



The brand preferred by most professionals

Only AOK brings you functional exercise for every level of fitness

The original AOK Ball Web™

BallWeb™

HELP PREVENT OSTEOPOROSIS
SUITABLE FOR ALL AGES



strength power balance
tennis golf netball allSPORTS

The Ball Web is an innovative new product from AOK Health, the functional exercise specialists, manufacturers of the world's strongest and safest swiss ball - mediBall Pro and MaxBall.

What is the Ball Web?

The Ball Web is a devise, which fits over a swiss ball (55cm - 75cm) to enable the more effective and versatile use of resistor cords, providing a fun and challenging workout for all.

Who can use the Ball Web?

The Ball Web is ideal for all ages and fitness levels. No matter what your exercise goals, the Ball Web can help with toning, strengthening and core stability. This is a Godsend for the mobile fitness trainer. Challenging the beginner right through to the elite athlete.

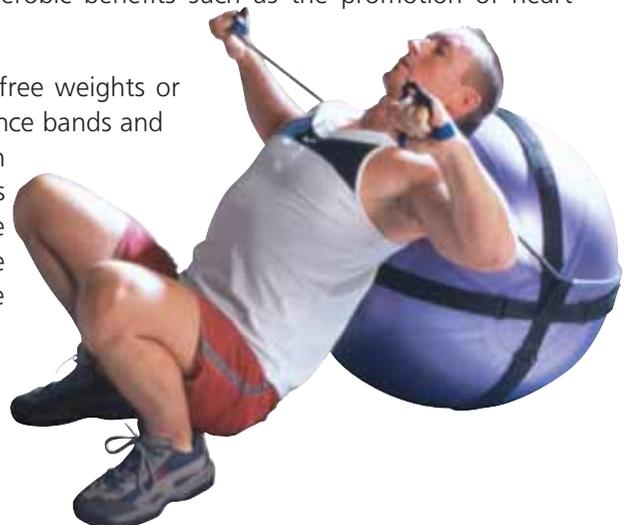
Do you want a quick, effective workout that can be done any where?

The Ball Web is an inexpensive, compact home gym alternative and is ready to use in seconds. It provides you with a core stability and resistance training workout simultaneously giving you the maximum benefits in minimal time.

Why use a resistor cord?

Research shows that resistance training has many health benefits including prevention of osteoporosis, reducing body fat as well as the aerobic benefits such as the promotion of heart health.

Traditional resistance training has involved either free weights or heavy machinery. More recently the use of resistance bands and tubing has become widely accepted as an alternative to traditional weight training. AOK's Ball Web comes with a resistor cord which is made from the same material developed for bungee jumping, providing a safer more durable alternative to other bands and tubing.



FOR MORE INFORMATION CALL AOK HEALTH ON **1300 790 900**

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