

OLKIControl.com

ACTIVATING INTUITIVE EXERCISER FOR IMPROVED CORE STABILITY AND CONTROL

1 Benefits of OLKIControl-exerciser are:

- Awareness of the deep muscle activation, which provides the body a strong core support and supports the position of the pelvis.
- Benefits already from small amounts of exercise.
- Minimal rotation of the spine gives greater circulation in the mid trunk muscles during the activation and exercise, resulting in delayed muscle fatigue.
- The device is easy to adjust for the exerciser.
- Easy to use.
- Good tolerance with pain patients.
- Exercise can also be performed sitting down.
- Easy to integrate with other methods and equipment in health and sports practice.
- Benefits transfer rapidly to sport performance.

1. STARTING POSITION

1. Stand tall with good posture.
2. Pelvis and shoulders aligned.
3. Feet hip-width apart.
4. Slight flexion in the knees.
5. Light grip on the bars.
6. Elbows in a 90-100 degree angle.
7. Arms slightly out from the sides of the body.
8. Look straight forward.



Videos of movements and more: www.olkicontrol.com



3 STOP THE MOVEMENT AND COUNTERFORCE

1. Insight occurs when the movement stops and changes direction.
2. Movement stops at the end of the sectors, at 11 and 1 o'clock.
3. The movement stops by using counter force in the deep muscles in the trunk.
4. Pelvis, shoulders and head stay aligned.
5. Maintain light grip on the handles.
6. Movement is repeated with steady pace in both directions.

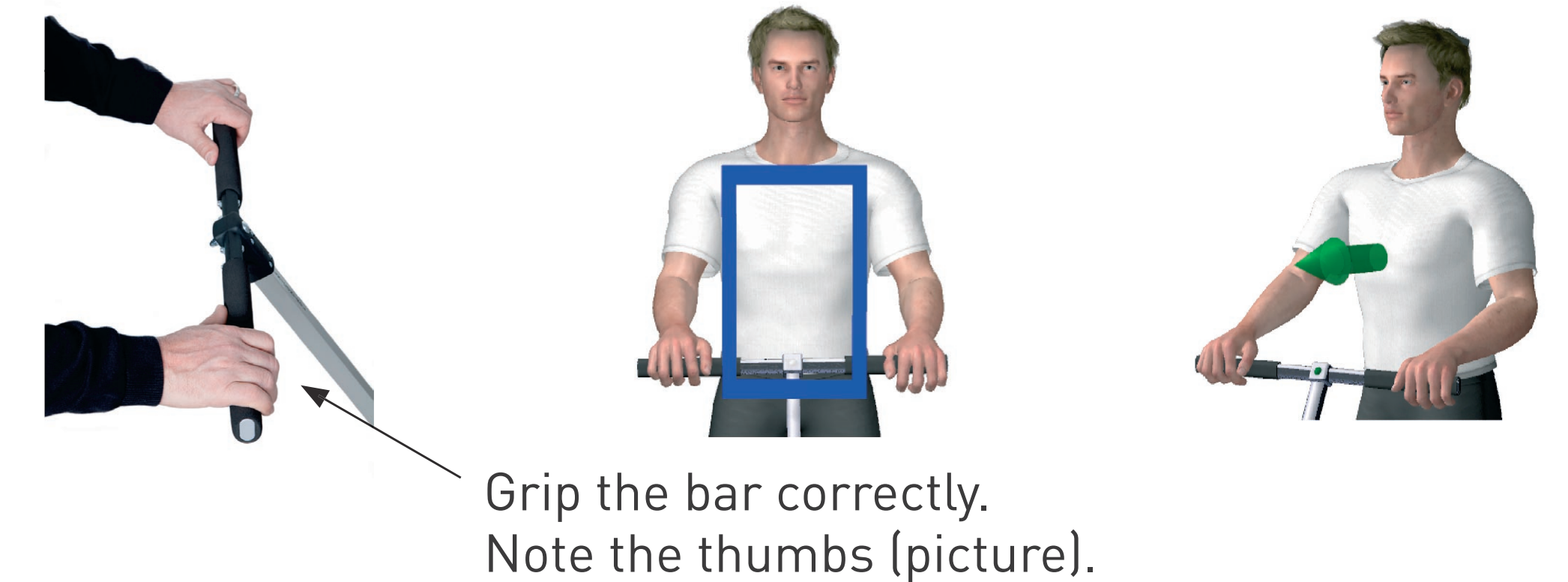
More information from www.olkicontrol.com



2 PERFORMANCE OF THE MOVEMENT

2.A PERFORMING THE MOVEMENT

1. Good postured starting position standing or sitting down.
The standing position can be facilitated by leaning lightly to a wall.
2. The device centered in front of the legs.
3. Start the movement by rotating the shoulder joints.
4. Maintain the elbow and wrist position.
5. Shoulders and pelvis stay aligned, no rotation of the upper body.
6. Chest remains forward during the whole exercise.



