



2016

Your Brand for Health and Fitness



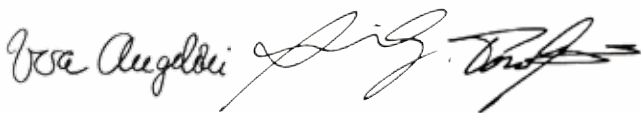
since 1956

TOGU[®] – 60 Years Success

Dear customers,

We have been manufacturing play balls and air-filled training and therapy tools for you in Prien near Lake Chiemsee in Bavaria, Germany since 1956. We – that is the family company TOGU with a team of more than 100 employees. Keeping our manufacturing process local is the best way to respond to your wishes quickly, while maintaining excellent product quality and promoting innovations. All our new ideas become reality right here where they are developed, which means long transport routes are avoided. But that is not all: The majority of the production machinery used at the 16,000 square metre facility is designed in-house and built in the region. The conscious decision in favour of remaining an exclusively Germany-based company allows us to comply with high environmental standards. All materials and plastics used in the manufacture of TOGU products are recyclable and meet the highest quality requirements. This means we can guarantee reliability and safety for our products. The excellent quality of the products and their resulting longevity help conserve natural resources and reduce the company's power demand.

We at TOGU[®] care: We work with renowned scientists and medical doctors to develop a comprehensive range of health products that promote activity for you and your family in all areas and stages of life. Rely on quality and reliability – made in Germany, and our promise: 30 year guarantee on selected products. We wish you a healthy, active and happy year 2016!



Vera and Giovanni Angelini and Toni Obermaier

P.S.: Get even more interesting information on the topic of health, balance and an active lifestyle at www.togu.de/blog



 **QUALITY**
Made in Germany

Made in Germany - since 1956

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MADE IN GERMANY



60 Years Precision



60 Years Handwork



60 Years Quality



60 Years Teamwork



60 Years Innovations



Made in Germany – since 1956

For 60 years - the brand TOGU stands for quality and safety, tradition and progress.

We take care, you can trust.
Come with us into a great future!



60 Years - Success!



**60 Years
... went by
playing...**



60 Years Production

www.togu.de

MADE IN GERMANY

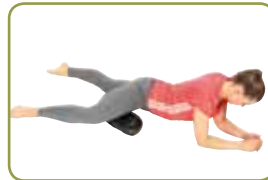


Innovations 2016

Actiroll® Rumble



Actiroll® Wave



Actiroll Rumble - Size M

The Actiroll Rumble – made in Germany – is a new air-filled and hard regeneration tool for self-massage and myofascial release and relaxation.

It can be adjusted easily by using the attached hand pump to different hardness. So Actiroll is perfect to reach new progressions in exercises and to be used by different individuals. The air-filling causes an absorbing effect. Therefore it is also allowed and recommended to roll and move even on joints and vertebral bodies. The knobby structured surface enables to a more effective and deeply working massage.

The Actiroll Rumble is light, easy, long-lasting and space saving to use. Due to a massage on the roll under use of your own body weight adhesions and tensions can be solved. The structured surface enables to a more effective and pleasant massage. Therefore your blood circulation can be improved. The Actiroll Rumble is used in fascia fitness, training and therapy. The material Ruton is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

Application: at home, rehabilitation an therapy

Art.No.:	Colour:
465330	black, green
Size:	ca. 30 cm x 13 cm Ø (Size M)
Packing unit:	4
Contents:	in a box, incl. pump and training chart
Material:	Ruton
Max. Load:	ca. 200 kg

Actiroll Wave - Size M

The Actiroll Wave – made in Germany – is a new air-filled regeneration tool for self-massage and myofascial release and relaxation.

It can be adjusted easily by using the attached hand pump to different hardness. So Actiroll is perfect to reach new progressions in exercises and to be used by different individuals. The air-filling causes an absorbing effect. Therefore it is also allowed and recommended to roll and move even on joints and vertebral bodies.

The wave-like structured surface enables to a more effective and smooth and deeply working massage. This roll offers a variety of use in training and therapy. The Actiroll is light, easy, long-lasting and space saving to use. Due to a massage on the roll under use of your own body weight adhesions and tensions can be solved. Therefore your blood circulation can be improved. The Actiroll Wave is used in fascia fitness, training and therapy. The material Ruton is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

Application: at home, rehabilitation and therapy

Art.No.:	Colour:
465360	black, green
Size:	ca. 30 cm x 11,5 cm Ø (Size M)
Packing unit:	4
Contents:	in a box, incl. pump and training chart
Material:	Ruton
Max. Load:	ca. 200 kg

Bike Balance Board Easy



Bike Balance Board Easy

On the Bike Balance Board easy – made in Germany – you move like riding your bike. You will be much more flexible on the bike - you learn to compensate the movements of your bike faster and more accurately. The level "easy" using a Dynair ball cushion instead of a ball is perfect for beginners. Additionally you train the basics of controlling your bike with the body and your core muscles. So you will also be stronger on climbing uphill. You train your muscles and at the same time your brain or your nervous system, your so called sensori-motor skills. You train constantly at your personal limit and have to push the limit step by step. For reaching the next level, TOGU offers the Bike Balance Board Pro. Over time, your brain stores pattern of movement - biking takes your body back then by itself to this movement pattern. The level of difficulty can be adjusted easily by changing the air pressure in the ball with the attached ball pump. You can train with the Bike Balance Board easy on an area of less than two square meters.

Art.No.:	Colour:
440540	wood with red
Packing Unit:	1
Size:	ca. 60 x 48 x 17 cm
Contents:	in a box with instruction and pump
Material:	Birch wood, Ruton, Aluminium

Bike Balance Board Pro



Bike Balance Board Pro

On the Bike Balance Board Pro – made in Germany – you move like riding your bike. You will be much more flexible on the bike - you learn to compensate the movements of your bike faster and more accurately. Additionally you train the basics of controlling your bike with the body and your core muscles. So you will also be stronger on climbing uphill. You train your muscles and at the same time your brain or your nervous system, your so called sensori-motor skills. You train constantly at your personal limit and have to push the limit step by step. Over time, your brain stores pattern of movement - biking takes your body back then by itself to this movement pattern. The level of difficulty can be adjusted easily by changing the air pressure in the ball with the attached ball pump. You can train with the Bike Balance Board Pro on an area of less than two square meters.

Art.No.:	Colour:
440530	wood with red
Packing Unit:	1
Size:	ca. 86 x 57 x 28 cm
Contents:	in a box with instruction and pump
Material:	Birch wood, Ruton, Aluminium

JumpStep™



JumpStep

The JumpStep - made in Germany - for more stability and dynamics and more exercise variations in functional training and therapeutic use. With four balls under the wooden board, you can balance workout in all fitness levels and enter into the sensorimotor training to increase performance. The training can improve due to intensive effects in proprioception, sensorimotor functions, mobility and stability. Under the especially developed plate there are four extremely robust air-filled Balanza balls. The top-mounted air cushion enables challenging exercise variations and brings even more dynamic in training and therapy. Ideal for spring action movement and exercise units with jump elements.

Art.No.:	Colour:
440550	birchwood with red

Packing Unit: 1

Size: 78 x 78 x 27 cm

Contents: in a carton box incl. instruction for use

max. Load: up to ca. 150 kg

Brasil Base Plus

Brasil Base Plus – made in Germany – is a new and adjustable balance training tool. It combines an airfilled part and a stable base plate - two pieces of equipment rolled into one, providing even more training and therapy options for sensorimotor functions and coordination.

With this simple and effective tool you can train your deep musculature. You get a direct feedback on your movements and protect your joints and ankles due to the air-filled and therefore individually adjustable base.

The Brasil Base Plus is ideal for physiotherapy, home fitness training and for Brasil® group classes in the gym. The airfilled surface is balance trainer and balance board in one piece. It enhances also body awareness, blood circulation and concentration.

Particularly suitable for balance exercises on one leg in physiotherapy and functional training - can also be used upside down! With extra skid-proof material for absolute safety. The Brasil Base Plus can be used in pairs or in a row depending on the sport (e.g. football, golf, tennis, skiing, etc.)

Art.No.:	Colour:
470639	green

Packing Unit: 1

Size: ca. 38 cm Ø x 11 cm

Contents: in a box incl. Instructions for use, pump

Material: Ruton

Relax-Nex Thermo

The Relax Nex Thermo - made in Germany – is a new hot-cold pillow with special thermo-gel filling. Due to the pleasant - 100% skin-friendly - design it adapts to your body during the application. The use is recommended especially for the neck, shoulders and back. In the heated state it can give regeneration, massage and relaxed feeling. Ideal after a long day's work or relaxation in between.

Due to the slight wave structure on the surface the massage effect is even smoother. Place the pillow while lying under the neck and shoulder area. The muscles are released and relaxed by the heat. The blood circulation may be stimulated. In a cold state, the pillow can support the regeneration after exercising and sports. The Relax Nex Thermo pad can be applied both in training and therapy as well as at home.

