

Pilates Ball

SCULPT your body the PILATES WAY!

The AOK Pilates Ball is extremely versatile. Used for resistance to effectively target those difficult areas such as the inner and outer thighs and the upper arms. The Pilates Ball can also be used as an unstable platform to enhance balance, flexibility and body awareness.



- It's Fun & Easy ✓
- Light & Portable ✓
- Easy to Inflate ✓
- Extremely Versatile ✓
- Suitable for all Ages ✓



PILATES BALL LETS YOU FOCUS ON:

relaxation

concentration

alignment

centring

breathing

co-ordination

flowing movements

stamina

The AOK Pilates Ball is 20cm in diameter and made in Australia from Duralon™ - the same material we use to manufacture mediBall PRO.

Who is the Pilates Ball suitable for?

Everybody! The Pilates Ball allows you to work at your own level to build muscular strength and flexibility. Extremely versatile and easily portable, the Pilates Ball is great for all exercise environments and can be as challenging to the first-time exerciser as it is for the athlete.



The AOK Pilates Ball can help you SCULPT & RESHAPE your body the way Joseph Pilates intended!