2.B SECTOR

1. The movement occurs between 11 and 1 o'clock.
2. The movement inside the sector is controlled at steady pace.



4. EXERCISE EXAMPLES

The foundation for OLKIControl-exerciser is the correct performance technique. The objective for the initial training is the insight.

1. Initial/basic training: Performed with a physical therapist/instructor. The objective is to learn the right performance technique and understanding of the deep core muscle activation.

2. Reminder exercise: Before sports activity or during rehabilitation, short exercise. 1 x 10 repetitions.

3. Short term exercise: For Office workers or during rehabilitation. 3 x 6-8 repetitions, rest 1 min between sets. Repeated 4-5 times a week.

4. Long term set: Exercise for athletes. Exercise for as long as you stay concentrated. For example: 2 x 3 15-20 repetitions, rest 2 min between sets, after 3 sets rest for 5 min.

1. OLKI STAR

OLKI straight in front of you. Move Olki (the device) on a short range from left to right, keep your body still.



2. OLKI FERRIS WHEEL

Circle Olki clockwise.
Change direction sharply.
Do for example 2 circles, stop, change direction, 2 circles, stop, change direction.



3. OLKI FOOTWORK

Push Olki forwards and back.
Push forwards, then lift your heels.
Pull back, heels down.



Same movement forwards and back.
Push forwards, then raise your knee, pull back knee down.
Repeat and switch legs.



Same movement forwards and back.
Straighten your leg during the movement, push the heel down to the floor.
Repeat and switch legs.



4. OLKI TWIST ROTATION

Rotate OLKI to one side and your body in the opposite direction. Heels up when rotated. Change direction.

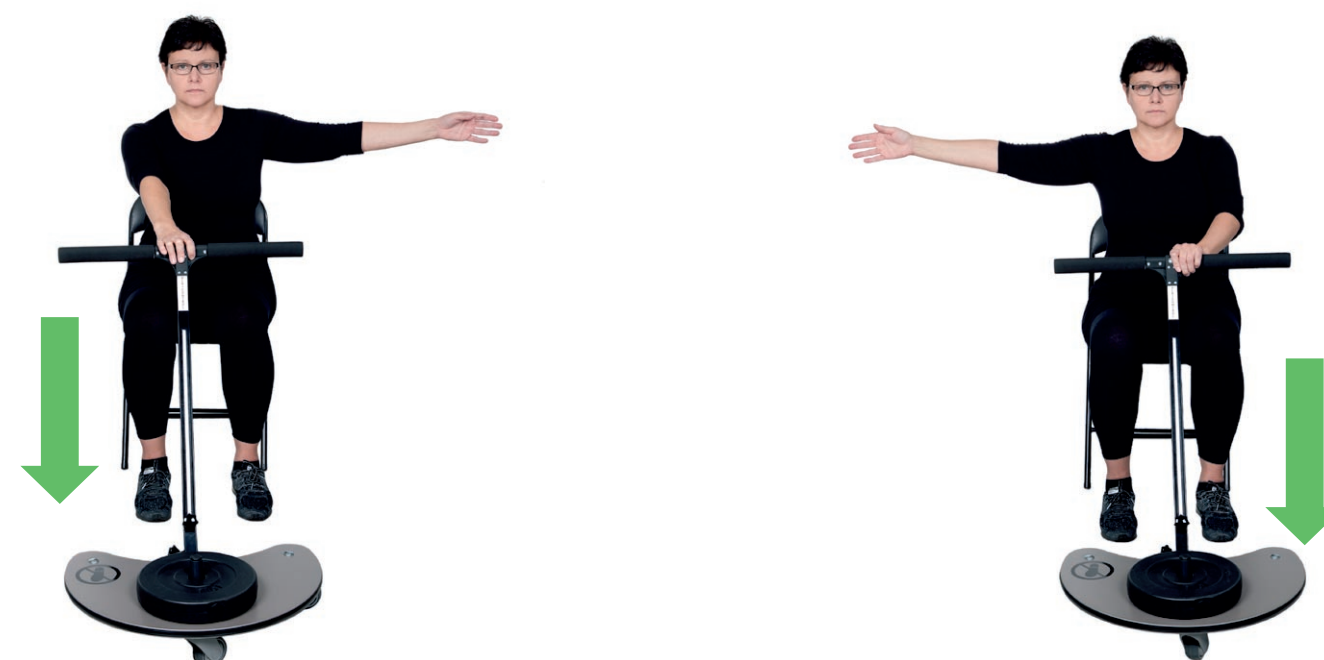


5. OLKI ARMWORK

Push OLKI forward with one hand and bend the free hand down and back. Repeat and switch hands.



Same movement, lift your hand to the side.



Same movement, lift your hand up.



6. OLKI STRETCHING SITTING DOWN

Cat: Push OLKI forward and round your back. Pull OLKI back to your chest, shoulders back and down.



Cat beam: Push OLKI alternately diagonally left and right and forward to the center and stretch your back.



Sidestretch: Push OLKI to your right/left, stretch your side with arm over head.



Challenge yourself more with therapeutic ball!