The Relax Nex Thermo is extremely resistant and durable. It is easy to clean, hygienic, odorless and 100% recyclable.

For heating use your microwave or a water bath. Cooling can be done in the refrigerator (not in the freezer!).

Please follow carefully the instructions for use.

Art.No.:	Colour:	Size ca.:
400630	red	23,5 cm x 11 cm

PU: 1

Material: Ruton with special thermo-gel filling

Brasil® Base Plus



Relax-Nex® Thermo



Therafloss™ Band



Therafloss Band

The TheraFloss band is available as an elastic band in two different strengths. It is used in physiotherapy for mobilization, improving the range of motion and releasing bonds of the tissue. The TheraFloss band can be used independently and in combination with TOGU training tools. The application done by a physical therapist causes a targeted and temporary inhibiting the fluid exchange of the cells. If the tape is released, the blood flows back into the underserved area, which can lead to a stimulation of the metabolism. In connection with mobilizing movements by tensions and adhesions can be solved. The ribbon has a length of 2m and a width of 5 cm. The strength is in the red version and 1.02 mm for the black 1.5mm.

Art.No.:	Colour:	Size ca.:
650240	red	2 m x 50 mm x 1 mm
650260	black	2 m x 50 mm x 1,5 mm

Packing unit:	1
Contents:	in a polybag
Material:	Latex

Raktor Set of 2

The Raktor is an unique new fitness and health equipment for reactive training, adapted to the human anatomy. From beginner to professional, it can be filled with additional weight to reach the best training effect. The Raktor set acts especially in deeper laying muscles and connective tissue.

Effective training with the Raktor set can optimize your indoor and outdoor training. By non-slip pads with thumb and anatomically sewn loops surfaces you get the perfect fit. So you can work out your whole body while jogging, walking, while any physical exercises, treadmill or stepper classes.

The weight of Raktor dumbbells can be changed using the refill pack with 2 x 525g, which is available extra.

Raktor Set of 2



Art.No.:	Colour:
493600	black/red/transparent

Weight/Size:	ca. 550 g
PU:	10
Contents:	in a polybag incl. instructions für use and exercises

Physio Tower



application example,
delivery without band / tube

TOGU® Wall



similar to figure

Physio Tower

The TOGU Physio Tower is an individually and seamlessly adjustable holding fixture for a versatile resistance training. Various elastic bands and tubes can be latched to this integrated wall attached solution. The athlete has a full freedom of movement and the option to set various heights and directions.

The system can be used either with a single joint (for one band/tube) or a double joint (for two bands/tubes).

The products of the Theragym Line are separately available and adaptable. A standard fastening material is included. Individual requirements for the wall fastening must be observed.

We offer a customized product made of various types of wood and colors upon request. The wooden material is very robust and easy to clean.

Art.No.:	Name:
980010	Physio Tower Single
980020	Physio Tower Double
Size:	225 x 35 x 2 cm
Packing Unit:	1
Contents:	two pieces in a carton box
Material:	birch wood, aluminium

TOGU Wall

The new TOGU Wall is an intelligent combination of a presentation space and storage aid for our training and therapy tools.

The system can be used in a modular way. One article consists of two single elements each with a size of 2m (height) x 1m (width).

The optional shelves and brackets has to be ordered extra according to the needs in the training and therapy room. These parts can be attached easily to the wall system.

Standard fixing material is included. Individual requirements for the wall fastening must be observed.

We offer a customized product with various colors upon request. The wooden material is very robust and easy to clean.

Art.No.:	Colour:
902030	walnut appearance
Packing Unit:	1
Size:	ca. 2 m x 2 m
Material:	Wood



Healthy Sitting

Healthy Sitting

How long do you sit every day?

Our ancestors were most of the day „on their feet“. Nowadays we spend on average about 80% of our waking hours sitting. From a perspective of evolutionary theory one fact has not changed: The natural shape of our back and spine is not made for sitting, but for walking around.

What does this mean for you?

Sitting for long periods and the resulting rigid posture as well as the lack of movement are responsible for many civilization diseases. Back pain is completely unknown to indigenous peoples, for example. Basically we all are able to walk and therefore able to do something good for our health and especially for our back.

What happens to your spine during walking?

At every step you make, the spine and the surrounding muscles are automatically brought into rotation. This effect is referred to as spiral movement of the spine during walking.

In order to keep the spine intact, trained autochthonous muscles are required. These deeper-lying muscles around the spine stabilize your body and keep it at the same time flexible. If these muscles are weakened by non-use (e.g., too much rigid sitting), the consequences often occur in terms of back problems. After a long period of non-use, the stabilizing protective function of the autochthonous muscles does no longer exist. The superficial muscles have to take over this function which will eventually result in back pain due to muscle strains.

How to prevent from backpain?

Option 1: About three to five hours of walking daily

Option 2: Action on what you do every day: sitting.

Active-dynamic instead of passive-rigid sitting.

What happens during active-dynamic sitting?

Constant compensating movements create an interaction of relaxation and exertion of the muscle groups in the back. The movement of the spine during walking is like simulated by active-dynamic sitting.

Your benefit and positive effects on your health:

- Training of the autochthonous, stabilising back muscles and reduction of back pain due to muscle strains
- A general stabilisation of the spine at the base
- More flexible intervertebral discs through better supply of nutrients
- Relief of the internal organs
- Improved blood circulation also stimulates the cerebral metabolism processes which translates into increased concentration and perception



Airgo® Active Seat Cushion



Airgo® Active Back Cushion



Airgo® Sit Ring



Airgo Active Seat Cushion

The Airgo Active seat cushion - made in Germany - is a supple air-filled cushion for moving and healthy sitting. It keeps by small delicate movements that are incidentally performed without extra time effort, the spine and intervertebral discs sitting in swing. To sit pleasant and relaxed even during long sitting periods, such as when traveling, in the cinema or at the stadium. The Airgo Active seat cushion can also relieve the pelvic floor and the prostate. The deeper back muscles are activated and can be strengthened.

The anatomical shape ensures optimum pressure distribution. Just like the Dynair ball cushion the muscles of the spine compensate for the slightly wobbly surface. Rigid sitting is turned into healthy active-dynamic sitting.

Also available in the Comfort version with the soft climate cover made of special washable material. The cover ensures optimum air circulation and pleasant seating comfort.

Art.No.:	Name:	Colour:
401100	Airgo Active Seat Cushion	silver
401300	Airgo Active Seat Cushion Comfort	black
Size:	40 x 28 cm	
Packing unit:	4	
Contents	in deco-box with pump	
Material:	Ruton	
Max. load:	ca. 200 kg	

Airgo Active Back Cushion with new material

The Airgo Active back cushion - made in Germany - is a supple air-filled lordosis cushion for moving and healthy sitting. The Airgo supports the back constantly and precisely with every movement.

It keeps by small delicate movements that are incidentally performed without extra time effort, the spine and intervertebral discs sitting in swing. To sit pleasant and relaxed even during long sitting periods, such as when traveling, in the cinema or at the stadium. The Airgo® Active back cushion additionally promotes the upright seating position. The anatomical shape ensures optimum pressure distribution. The deeper back muscles are activated and can be strengthened. Rigid sitting is turned into healthy active-dynamic sitting.

Also available in the Comfort version with the soft climate cover made of special washable material. The cover ensures optimum air circulation and pleasant seating comfort.

Art.No.:	Name:	Colour:
510000	Airgo Active Back Cushion	black
510100	Airgo Active Back Cushion Comfort	black
Size:	40 x 29cm	
VPE:	5	
Packing unit:	in deco-box with pump	
Contents:	Ruton	
Max load:	ca. 200 kg	

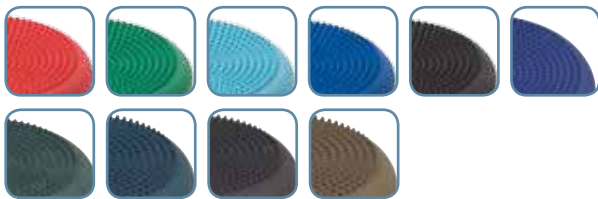
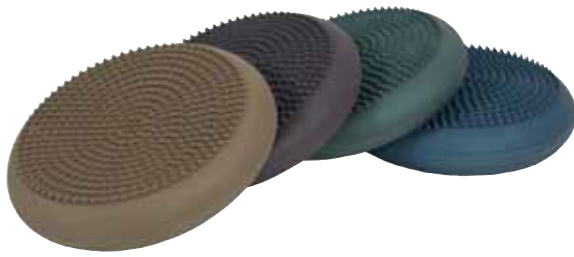
Airgo Sit Ring

Unlike usual sit rings made of foam the new Airgo Sitring is made of Ruton and air filled. Equipped with a needle valve the air pressure can easily be adjusted by using a needle pump. The Airgo Sitring is extremely robust and long lasting, easy to clean and therefore hygienic. A tool which relieves effectively all kinds of sitting related problems.

