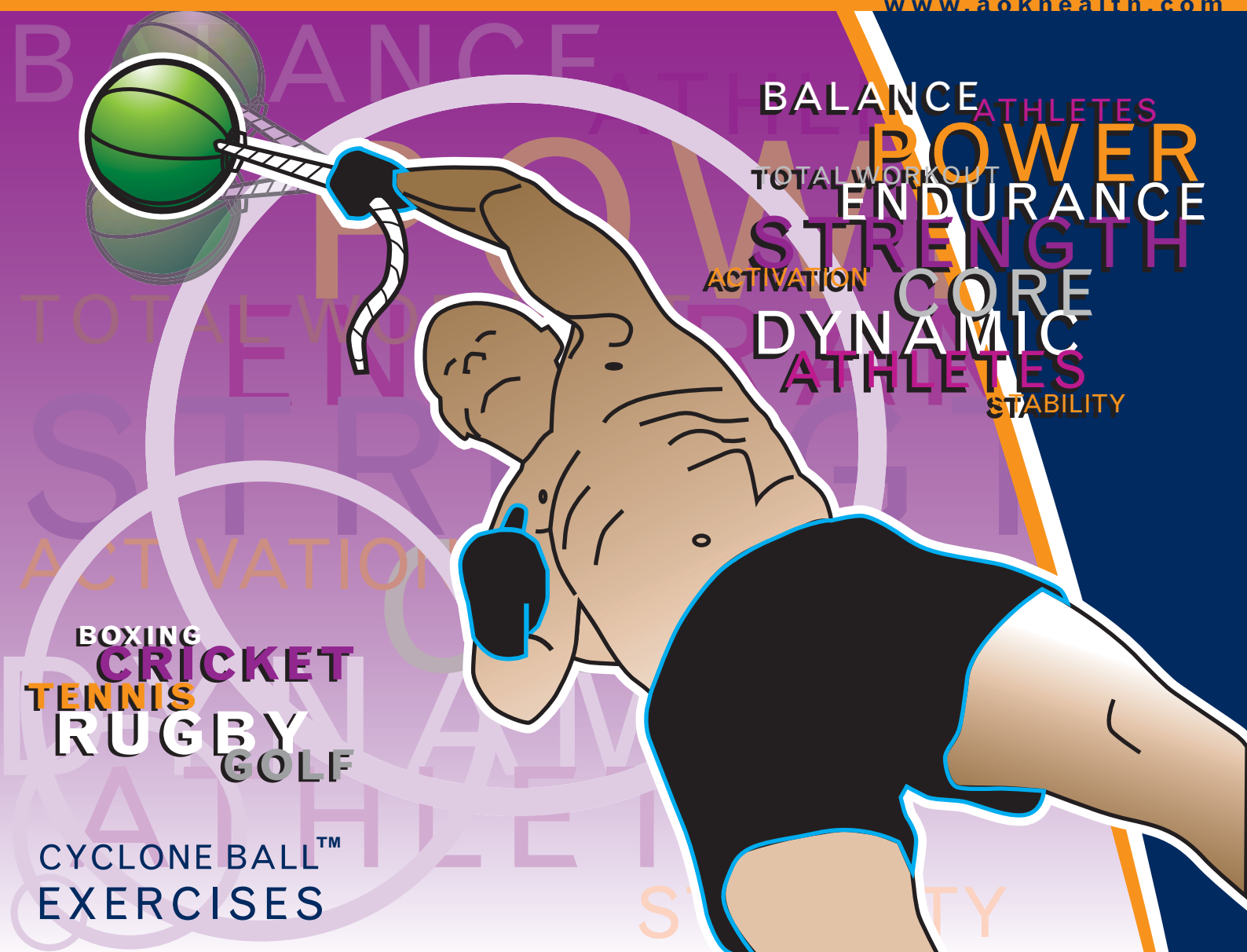
2kg

3kg

4kg



The AOK Cyclone Ball™ rope is a premium quality double braid nylon rope (20mm & 24mm), also known as "Yacht Braid". They are constructed of a hollow braided rope, which acts as a core inside another braided rope. The combination of the 2 ropes in 1 results in a rope with a torque free construction and a higher tensile strength than is commonly found in twisted ropes. They have excellent flexibility and handling characteristics.



