



BallWebTM

- **Unique** – the BallWeb is only available from AOK Health and is the only product of it's kind on the market.

- **Versatile** – can use different strength cords. Cords are easily interchanged. You can also perform a wide range of resistance exercises, which would normally require lots of heavy gym equipment.
- **Portable** – easy to attach and detach from your swiss ball, the BallWeb also makes it easy to carry your ball. Ideal for mobile Personal Trainers and for anyone who travels frequently.
- **Complete home gym** – your Swiss ball and BallWeb will give you an all round workout and are easily stored and moved at home.

FAQ

- **Why would I use the BallWeb instead of dumbbells or weights?**

The BallWeb offers versatility – you can perform a range of resistance exercises and train all parts of the body using the BallWeb. You also get the benefit of core stability training at the same time. Resistance cords are also more effective than most gym equipment because they don't restrict your range of motion, helping you to achieve functional fitness.

- **What are the benefits of using a resistance cord?**

Resistance training can help to improve muscle tone and reduce the risk of osteoporosis.

- **Does it fit all sizes of Swiss ball?**

Yes, the BallWeb fits easily over all Swiss balls up to 75cm in diameter. The BallWeb is made from adjustable, Velcro straps which enables the whole family to use the BallWeb.

- **Does the resistance cord come with the BallWeb?**

Yes, the BallWeb comes with a heavy-duty resistance cord, which is made up of 50 individual strands of rubber tied together to make one rubber cord, the same as that used for bungee jumping.

- **Is it difficult to fit the BallWeb to the ball?**

No, the BallWeb takes only seconds to strap to your Swiss ball and also comes with easy to follow instructions.

- **Do I need to remove the BallWeb every time I just want to use my ball?**

No, the BallWeb can remain attached to your Swiss ball without interfering with the ball and it's function. The BallWeb also allows you to easily carry your Swiss ball, ideal for Personal Trainers and anyone who likes a change of training environment.



Tips

- If a customer can "try before they buy" this gives them more confidence that the product will satisfy their needs. So ensure you have a BallWeb attached to your demo mediBall so customers can try it out. The strength of the resistance cord is also deceptive so allowing customers to test it will also convince them that it will be enough resistance for them.
- The AOK BallWeb brochure (which comes with the BallWeb) contains many exercises, which can be performed with the BallWeb, ensure you have some brochures on display so customers can also see the versatility of the product.