Optional available with textile cover.

Art.No.:	Colour:
400640	black, blue
400648	black, blue; with cover
Size:	40 x 45 cm
Packing unit:	4
Contens:	in box with pump
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	also available with cover

Dynair® Ballkissen® Senso®



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30-Jahre-Garantie



Dynair® Ballkissen®



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30-Jahre-Garantie



Dynair Ballkissen Senso

The original Dynair Ballkissen Senso - made in Germany - is an air-filled seat cushion for active dynamic sitting. Also it is a tool for sensorimotor and proprioceptive training and therapy. As a simple and space-saving alternative to large exercise balls it is used for many different exercises while sitting, standing and lying. One side has a velvety smooth surface, the other is equipped with soft Senso knobs.

Through the air charge and the specific quality material dynamic sitting and exercising is possible: there are constantly and directly transmitted minimal movements to the body. This can incidentally activate the deeper back muscles and the sensorimotor system. It can be used everywhere - at home, in the office or while traveling - and allows a workout without any extra time effort. The aim is a better balance, a healthy, strong back and a stable and mobile core for a healthy body.

Dynair Ballkissen Senso

Art.No.:	Colours:	Size:
400270	red, green, turquoise, blue, black, terra, blue-purple	ca. 33 cm Ø
401160	sea-grass, misty-mountain, aubergine, basalt	ca. 33 cm Ø

Dynair Ballkissen Senso XL

Art.No.:	Colours:	Size:
400370	red, green, turquoise, blue, black, terra, blue-purple	ca. 36 cm Ø
401180	sea-grass, misty-mountain, aubergine, basalt	ca. 36 cm Ø

Dynair Ballkissen Senso Plus

Art.No.:	Colours:	Size:
400900	red, green, turquoise, blue, black, terra, blue-purple	ca. 39 cm Ø
401190	sea-grass, misty-mountain, aubergine, basalt	ca. 39 cm Ø

PU: 5 with ca. 33 cm Ø / 4 with ca. 36 cm Ø and 39 cm Ø

Contents: in deco-box with exercise poster

Material: Ruton, with needle valve

Max. load: ca. 200 kg (ca. 300 kg for Dynair Ballkissen Senso Plus)

Specials: AGR certificate

Dynair Ballkissen

The original Dynair Ballkissen - made in Germany - is an air-filled seat cushion for active dynamic sitting. Also it is a tool for sensorimotor and proprioceptive training and therapy. As a simple and space-saving alternative to large exercise balls it is used for many different exercises while sitting, standing and lying.

Through the air charge and the specific quality material dynamic sitting and exercising is possible: there are constantly and directly transmitted minimal movements to the body. This can incidentally activate the deeper back muscles and the sensorimotor system. It can be used everywhere - at home, in the office or while traveling - and allows a workout without any extra time effort. The aim is a better balance, a healthy, strong back and a stable and mobile core for a healthy body.

Dynair Ballkissen Kids

Art.No.:	Colours:	Size:
400170	red, green, blue, raspberry, turquoise	ca. 30 cm Ø
400180	confetti, assorted	ca. 30 cm Ø
400190	marble	ca. 30 cm Ø

Dynair Ballkissen

Art.No.:	Colours:	Size:
400200	red, green, turquoise, blue, black, terra, blue-purple	ca. 33 cm Ø
400280	confetti, assorted	ca. 33 cm Ø
400150	marble	ca. 33 cm Ø

Dynair Ballkissen XL

Art.No.:	Colours:	Size:
400300	red, green, turquoise, blue, black, terra, blue-purple	ca. 36 cm Ø
400380	confetti, assorted	ca. 36 cm Ø
400350	marble	ca. 36 cm Ø

PU: 5 with ca. 30 cm Ø und 33 cm Ø / 4 with ca. 36 cm Ø

Contents: in deco-box with exercise poster

Material: Ruton, with needle valve

Max. load: ca. 200 kg

Specials: AGR certificate

Dynair® Cardo® Ballkissen®



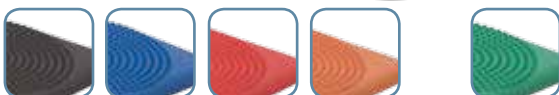
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Dynair® Comfort Wedge-Ballkissen®



MADE IN GERMANY
30-Jahre-Garantie

Dynair® Wedge-Ballkissen®



MADE IN GERMANY
30-Jahre-Garantie

Dynair Cardo Ballkissen

Smooth, adjustable air cushion. Allows controlled dynamic sitting due to its square shape. Well suited for starting back training or therapy. Strengthens torso muscles. Keeps the vertebrae gently in motion and trains spinal musculature. Can help maintain an upright position. Especially designed for beginners and elderly.

Art.No. :	Colour:
400390	black, blue, dark-red, terra, dark-blue
Size:	36 cm
Packing unit:	5
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	with senso knobs

Dynair Comfort Wedge-Ballkissen

Perfect new solution for everybody who has to sit all day long and suffers from back pain. Easy to use on (nearly) every chair in the office, at home or on journey. The air-filled Dynair Comfort cushion is made of even softer and more comfortable foamed material. The renewed shape of the cushion got an additional integrated relief zone in the center. The Dynair Comfort makes the user sit in a active and dynamic way with balance effect at the same time. It is an ergonomic shaped and adjustable air cushion. Small unconscious movements are steadily necessary and lead to more balance and training of the deeper stabilizing back musculature. This can relieve back pain and support more upright position during a long work day.

Art.No. :	Colour:
400720	blue, anthracite
Size:	ca. 36 x 37 cm
Packing unit:	4
Contents:	in deco-box with exercise poster and pump
Material:	foamed Ruton, with needle valve
Max. load:	ca. 150 kg

Dynair Wedge-Ballkissen

Comfortable and dynamic sitting with balance effect. Ergonomically shaped adjustable air cushion. Strengthens back muscles, can help reduce back problems and promotes upright posture. The optimized weight distribution on the thighs helps the veins. Ideal combination of ball cushion and wedge cushion in one product. Perfect to use on the office chair, at school and at home. Eu Patentno. 1616506

Dynair Wedge-Ballkissen Kids

Art.No.:	Colours:	Size ca.:
400140	red, green, blue, turquoise	29 x 29 cm

Dynair Premium Wedge-Ballkissen

Art.No.:	Colours:	Size ca.:
400340	black, blue, dark-red, terra, dark-blue	36 x 37 cm

Dynair Wedge-Ballkissen Plus

Art.No.:	Colours:	Size ca.:
400160	black, blue, dark-red, terra, dark-blue	37 x 40 cm
PU:	4	
Contents:	in deco-box with exercise poster and pump	
Material:	Ruton, with needle valve	
Max. load:	ca. 200 kg (ca. 300 kg for Dynair Wedge-Ballkissen Plus)	

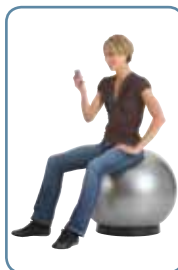
happyback® Ballkissen®



happyback®

MADE IN GERMANY
30-Jahre-Garantie

Sitzball ABS®



Back-Fit at Work



recommended by

MADE IN GERMANY
30-Jahre-Garantie

happyback Ballkissen

Sit healthy and dynamic. In the office, at home or while traveling, you unconsciously train the deep muscles of the spine, thereby strengthening your back without having to spend additional time on exercises. Through the innovative seat cushion effect, the ball adapts individually to the personal body shape and optimizes the positive effects. The enclosed instructions and videos on www.togu.de supply more information on the applications. Display available.

happyback display

Art.No.:	Name:	Contents:
805027	happyback display (delivered filled)	each 16 x 33 cm Ø and 36 cm Ø

happyback Ballkissen

Art.No. :	Colour:	PU:	Size ca.:
400210	blue, anthracite	5	ca. 33 cm Ø

happyback Ballkissen XL

Art.No. :	Colour:	PU:	Size ca.:
400310	blue, anthracite	4	ca. 336cm Ø

Contents: in a deco-box, with exercise chart

Material: foamed Ruton, with needle valve

Max. load: ca. 200 kg

Sitzball ABS

Developed especially for work and learning environment. Does not roll away when you stand up. Special ABS characteristics. Active, dynamic and safe sitting. Train back and abdominals while seated. Guaranteed safety thanks to the patented Anti-Burst-System*.

*see instruction for use

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

Safety category 5 *****

Art.No.	Colour:	Size Ø:
408460	blue, silver	45 cm
408560	blue, silver	55 cm
408660	blue, silver	65 cm
408760	blue, silver	75 cm

Packing unit: 4

Contents: in deco-box with exercise poster

Material: Crylon

Max. load: 500 kg loadable (120 kg ABS guarantee)

Back-Fit at Work

For an uncomplicated fitness session at your office workplace.