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## IMPORTANT TECHNIQUE

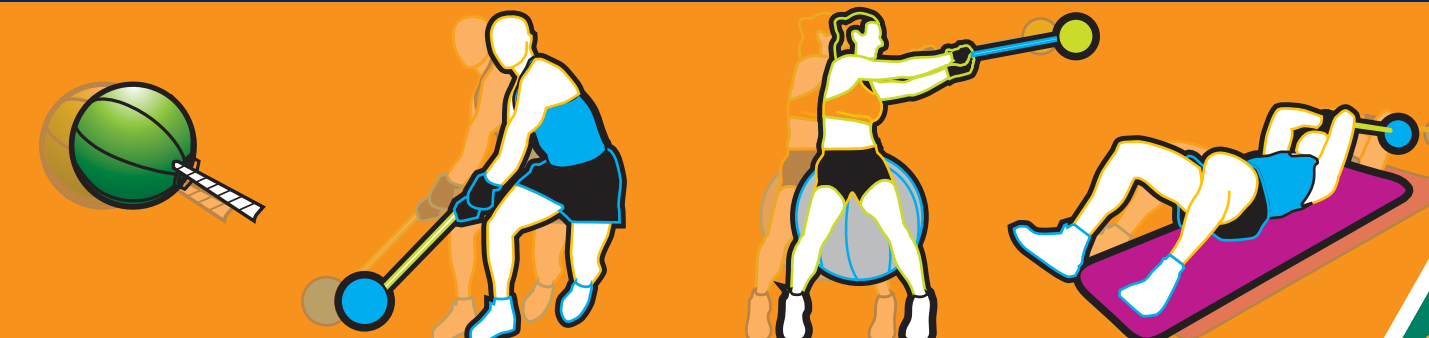
The 'torque' produced by your body needs to be transferred to the Cyclone Ball™ through the rope. The rope needs to be taut to achieve this and to get the desired rebound effect.

## IMPORTANT WARRANTY INFORMATION

Cyclone Ball™s have limited warranty due to the destructive forces they are exposed to. Cyclone Ball™s are not indestructible. They will wear out ie. the wall of the ball will fatigue with heavy use. Like a car tyre, the more and harder you use it, the faster it will wear out. You can purchase replacement Cyclone Ball™s separately, keeping the same rope.

## IMPORTANT NOTICE

Rotational activity under load may injure you. DO NOT use the Cyclone Ball™ without clearance and instruction from your health practitioner. This is a high skill and physically demanding activity that may require supervision.



