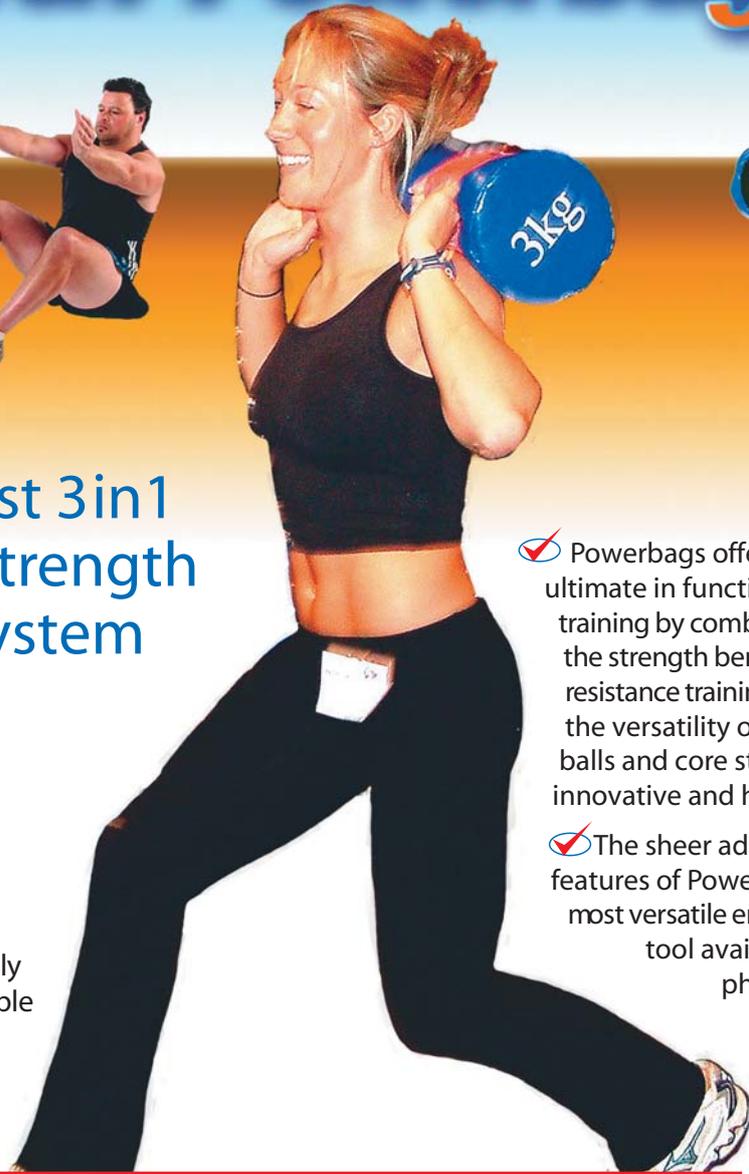


# Power-up your Training with Powerbags!



## The very latest 3in1 Functional Strength Training System

✓ Powerbags™ are the totally new, innovative and adaptable form of resistance and core stability training.

✓ Powerbags offer the ultimate in functional training by combining all the strength benefits of resistance training, with the versatility of medicine balls and core stability in one innovative and highly effective system.

✓ The sheer adaptability and multi-use features of Powerbags makes the system the most versatile end effective resistance training tool available to fitness professionals, physiotherapists and coaches.

### Over 200 Exercise Progressions including:

- |                         |                            |                             |
|-------------------------|----------------------------|-----------------------------|
| ✓ Strength Conditioning | ✓ Power Training           | ✓ Olympic Lifting Movements |
| ✓ General Endurance     | ✓ Sports Specific Training | ✓ Speed and Agility         |
| ✓ Core Stability        | ✓ Circuit Classes          | ✓ Safe Loaded Plyometrics   |
| ✓ Rehabilitation        | ✓ Team Building / Relays   | ✓ Power Throws              |



As used by 100's of UK Fitness Centres and all levels of UK Sport.

For more information please visit:  
[www.aokhealth.com](http://www.aokhealth.com)

or phone: 1300 90 900