Can increase the physical activity, concentration and balance (body and mind) without extra time required. Can avoid back pain same time by training deeper laying back musculature.

Developed and recommended for employees and employers by the Association of German Back schools (Bundesverband der deutschen Rückenschulen BdR e.V. www.bdr-ev.de)

Art.No. :	Colour:
805029	blue-purple and green

Size: ca. 33 x 15 x 7 cm; 2 x ca. 270 gr

Packing unit: 1

Contents: Set of 2 Brasil and Balance Block incl. exercise poster

Material: Ruton

Max. load: ca. 150 kg



The fitness equipment with antimicrobial effect.

The new Actisan Line offers you a clear competitive advantage over your competitors, since each of your customers automatically exercise on disinfected equipment. Even better, it is not necessary for you to clean each tool time consuming by hand.

In the future customers will exercise 100% antimicrobial, since the Actisanized material is highly effective on an ionic basis against bacteria and other microorganisms. It continuously produces ions which are not harmful for humans. Thus it is more efficient than regular disinfectants and keeps up its effectiveness for more than 5 years.

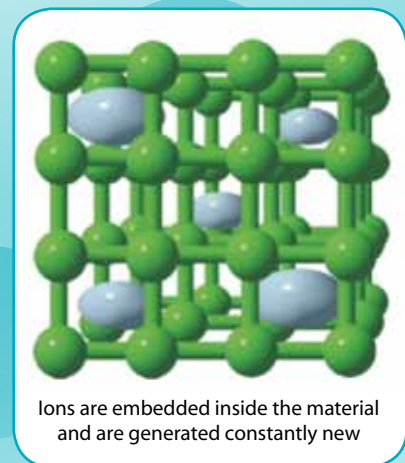
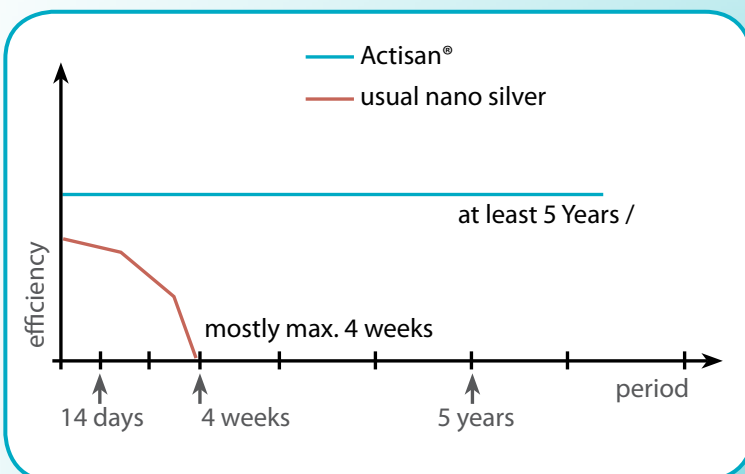
actisan – safety for your customers!

How actisan works?

Synthetic materials with antimicrobial effect are being used for quite some time in the medical and clinic sector.

The secret: Actisan is an ingredient for the synthetic material used for the tools and highly effective against bacteria and other microorganisms on an ionic basis. It is constantly building up ions which are harmless for humans. These ions are attacking only the metabolism of the harmful organisms.

What is remarkable about Actisan: It is antibacterial as well as antimicrobial and destroys bacteria and other microorganisms at the same time. Therefore it is much more efficient than the usual wipe off disinfection and this effect lasts for at least five years.



Aero-Step® Pro actisan®



actisan®



Dynair® Ballkissen® Senso® XL actisan®



actisan®



Dynair® Ballkissen® XXL actisan®



actisan®



Jumper® actisan® & Jumper® Mini actisan®



actisan®



Aero-Step Pro actisan

The new Aero-Step is more dynamic, bigger and more versatile. It can be used both sides up – 2 in 1, easy to clean and to store. Classic training tool with 2-chamber air-system as instable surface allows a training with maximum effect. Perception, sensori-motor function and stability will be activated and increased. The Aero-Step Pro can be used in variable standing, kneeling and lying positions. Equipped with more than 1000 Senso knobs for massage and enhancing blood circulation. Adapted for training, therapy and rehabilitation, in group fitness or at home. As it's predecessor it is recommended and certified as especially back friendly product by AGR. The Aero Step Pro is also available with antimicrobial effective actisan material in anthracite colour:

Art.No.:	Colour:	PU:
420570	anthracite (with actisan)	4
Size:	52 x 40 x 8,5 cm	
Contents:	in deco-box with exercise poster and pump	
Material:	Ruton	
Max. Load:	ca. 200 kg	

Dynair Ballkissen Senso XL actisan

The Dynair XL Ballkissen of the Actisan studio line unites training with energy and relaxing, stability and lability and each movement becomes a coordinative challenge which demands maximum performance on a wobbly ground. Now also available as self desinfecting training tool.

Art.No.:	Colour:
420400	anthracite
Size:	ca. 36 cm Ø
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton with actisan
Max. Load:	ca. 200 kg

Dynair Ballkissen XXL actisan

The Dynair XXL Ballkissen of the actisan studio line unites training with energy and relaxing, stability and lability and each movement becomes a coordinative challenge which demands maximum performance on a wobbly ground. Now also available as self desinfecting training tool.

Art.No.:	Colour:
420410	anthracite
Size:	ca. 50 cm Ø
Packing unit:	2
Contents:	in a decobox, with pump, with exercise poster
Material:	Ruton with actisan
Max. Load:	ca. 200 kg

Jumper actisan & Jumper Mini actisan

TOGU Jumper – more dynamic effect – more fun. The multifunctional training tool and trampoline ball for Group Fitness, personal training, Sports specific training and physiotherapy.

The approved TOGU Jumper brings more efficiency and fun to Physiotherapy, Personal Training and GroupFitness. Safe training on an instable surface with trampoline effect for more strength, endurance and coordination. Jumper can be used both sides up. Now also available as self desinfecting training tool.

Art.No.:	Name:	Size:	Max. load:
420420	Jumper actisan	ca. 52 cm x max 24 cm	200 kg
410330	Jumper Mini actisan	ca. 36 cm x max 18 cm	120 kg
Colour:	anthracite, with black plate		
Packing unit:	2		
Contents:	in a box, with pump and exercise poster		
Material:	Ruton with actisan, fibre-glass reinforced plate		

Medicine Ball actisan®



Medicine Ball actisan

Classic medicine ball now available also as self-disinfecting training tool. For hygienic use in group training. Latex free and bouncy weight balls for strengthening and coordination exercises. Extremely durable.

Art.Nr.:	Colour:	Size:	Weight:	Packing unit
420540	anthracite	21 cm	500 g	20
420550	anthracite	21 cm	800 g	20
420480	anthracite	21 cm	1000 g	20
420560	anthracite	28 cm	1500 g	8
420490	anthracite	28 cm	2000 g	8
420510	black	28 cm	3000 g	8
420520	black	34 cm	4000 g	4
420530	black	34 cm	5000 g	4

Contents: bulk
Material: Ruton
Specials: with needle valve

MyBall actisan

MyBall with actisan: a round matter
 the large fitness ball is a classic and standard product for Functional Training. From now on hygienic, versatile and efficient during group and personal training.

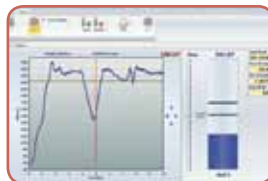
MyBall actisan®



Art.No.:	Colour:	Size Ø:
420430	anthracite	max 55 cm
420440	anthracite	max 65 cm

Packing unit: 4
Contents: in a decobox, with exercise poster
Material: Ruton with actisan, with plug valve
Max. load: ca. 500 kg

PAB® - pressure air biofeedback



PAB - pressure air biofeedback

The PAB Set – muscle function diagnosis simple and scientific
 A real innovation is characterized by simplification. Complicated procedures are replaced by simple ones, while at the same time the quality of the result improves. The PAB Set by TOGU represents such an innovation. PAB stands for Pressure Air Biofeedback. It serves the muscle function diagnosis providing information about muscle performance. Same time it is useful as isometric training tool. As opposed to methods measuring the electrical activity of a muscle (EMG Electromyography) the PAB is much easier to use with less time and cost effort. The PAB device records the strength which a person can apply on an air-filled TOGU tool, by measuring the inside air pressure. The strength measurement is dynamic and is shown as a curve on the user's computer screen. The duration of the measurement can be adjusted arbitrarily. Depending on the chosen duration the maximum strength, as well as the profile of muscle fatigue becomes visible. Approximately 100 measurements are recorded every second. This way even a rapid or very smooth deployment of force can be depicted.