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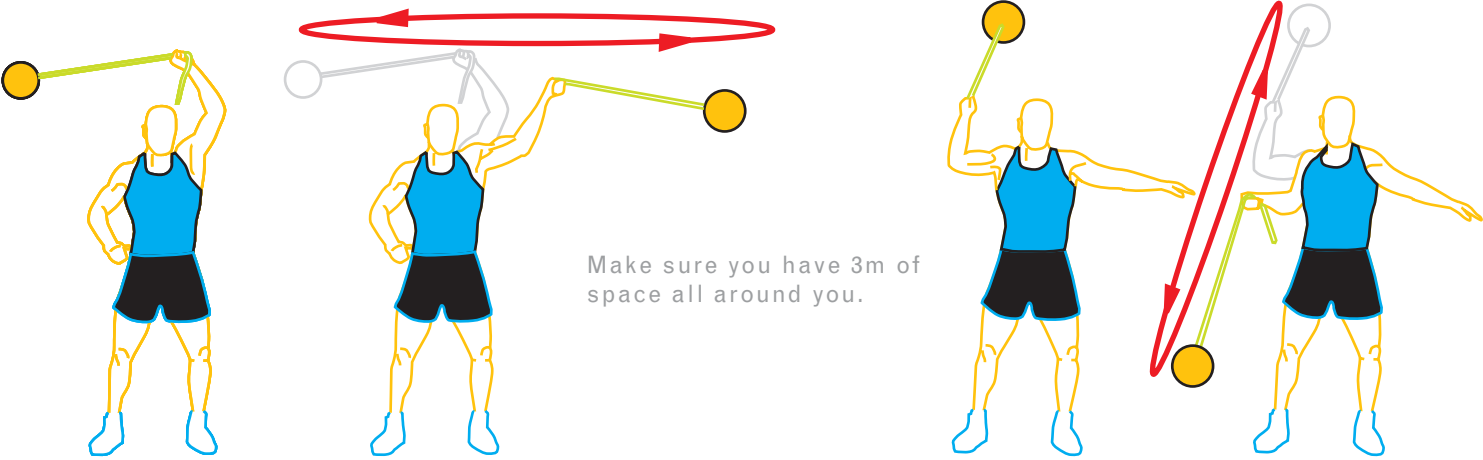
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CYCLONE BALL™

RHYTHMIC STABILITY TRAINING

This is where the muscles, either side of the joint in question, rhythmically contract due to the exercise. A light Cyclone Ball™ is recommended for this type of training.



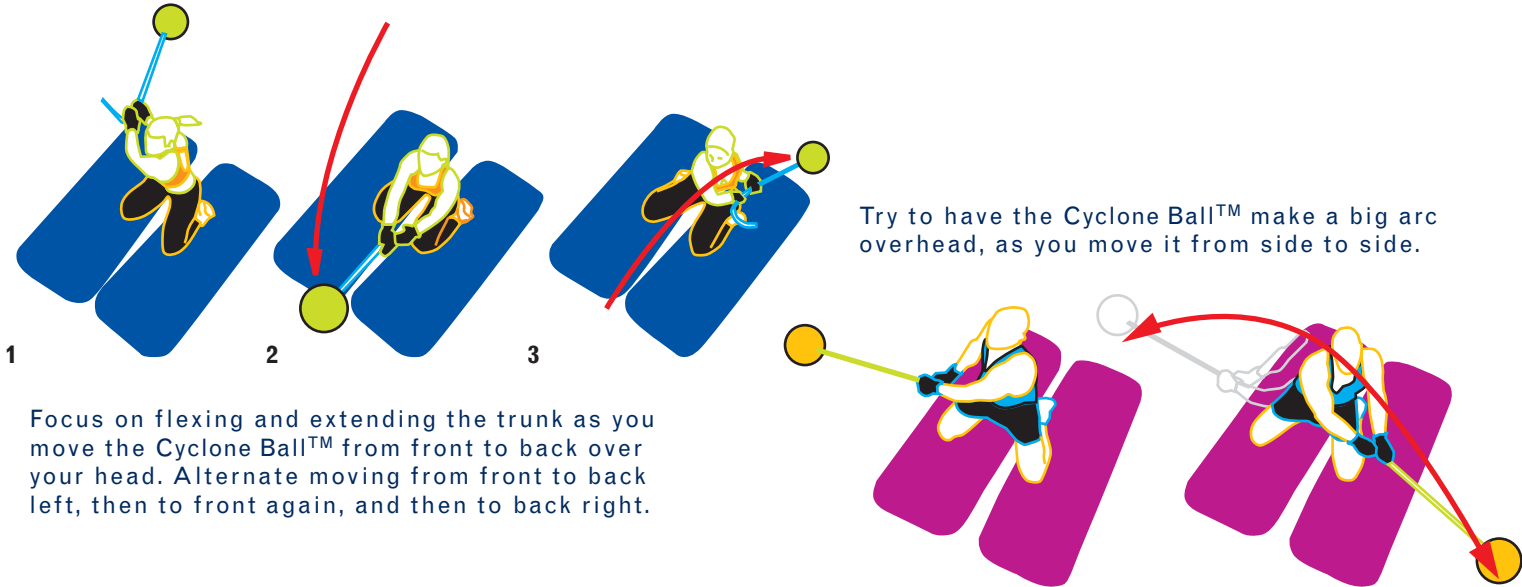
Make sure you have 3m of space all around you.

