

## recreation sitting xercise sitting stability Core strength stretching burst resistant



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Size	guide
SIZE	yuiue

DALL SIZE	JUNIOR	SWIALL	MEDIUM	LANGE	EX LANGE
MAX BALL DIAMETER diameter is the vertical height of the ball	45cm	55cm	65cm	75cm	85cm
COMBO SIZING suitable for combined sitting and exercise	<150cm		162- 183cm		
<b>EXER-SIZING</b> suitable for mainly	<160cm	160- 175cm	175- 195cm	195cm	+

exercise

## f.a.q<sup>S</sup> and benefits

WHY AOK OVER COMPETITION		
- AUSTRALIAN MADE		
- QUALITY CONTROL	all AOK balls are pre-inflated and	
	inspected for fault during the	
	manufacturing process	
- RESEARCH	the materials and design process are the	
	result of 5 years of development in	
	conjunction with Newcastle University	
- DURALON	Duralon burst resistant technology promotes	
	long ball life due to resistance of wear, tear	
	and stretching	
- BURST RESISTANCE	AOK balls are burst resistant up to	
	500kg dynamic load, and take approx	
	30 seconds to deflate	

www.aokhealth.com