The air-filled TOGU tools are made of actisan material:

The odorless and skin-friendly material is actisanized on ionic basis highly effective against bacteria. The devices disinfect themselves, which is more efficient than conventional wiping disinfection. The actisan material retains its full effect for a period of more than five years.

PAB BASIC - Contents: 1 x measurement with one unit incl. software, 1 x Bodyroll Senso, 1 x Throwing ring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance KissenXL

PAB PRO - Contents: 1 x measurement with 4 unit incl. software, 1 x Bodyroll Senso, 1 x Wurfring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance Kissen XL

More information on www.pressureairbiofeedback.com

Art.No.:	Contents:
805070	PAB Basic (device, software, TOGU training devices)
921800	PAB Basic (device, software)
805071	PAB Pro (device, software, TOGU training devices, two piece bag set)
921900	PAB Pro (device, software)

Packing unit: 1

Pendel® Ball actisan® ABS® & Pendel® Ball light actisan® ABS®



actisan®

Redondo® ball with actisan®



actisan®

Topanga®



actisan®

Pendel Ball actisan ABS & Pendel Ball light actisan ABS

Absolutely safe and hygienic inflatable tool for training and therapy. What makes the Pendel Ball exceptional is its oval form. This leads to a great advantage during full body training, because the Pendel Ball won't roll away. A wide array of applications becomes possible e.g coordination, balance, functional spinal training, fitness training, physio and ergotherapy, as well as natal preparation and postnatal exercises.

New: also available in two sizes.

Burst proof: guaranteed to 250 kg when damaged during use.

ABS: Anti-Burst-System

Gebrauchsmuster Nr.: 20 2005 004 166.1

Now also available as self desinfecting training tool.

Art.No.:	Name:	Size: Ø	Seat Height ca.:
420450	Pendel Ball actisan ABS	ca. 80 cm	55 - 70 cm
420460	Pendel Ball light actisan ABS	ca. 60 cm	45 - 55 cm

Colour:	anthracite
Packing unit:	1
Contents:	in a box (deflated), with exercise chart
Material:	Ruton with actisan; with plug valve and pump
Max. Load:	ca. 1000 kg (burst proof up to 250 kg)

Redondo ball with actisan

A healthy body posture with the Redondo Ball.

With 18 cm and 22 cm in diameter this ball made of soft foamed material is a real TOGU classic. It serves as an ideal Pilates partner, for pelvic floor exercises and abdominal workout as well as for massaging the neck and deep relaxation.

A relaxation that can now be enjoyed by each gym member without any hesitation due to hygienic situation.

Actisan offers a reliable hygienic solution for all kinds of group training: the innovative material is highly effective against bacteria and other microorganisms on an ionic basis. It is constantly building up ions which are harmless for humans and are attacking only the metabolism of the harmful organisms. actisan is antibacterial as well as antimicrobial and destroys bacteria and other microorganisms at the same time. Therefore it is much more efficient than the usual wipe off disinfection and this effect lasts for at least five years. The user saves time and money and wins faith and well-being for his customers.

Art.No. :	Colour:	Size: Ø
420600	anthracite	ca. 18 cm
420470	anthracite	ca. 22 cm

Packing unit:	16
Contents:	in deco-box, with exercise poster
Material:	Ruton with actisan, with plug valve
Max. load:	approx. 120 kg for exercises in lying position

Topanga

Fast, easy, everywhere.

The new 4kg exercise tool from TOGU is the perfect partner for a balanced body shape and health training. Whether alone at home or in a group in the studio, its versatility offers a fun workout. Several muscle groups are addressed by the natural movement which is performed during the workout. The Topanga training stabilizes, supports and relieves.

The Topanga fits comfortable in the hand, on the shoulders, around your waist.

Art.No.:	Colour:	Size / Weight:
646000	anthracite (with actisan)	ca. 39 cm Ø / 4 kg

Packing unit:	4
Contents:	in a polybag, with exercise chart
Material:	Ruton with actisan



Healthy Training

Movement - remedy of the 21st century

The Healthy Training concept

Healthy Training means movement in order to remain healthy or to regain your health. And Healthy Training means enjoyment – enjoyment of movement.

In cooperation with TOGU, doctors have developed the concept of „Healthy Training“ which resulted in a range of 15-minute movement programmes that you can be accessed online free of charge and easily integrated into your everyday life. Each programme has a certain training goal, e.g. stabilising the back, and is also easy to do for beginners. There is a device set suitable for each programme for increased effectiveness of the exercises.

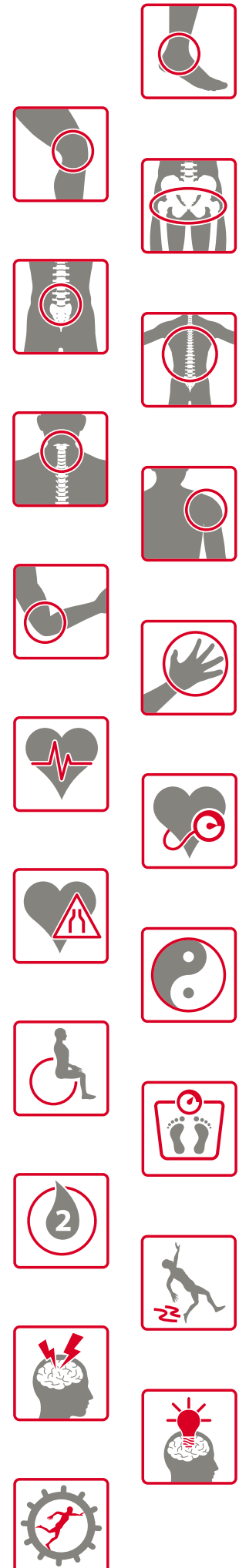
The TOGU training devices particularly support sensorimotor training. Here, the interaction of sensors (e.g. nerve pathways) and motor functions (e.g. muscles, fasciae, joints, bones) is targeted and improved. Irrespective of whether you use the Healthy Training programme for prevention or after symptoms have appeared: Please ask your doctor or physiotherapist for advice in case of problems or pain. Healthy Training offers a solution you can implement yourself in your everyday life or as a supplement to your professional therapeutic treatment.

Find your balance - Increase performance and well-being

Balance Training is also strength training. You don't only train your ability to balance but also your muscles, which ensure your flexibility and the stability of your joints. Strengthening the trunk and back muscles is decisive for your well-being and prevents backaches before they emerge. The proper training is less complicated and time-consuming than you might think. With sports equipment such as the TOGU Jumper Pro (suitable for beginners as well as competitive athletes and fitness professionals), you can reach this goal with simple exercises no matter where you happen to be.

Balance Training can help you improve your well-being:

- Improved blood circulation
- Improved balance
- Improved reactivity and coordination
- Enhanced muscle strength
- Boosted brain and memory fitness
- More safety and agility in daily living movements
- Effective at any age and for any fitness level



Healthy training



INDICATION	Ankle joint	Knee	Hip	Lumbar spine	Back	Neck	Shoulder	Elbow	Hand	Cardio
Aero Step XL	○	○	○	○	○	-	○	○	-	○
Aero Step Pro	○	●	○	●	●	-	○	○	-	○
Airgo Aktiv Sitzkissen (Comfort)	-	-	○	○	○	-	-	-	-	-
Airgo Aktiv Rückenkissen (Comfort)	-	-	-	○	○	-	-	-	-	-
Balance Block	●	○	○	-	○	-	-	-	-	-
Balanza	○	○	○	-	-	-	○	-	-	-
Balanza Freeride	○	○	○	-	-	-	-	-	-	-
Balanza Ballstep	○	○	●	○	○	-	-	-	-	-
Bodybone	-	-	-	●	○	○	-	-	-	-
Bodybone XL	-	-	-	○	○	-	-	-	-	-
Bodyroll	●	-	-	○	○	○	-	-	○	○
Brasil 2er Set	-	-	-	-	○	○	●	●	●	●
Dynair Ballkissen	○	○	○	○	○	○	○	-	-	-
Dynair Ballkissen Senso	○	●	●	○	○	○	○	-	-	-
Dynair Ballkissen Cardo	○	○	○	●	●	○	○	-	-	-
Dynair Keilballkissen	-	-	○	○	○	○	-	-	-	-
Dynair Ballkissen XXL	○	○	○	○	○	-	○	○	-	-
Dynair Extreme	○	○	○	○	○	-	○	-	-	-
Dynair Pro	●	○	○	○	○	-	○	-	-	-
Dynair Pads	○	○	○	-	○	-	-	-	-	○
Dynair Senso Mini 4er-Set	-	-	-	-	-	-	○	○	○	-
Dynair Walker	-	○	○	○	-	-	-	-	-	○
Geo Balance Igel 2er-Set	-	-	-	-	-	-	○	○	-	-
happyback Relax Nex	-	-	-	-	-	●	-	-	-	-
Hot Shots	-	-	-	-	-	-	○	○	-	-
Jumper	○	○	○	○	○	○	-	-	-	●
Jumper mini	○	○	○	○	○	○	-	-	-	○
Lagerungshilfe Rolle	-	○	○	○	○	○	-	-	-	-
Lagerungshilfe Halbrolle	-	○	○	○	○	○	-	-	-	-
Massage Nex	-	-	-	-	○	○	-	-	-	-
Medizinball	-	○	○	○	●	-	○	○	-	-
Moonhopper (inkl. Sport)	-	-	-	-	-	-	-	-	-	○
Multiroll functional	-	-	○	○	○	-	○	○	-	-
Nex- Die Nackenstütze	-	-	-	-	-	○	-	-	-	-
Noppenball Klassik	-	-	-	-	-	○	-	-	○	-
Noppenball lang	-	-	-	-	-	○	-	-	○	-
Pendel Ball	-	-	○	○	○	○	-	-	-	○
Powerball ABS	-	-	○	○	○	○	-	-	-	○
Powerball Premium ABS	-	-	○	○	○	○	-	-	-	○
Powerball Challenge	-	-	○	○	○	○	-	-	-	○
Powerband	-	●	●	○	○	●	●	●	○	●
Redondo-Ball	-	-	○	○	○	○	●	○	●	○
Relax Nex	-	-	-	-	-	○	-	-	-	-
Senso Balance Bar	○	○	○	-	-	-	-	○	-	-
Senso Balance Igel	○	○	○	-	-	-	-	●	-	-
Senso Ball groß	-	-	-	-	-	-	-	-	-	-
Senso Ball mini	-	-	-	-	-	-	-	○	●	-
Senso Handtrainer light	-	-	-	-	-	-	-	-	○	-
Senso Handtrainer	-	-	-	-	-	-	○	○	○	○
Senso Massage Pad	-	-	-	○	-	-	-	○	-	○
Senso Matte	○	○	○	○	-	●	-	-	-	○
Senso Venentrainer	○	○	○	-	-	-	-	-	-	○
Stonies-Der Toning Ball	-	○	○	○	○	○	○	○	○	○
Togu Balance Board	○	○	○	○	○	○	-	-	-	-
Touchball	-	-	-	-	-	-	-	-	-	-