Begin to move the Cyclone Ball™ in a circular motion above your head. The longer the rope (ie. slows the rotational speed), the less stress on the joint itself. The more bent the arm, the harder this exercise is.

You can exercise one arm by itself which puts more load on the shoulder joint. Alternatively, using two arms places more load on the torso.

CYCLONE BALL™ EXERCISES - KNEELING

Try to focus on keeping your deep abdominal muscles activated. The power created needs to be transferred through your core.

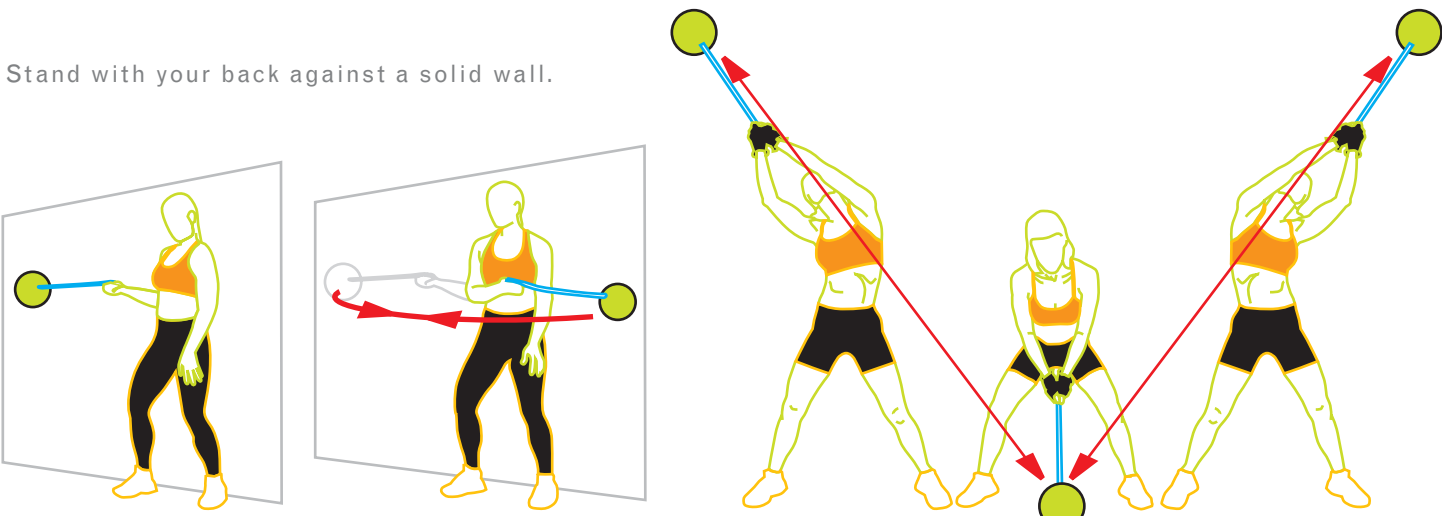


Try to have the Cyclone Ball™ make a big arc overhead, as you move it from side to side.

Focus on flexing and extending the trunk as you move the Cyclone Ball™ from front to back over your head. Alternate moving from front to back left, then to front again, and then to back right.

CYCLONE BALL™ EXERCISES - STANDING

These exercises need to be performed against a solid wall / surface. It is recommended to wear training mits when doing these exercises.



