

AOK® mediBall® basics exercise program

mediBall Exercises

Abdominal

Flexibility

S1 Seated Base Exercise Position
S2 Pelvic Tilt
S3 Single Leg Lift
S4 Balance Challenge
S5 Supine Feet on Ball Base Position
S6 Hip Extension
S7 Hip Extension - Single Leg
S8 Hamstring Curl
S9 Russian Twist - Lower Body
S10 Supine Feet on Floor Base Position
S11 Hip Extension
S12 Russian Twist - Upper Body
S13 Lateral Ball Roll
S14 Prone Feet on Ball Base Position
S15 Push Up
S16 Prone Jack Knife
S17 Prone Hands on Ball Base Position
S18 Push Up
S19 Lateral Ball Roll
S20 Prone Pelvis on Ball Base Position
S21 Hip Extension
S22 Trunk Extension
S23 Prone Knees on Floor Base Position
S24 Forward Ball Roll
S25 Side Lying Base Position
S26 Side Lying Curl
A1 Point TVA
A2 Lower Abs
A3 Ab Crunch
A4 Oblique Crunch
F1 Abdominals
F2 Quadratus Lumborum
F3 Lumbar Erector
F4 Thoracic Extension
F5 Pec Major
F6 Quadriceps
F7 Hip Flexor
F8 Hamstring
F9 Hip
F10 Lumbar



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mediBall® basics Video
An instructional video providing a wide range of mediBall® Basic exercises to help develop:
• Postural Flexibility • Stability • Strength
Includes over 25 mediBall® exercises, 10 flexibility exercises and an abdominal routine with demonstrated and explained to ensure you gain maximum benefit from your mediBall® workout.



Prescription Pad
Designed as a tool for physiotherapists and fitness who prescribe exercise from other the physio and chart. Record keeping in the individualised environment is essential to measure your clients progress and also set goals.

Cross referenced for your convenience
This wall chart should be used in conjunction with AOK's mediBall® basics video and Prescription Pad

DISCLAIMER: The exercises shown on this wall chart are designed to complement your current exercise program. This information may not be suitable for all people. AOK recommends consulting your medical and/or fitness health professional prior to performing these exercises.