particularly suitable



suitable



not suitable

Healthy training



INDICATION	Hyper-tension	Vascular Calci-fication	Relaxation	for Wheelchair driver	Obesity	Type 2 diabetes	Burn-out	Mental fitness	Diseases of nervous system	Prevention of falls
Aero Step XL	○	○	-	-	-	-	-	●	●	●
Aero Step Pro	●	○	-	-	-	●	○	○	○	○
Airgo Aktiv Sitzkissen (Comfort)	-	-	○	-	-	-	-	○	○	-
Airgo Aktiv Rückenkissen (Comfort)	-	-	○	-	-	-	-	-	-	-
Balance Block	-	-	-	-	-	-	-	-	-	○
Balanza	-	-	-	-	-	-	○	-	-	-
Balanza Freeride	-	-	-	-	-	-	○	-	-	-
Balanza Ballstep	-	-	-	-	○	○	○	○	○	○
Bodybone	-	-	○	○	-	-	-	-	-	-
Bodybone XL	-	-	○	-	○	-	-	-	-	-
Bodyroll	○	○	●	○	-	○	-	○	●	-
Brasil 2er Set	○	○	-	-	●	●	○	●	○	-
Dynair Ballkissen	-	-	-	-	-	-	-	○	○	○
Dynair Ballkissen Senso	-	-	○	-	-	○	-	○	○	○
Dynair Ballkissen Cardo	-	-	-	-	-	-	-	○	○	●
Dynair Keilballkissen	-	-	○	-	-	-	-	○	○	-
Dynair Ballkissen XXL	-	-	○	-	○	-	-	-	-	-
Dynair Extreme	-	-	○	-	-	-	-	-	-	-
Dynair Pro	-	-	-	-	-	-	-	-	-	-
Dynair Pads	○	●	-	-	○	○	-	-	-	○
Dynair Senso Mini 4er-Set	-	-	-	-	-	-	-	-	-	-
Dynair Walker	○	○	-	-	○	○	-	○	○	○
Geo Balance Igel 2er-Set	-	-	-	-	-	-	-	○	○	-
happyback Relax Nex	●	-	●	-	-	-	●	○	○	-
Hot Shots	-	-	-	-	-	-	-	○	-	-
Jumper	○	○	-	-	●	○	●	○	○	○
Jumper mini	○	○	-	-	-	-	-	○	○	-
Lagerungshilfe Rolle	-	-	○	○	-	○	-	-	-	-
Lagerungshilfe Halbrolle	-	-	○	○	-	○	-	-	-	-
Massage Nex	-	-	○	○	-	-	○	○	○	-
Medizinball	-	-	-	-	○	○	-	-	-	○
Moonhopper (inkl. Sport)	○	○	-	-	-	-	-	-	-	-
Multiroll functional	-	-	○	-	○	-	○	-	-	-
Nex- Die Nackenstütze	-	-	○	-	-	-	○	-	-	-
Noppenball Klassik	-	-	○	-	-	-	○	○	○	-
Noppenball lang	-	●	○	-	-	-	○	○	○	-
Pendel Ball	○	○	○	-	○	-	○	○	○	○
Powerball ABS	○	○	-	-	-	○	○	-	-	-
Powerball Premium ABS	○	○	-	-	●	-	-	-	-	-
Powerball Challenge	○	○	-	-	○	-	-	-	-	-
Powerband	○	○	-	-	○	●	-	-	-	●
Redondo-Ball	●	○	●	○	-	○	○	○	○	-
Relax Nex	-	-	○	○	-	-	○	-	-	-
Senso Balance Bar	-	-	-	-	-	-	-	-	-	-
Senso Balance Igel	-	-	-	-	-	-	-	-	-	-
Senso Ball groß	-	-	-	-	-	-	-	●	○	-
Senso Ball mini	-	-	-	-	-	-	-	○	○	-
Senso Handtrainer light	-	○	-	-	-	-	-	○	-	-
Senso Handtrainer	○	○	-	-	-	-	-	○	●	-
Senso Massage Pad	○	●	-	-	-	-	○	○	○	-
Senso Matte	○	○	●	-	○	○	●	○	○	○
Senso Venentrainer	○	○	-	-	-	-	-	○	○	○
Stonies-Der Toning Ball	○	○	-	-	○	○	○	-	-	○
Togu Balance Board	-	-	-	-	-	-	-	○	○	○
Touchball	-	-	-	-	-	-	-	○	○	-

The above given recommendations do not release you from your own responsibility to visit your doctor, physician or therapist. In case of discomfort before, during or after the training the doctor must be consulted.

Aero-Step® Pro



actisan®



Aero-Step®



MADE IN GERMANY
30-Jahre-Garantie

Aero-Step® XL & Aero-Step® XL functional



MADE IN GERMANY
30-Jahre-Garantie



Aero-Step Pro

The new Aero-Step is more dynamic, bigger and more versatile. It can be used both sides up – 2 in 1, easy to clean and to store.

Classic training tool with 2-chamber air-system as instable surface allows a training with maximum effect. Perception, sensori-motor function and stability will be activated and increased. The Aero-Step Pro can be used in variable standing, kneeling and lying positions. Equipped with more than 1000 Senso knobs for massage and enhancing blood circulation. Adapted for training, therapy and rehabilitation, in group fitness or at home.

As it's predecessor it is recommended and certified as especially back friendly product by AGR.

Art.No.:	Colour:	PU:
400540	blue, silver-grey, red, black	4
420570	anthracite (with actisan)	4
Size:	52 x 40 x 8,5 cm	
Contents:	in deco-box with exercise poster and pump	
Material:	Ruton	
Max. Load:	ca. 200 kg	

Aero-Step

The Aero-Step – made in Germany – for kids is fun balance training – also for small children and small feet. They learn to keep in balance while moving, promoting reaction and reflexes. They improve their attitude and incidentally, the ability to concentrate.

coordination, increase reaction.

With an air-filled twin-chamber system training becomes a varied experience with great fun guaranteed.

The device is equipped with many round knobs for perception and improve circulation. It can be used for school sport, therapy or simply at home.

Art.No.:	Colour:
400510	blue, green, red
Size:	46 x 32 x 8 cm
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton
Belastbarkeit:	ca. 200 kg
Specials:	AGR- quality-seal

Aero-Step XL & Aero-Step XL functional

The Aero-Step XL – made in Germany – is your next step to reach more stability. The approved tool, with the twin air chamber system provides training with maximum effect. You learn to keep in balance while moving, promoting reaction and reflexes. You can improve your attitude and incidentally, the ability to concentrate by training of sensori-motor function.

More intensive training for the deep lying musculature apperception, processing of stimuli and stability will be trained and enhanced. Applicable in fitness training, physical therapy or simply at home in standing, kneeling, or lying down exercise positions.