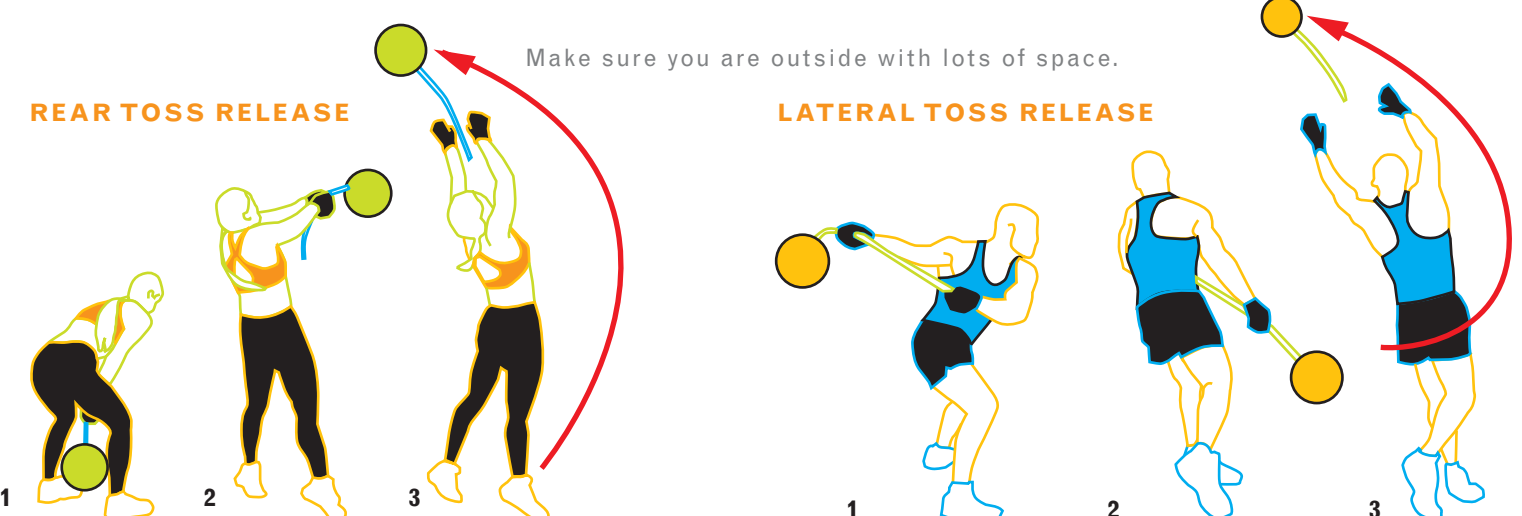
Stand with your back against a solid wall.

Focus on keeping your elbow close to your body and perform internal and external rotation. To change the focus from the rotator cuff, start moving the elbow from the torso.

Move the Cyclone Ball™ in a 'V' pattern. Focus on transferring force through your torso, up into your arms.

RELEASE TECHNIQUES

This activity is similar to throwing a medicine ball, however it feels slightly different.



Make sure you are outside with lots of space.

