

# BallWeb™

## Why use a resistor cord?

Research has confirmed the benefits of clinical and home-based resistance training using resistive cords. They provide many of the benefits of using free weights, including the prevention of osteoporosis in an increasingly sedentary and aging population.

Training using the Ball Web™ can add diversification to exercise programs by incorporating the stabilization benefits of exercise on a 'swiss' ball and resistance training. It appeals to all ages by improving strength and balance.

## What is a resistor cord?

The 8mm AOK resistor cord is made from all-rubber cords, developed in New Zealand specifically for bungee jumping. They comprise approximately 50 individual strands of rubber tied together into one solid cord. The all-rubber cord stretches to approximately 4 times its resting length under full load although we recommend that you stretch it to no more than twice its resting length.

## Important safety notice

Avoid eye injury. Do not overstretch the resistor cord. Where possible always keep face and body out of recoil path. Do not use when strap or cord has visible signs of wear or damage.

## Not all balls are the same

Made in conjunction with the University of Newcastle, AOK Health developed a new material called duralon to make the safest and strongest training ball in the world. For the highest quality and safest Health Ball on the market the mediBall PRO is available in a wide range of colours and sizes. To order phone AOK on 1300 790 900 or email [info@aokhealth.com.au](mailto:info@aokhealth.com.au)

## The Power of Balance!



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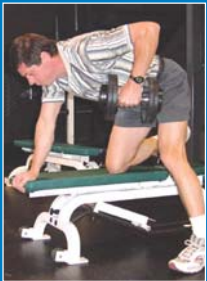
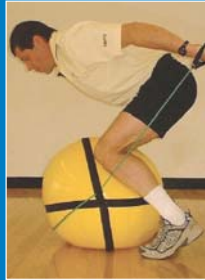
[www.aokhealth.com](http://www.aokhealth.com)



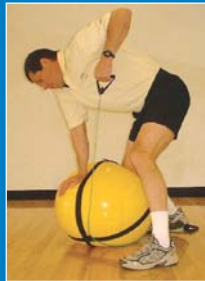
Seated Abdominal Curl



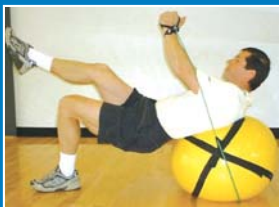
Double Arm Kickback  
- Freeweight



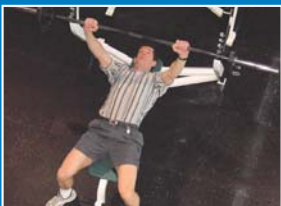
Bent Over  
Single Arm  
Pulls -  
Freeweight



Cable Crossovers



Bench Press - Freeweight



REPLICATES EXERCISES DONE ON HEAVY  
EQUIPMENT AND FREE WEIGHTS

The original AOK Ball Web

# BallWeb™

SUITABLE FOR ALL AGES & STRENGTHS



strength  
power  
balance  
tennis  
golf  
netball  
all sports



**AOK™** The brand preferred  
by most professionals



*Frontal Raises - Freeweight*



*Rotary Torso*



*Squats*



*Incline Press - Freeweight*



*Seated Chest Press*



*Upright Rows - Freeweight*



*Lateral Raise - Freeweight*



*Seated Pulls*



*Vertical Flys*



*Preacher Curl*



*Shoulder Press - Freeweight*



*Standing Straight Arm Pulls*



*Reverse Flys - Freeweight*



*Supine Tricep Extension - Freeweight*



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