Over 1000 soft knobs massage to enhance blood circulation and perception.

Without knobs for more sensitive proprioceptive training available as „Aero-Step XL functional“.

Art.No.:	Colour:	Name:
400510	blue, green, silver-grey, red, black	Aero-Step XL
400590	red, black, silver-grey	Aero-Step XL functional
Size:	51 x 37 x 8 cm	
Packing unit:	4	
Contents:	in deco-box with exercise poster and pump	
Material:	Ruton	
Max. load:	ca. 200 kg	
Specials:	optional DVD available, AGR- quality-seal	

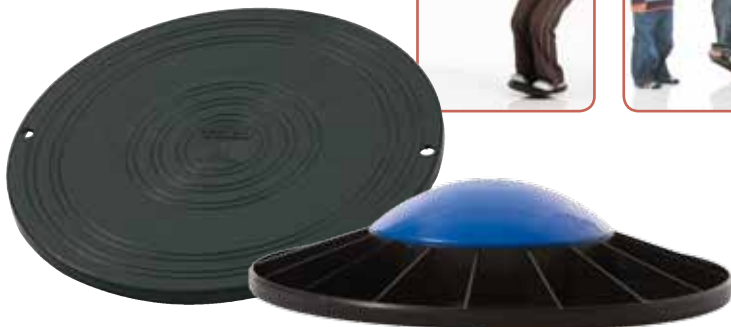
Backswing® Trainer



Balance Block



TOGU® Balance Board



Backswing Trainer

The Backswing Trainer is a versatile air-filled training and therapy tool and a further development of the classic Airgo Lordosis Back cushion. The additional stable plate which is glued to the air cushion ensures a smooth and secure connection to the underlying surface. The tool can be used on the floor in standing or further positions to improve balance, coordination and stability. Especially physical therapists can use the Backswing Trainer as additional dynamic and soft surface for mobilization of patients to reduce pressure and pain. Ideal also for stretching exercises and positions in supine position for all fitness levels. The integrated needle valve allows the user to adapt the air filling according to the patients needs.

For: therapy (Rehabilitation), fitness, Functional Training, Performance sports

Art.No.:	Colour:
510130	silver with black plate
Size:	ca. 46 cm x 29 cm
Packing unit:	1
Contents:	instructions
Max. load:	ca. 150 kg

Balance Block

The Balance Block was developed especially for standing exercises performed on one leg at a time. Standing on an unstable surface brings an added dimension to the awareness of the body and trains poise, sensorimotor function and mobility. Doing simple exercises while standing up can also work and train the muscles around the joints. Ideal as an additional resource for physiotherapy treatment on ankles, knees and hip joints.

Easy to clean and simple to stack.

Art.No.:	Colour:
410480	blue-purple, silver-grey
Size:	approx. 33 cm x 15 cm x 7 cm
Packing unit:	4
Contents:	in a box, incl. exercise poster
Max. load:	ca. 150 kg

TOGU Balance Board

In 3 different levels: red, green and blue. Due to different shaped radii. Very effective and longlasting due to special plastics material. Lower weight than wooden material.

Art.No.	Level:	Color:	Size:
410402	Level I (easy)	Black with red	40 x 8 cm
410406	Level II (medium)	Black with green	40 x 9,5cm
410404	Level III (hard)	Black with blue	40 x 9,5cm
Packing unit:	1		
Contents:	in a box		
Material:	high quality GFK-PP		
Max. load:	120 kg		

Balanza®



Balanza® Ballstep® & Balanza® Ballstep® Group



Balanza® Freeride



Balanza

Stabilization and coordination training for competitive and high performance sports training in a new and challenging dimension. TOGU Balanza allows to conduct a holistic training in several levels. Below the specific plate made of stable wooden material a robust and durable air-filled ball is mounted. This enables the user to train through the dynamic instable surface and target the stabilizing muscle groups and joint protecting effects. In contrast to usual therapy boards the standing area is like floating supported suspension. This allows a multidimensional shift during the training.

For stabilization and coordination exercises in standing positions (one and two leg) in combination with or without additional training tools as rope pulls. Ideal also for propped positions as push ups because of the handles. Setting new training stimuli.

For therapy and training in competitive and high performance sports.

EU Patent No. 25 811 17

Art.No.:	Colour:	ca. Size:	Packing unit:
410410	red with wood	ca. 55 x 35 x 7 cm	1

Contents: TOGU Balanza: in a bag, instructions, pump

Max. load: ca. 150 kg

Balanza Ballstep & Balanza Ballstep Group

The new Balanza for more stability and dynamics. With 4 balls below the wooden board it enables active people in every fitness level and age to step into sensori-motor function training and increase their capabilities. Perception and stability can be activated and increased alike. Unique in comparison to usual balance boards is the kind of floated suspension by using air-filled balls below the plate. Each ball can be adapted easily by using a needle ball pump.

The new Balanza Ballstep Group is especially designed for the needs of group training. In addition to the regular Ballstep the four balls below the plate are laying in extra wooden stabilization rings. Therefore you get even more stability and dynamics.

Art.No.:	Colour:
440420	wood with a red balls (Balanza Ballstep)
440490	wood with a red balls (Balanza Ballstep Group)

Size: ca. 89 x 43 x 14 cm

Packing unit: 1

Contents: in a polybag with instructions and pump

Material: Balls: Ruton; Plate: 100% birch wood

Max. load: ca. 150 kg

Balanza Freeride

The Balanza for everybody who wants to train power, coordination and balance in a versatile and effective way. Perception, sensori-motor function and stability can be activated and increased. Unique in comparison to usual balance boards is the kind of floated suspension by using air-filled balls below the plate. Each ball can be adapted easily by using a needle ball pump.

A balance that makes you fit. Ideal for everybody who loves board and freeride sports, and wants to be prepared for the upcoming season.

Art.No.:	Colour:
440410	birch wood with a red balls

Size: ca. 100 x 30 x 14 cm

Packing unit: 1

Contents: in a polybag with instructions and pump

Material: Balls: Ruton; Plate: 100% birch wood

Max. load: ca. 200 kg

Balanza® Ballstep® XXL



Balanza® Kids Seesaw



Balanza® Circle & Balanza® Physiowippe



Balanza Ballstep XXL

Our new Ballstep in oversize. The new Balanza for more stability and dynamics. With 5 balls below the wooden board it enables active people in every fitness level and age to step into sensori-motor function training and increase their capabilities. Perception and stability can be activated and increased also.

Unique in comparison to usual balance boards is the kind of floated suspension by using air-filled balls below the plate. Each ball can be adapted easily by using a needle ball pump.

Art.No.:	Colour:
440421	red with wood
Size:	ca. 180 cm x 60 cm x 15 cm
Packing unit:	1
Contents:	instructions for use and pump
Material:	Ruton and wood
Max. load:	ca. 250 kg

Balanza Kids Seesaw

The portable seesaw! Use indoors, in the garden or in day care centers. It has a magic attraction to children because of its stimulative nature, while at the same time it helps to practice coordination and balance. Due to its well devised base made of resilient balls, a three-dimensional seesaw experience provides training for stabilization and rhythm.

In addition there is a social learning component as the seesaw can only be operated through the teamwork of two children.

The seesaw is entirely being manufactured in Germany and is made of a birchwood plate which features leather straps as handgrips. The four balls, which are attached in a durable way through a special screw connection to the wooden plate, consist of the safe and resilient material Ruton. Each of these balls can be individually adjusted with a pump and a needle, which both come with the product. The Balanza Kids Seesaw is easy to clean and therefore perfectly suitable for the use in kindergarten and daycare centers.

Art.No.:	Colour:
440500	red with wood
Size:	ca. 120 cm x 50 cm x 41 cm (L x W x H)
Packing unit:	1
Contents:	instructions for use and pump
Material:	Ruton and wood
Max. load:	ca. 150 kg

Balanza Circle & Balanza Physiowippe

The new Balanza for physical therapy and rehabilitation. With a smaller ball diameter even more safety for patients and handicapped persons is guaranteed. Can be used also in training after the therapy phase for strengthening and enhancing coordination and balance. The connection between a durable ball below the stable wooden birch plate enables active people in every fitness level and age to step into sensori-motor function training and increase their capabilities. Perception and stability can be activated and increased as well.

Unique in comparison to usual balance boards is the kind of floated suspension by using air-filled balls below the plate. Each ball can be adapted easily by using a needle ball pump.

Available as version „Circle“ with one and „Physiowippe“ with two balls.