REAR TOSS RELEASE

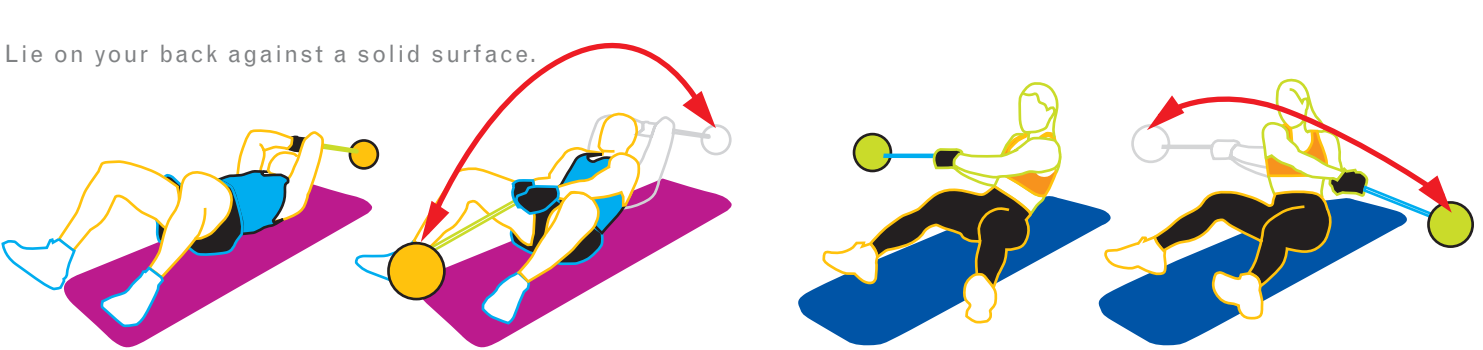
Start in a flexed position with the Cyclone Ball™ on the ground in front. Explosively extend your trunk and throw the ball over your head behind you as far as you can.

LATERAL TOSS RELEASE

Stand with feet wide apart. Focus on generating lots of power through your legs and throwing the Cyclone Ball™ across your body as far as you can.

CYCLONE BALL™ EXERCISES - LYING / SITTING

Most directions with the ball shown can be interchanged with the base position. It is recommended to wear training when doing these exercises.



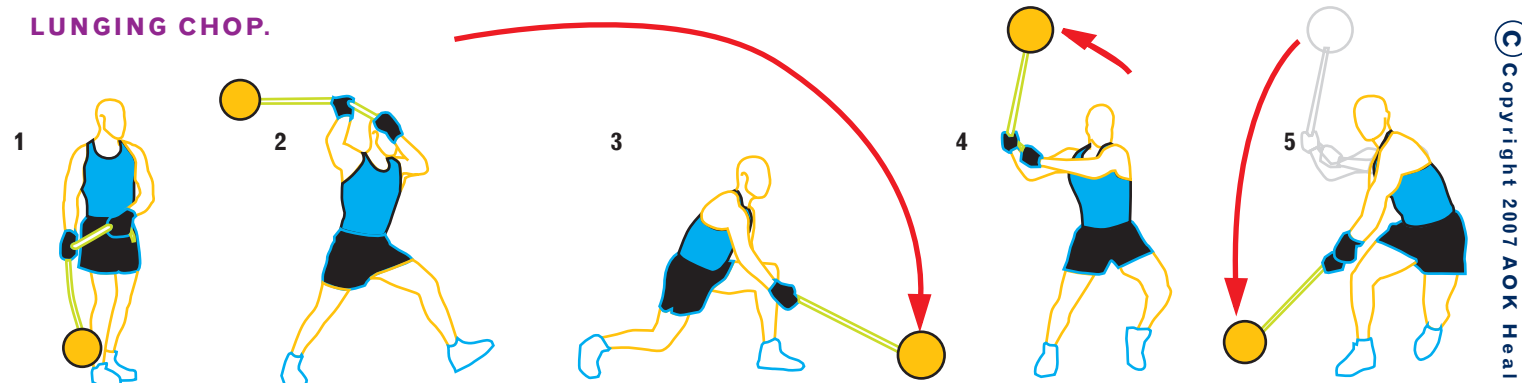
Lie on your back against a solid surface.

Move the Cyclone Ball™ in a vertical pattern. The Cyclone Ball™ should land on the ground down between or past your feet, and up above your head. Flex and extend the trunk each time as you move the ball.

Sit at about 45 degrees with your trunk off the floor. Move the Cyclone Ball™ across your body from left to right. Focus on rotating your trunk to generate the ball movement.

DYNAMIC EXERCISE - LUNGING CHOP

This exercise is quite advanced in nature. Always let form dictate progression, sets and reps.



LUNGING CHOP.

Initially you need to lunge forward and focus on the forward chop.

Once you have mastered that, you then focus on the return step with the backward chop.