Art.No.:	Name:	Size:
440450	Balanza Circle	ca. 40 cm x 7 cm
440430	Balanza Physiowippe	ca. 48 x 48 x 7 cm
Colour:	red with wood	
Packing unit:	1	
Contents:	in a polybag with instructions and pump	
Material:	Ruton and wood	
Max. load:	ca. 150 kg	

Bike Balance Board Classic



Bike Balance Board Classic

On the Bike Balance Board – made in Germany – you move like riding your bike. You will be much more flexible on the bike - you learn to compensate the movements of your bike faster and more accurately. Additionally you train the basics of controlling your bike with the body and your core muscles. So you will also be stronger on climbing uphill. You train your muscles and at the same time your brain or your nervous system, your so called sensori-motor skills. You train constantly at your personal limit and have to push the limit step by step. Over time, your brain stores pattern of movement - biking takes your body back then by itself to this movement pattern. The level of difficulty can be adjusted easily by changing the air pressure in the ball with the attached ball pump. You can train with the Bike Balance Board on an area of less than two square meters.

Art.No.:	Colour:
440510	wood with red
Packing Unit:	1
Size:	ca. 86 x 57 x 28 cm
Contents:	in a box with instruction and pump
Material:	Birch wood, Ruton, Aluminium

Bike Balance Board Easy



Bike Balance Board Easy

On the Bike Balance Board easy – made in Germany – you move like riding your bike. You will be much more flexible on the bike - you learn to compensate the movements of your bike faster and more accurately. The level "easy" using a Dynair ball cushion instead of a ball is perfect for beginners. Additionally you train the basics of controlling your bike with the body and your core muscles. So you will also be stronger on climbing uphill. You train your muscles and at the same time your brain or your nervous system, your so called sensori-motor skills. You train constantly at your personal limit and have to push the limit step by step. For reaching the next level, TOGU offers the Bike Balance Board Pro. Over time, your brain stores pattern of movement - biking takes your body back then by itself to this movement pattern. The level of difficulty can be adjusted easily by changing the air pressure in the ball with the attached ball pump. You can train with the Bike Balance Board easy on an area of less than two square meters.

Art.No.:	Colour:
440540	wood with red
Packing Unit:	1
Size:	ca. 60 x 48 x 17 cm
Contents:	in a box with instruction and pump
Material:	Birch wood, Ruton, Aluminium

Bike Balance Board Pro



Bike Balance Board Pro

On the Bike Balance Board Pro – made in Germany – you move like riding your bike. You will be much more flexible on the bike - you learn to compensate the movements of your bike faster and more accurately. Additionally you train the basics of controlling your bike with the body and your core muscles. So you will also be stronger on climbing uphill. You train your muscles and at the same time your brain or your nervous system, your so called sensori-motor skills. You train constantly at your personal limit and have to push the limit step by step. Over time, your brain stores pattern of movement - biking takes your body back then by itself to this movement pattern. The level of difficulty can be adjusted easily by changing the air pressure in the ball with the attached ball pump. You can train with the Bike Balance Board Pro on an area of less than two square meters.

Art.No.:	Colour:
440530	wood with red
Packing Unit:	1
Size:	ca. 86 x 57 x 28 cm
Contents:	in a box with instruction and pump
Material:	Birch wood, Ruton, Aluminium

Brasil® Base Plus



Brasil Base Plus

Brasil Base Plus – made in Germany – is a new and adjustable balance training tool. It combines an airfilled part and a stable base plate – two pieces of equipment rolled into one, providing even more training and therapy options for sensorimotor functions and coordination.

With this simple and effective tool you can train your deep musculature. You get a direct feedback on your movements and protect your joints and ankles due to the air-filled and therefore individually adjustable base.

The Brasil Base Plus is ideal for physiotherapy, home fitness training and for Brasil® group classes in the gym. The airfilled surface is balance trainer and balance board in one piece. It enhances also body awareness, blood circulation and concentration.

Particularly suitable for balance exercises on one leg in physiotherapy and functional training - can also be used upside down! With extra skid-proof material for absolute safety. The Brasil Base Plus can be used in pairs or in a row depending on the sport (e.g. football, golf, tennis, skiing, etc.)

Art.No.:	Colour:
470639	green with black plate
Size:	38 cm x 11 cm
Packing unit:	1
Contents:	in a carton box incl. instruction for use

Dynair-A

The Dynair-A is an inflated threefold pillow. It was developed together with Karin Albrecht especially for the Antara® training concept. The achievable body position, possible application as well as training effects are very unique. The way the Dynair-A is constructed, in particular the air filling, cause the sensorimotoric stimuli to work into depth so that the local muscles can actually react. Dynair-A lends itself to any training especially for a therapeutic application.

www.antara-training.ch

Dynair®-A



Dynair® Ballkissen® Senso® XL with actisan®



actisan®



Art.No.:	Colour:
400320	blue-purple
Size:	ca. 32 cm x 96 cm
Packing unit:	1
Contents:	in a box with pump
Max. Load:	ca. 200 kg

Dynair Ballkissen Senso XL with actisan

The Dynair XL Ballkissen of the Actisan studio line unites training with energy and relaxing, stability and lability and each movement becomes a coordinative challenge which demands maximum performance on a wobbly ground.

Actisan offers a reliable hygienic solution for all kinds of group training: the innovative material is highly effective against bacteria and other microorganisms on an ionic basis. It is constantly building up ions which are harmless for humans and are attacking only the metabolism of the harmful organisms. Actisan is antibacterial as well as antimicrobial and destroys bacteria and other microorganisms at the same time. Therefore it is much more efficient than the usual wipe off disinfection and this effect lasts for at least five years.

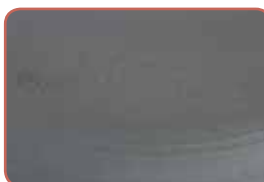
Art.No.:	Colour:
420400	anthracite
Size:	ca. 36 cm Ø
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton with actisan
Max. Load:	ca. 200 kg

Dynair® Ballkissen® XXL Level III & Dynair® Ballkissen® XXL Level IV



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30-Jahre-Garantie

Dynair® Ballkissen® XXL actisan®



actisan®



Dynair® Cardo® Ballkissen®



MADE IN GERMANY
30-Jahre-Garantie

Dynair Ballkissen XXL Level III & Level IV

Feel and train the deeper laying musculature.

Level III: strong. The Dynair Ballkissen XXL level III is more difficult and labile than Dynair ball cushion level I and II. It's challenging and boosts the performance for everyone to use it, because of the diameter of 50 cm. It is a perfect tool in prevention, therapy or at home.

Level IV: extra strong. The Dynair Ballkissen XXL level IV is a brilliant tool for professional athletes, high level coordination and stability training. Because of a very labile design, it's a great challenge for a much better performance.

Art.No.:	Colour:
400404	blue (Level III)
400406	black (Level IV)
Size:	50 cm
Packing unit:	2
Contents:	in deco-box with exercise poster and pump
Material:	Ruton
Max. load:	ca. 200 kg

Dynair Ballkissen XXL actisan

The Dynair XXL Ballkissen of the actisan studio line unites training with energy and relaxing, stability and lability and each movement becomes a coordinative challenge which demands maximum performance on a wobbly ground.

Art.No.:	Colour:
420410	anthracite
Size:	ca. 50 cm Ø
Packing unit:	2
Contents:	in a decobox, with pump, with exercise poster
Material:	Ruton with actisan
Max. Load:	ca. 200 kg

Dynair Cardo Ballkissen

Smooth, adjustable air cushion. Allows controlled dynamic sitting due to its square shape. Well suited for starting back training or therapy. Strengthens torso muscles. Keeps the vertebrae gently in motion and trains spinal musculature. Can help maintain an upright position. Especially designed for beginners and elderly.

Art.No.:	Colour:
400390	black, blue, dark-red, terra, dark-blue
Size:	ca. 50 cm Ø
Packing unit:	5
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. Load:	ca. 200 kg
Specials:	with senso knobs

Dynair® Extreme



MADE IN GERMANY
30-Jahre-Garantie

Dynair® Golf Pro



MADE IN GERMANY
30-Jahre-Garantie

Dynair® Pro



MADE IN GERMANY
30-Jahre-Garantie

Dynair Extreme

Sit on it and feel good. Brings you automatically in a upright and healthy position. The Dynair Extreme is the largest member coming from the Dynair family. With a diameter of 80 cm and a height of 18 cm it is perfectly suited as a meditation pillow and seat cushion. Smooth vibrations are being absorbed immediately by the cushion and emitted to the spine. In order to keep up a calm seating position small adjusting moves have to be made all the time, thus becoming a challenge for the spinal muscles and trunk muscles. Furthermore spinal training and exercises for improving trunk stability can be carried out perfectly in a dorsal or ventral position. Like all Dynair ball cushions, the Dynair Extreme is equipped with our well proven knobs on one side and with a smooth and soft surface on the other side.

Therefore the Dynair Extreme suits also extremely well as a therapy cushion for certain disease patterns such as paresis, sensoric and motoric deficits or neurological and muscle dysfunctions.

Art.No.:	Colour:
400408	purple
Size:	ca. 80 cm
Packing unit:	1
Contents:	in a box, with pump
Material:	Ruton with plug valve
Max. load:	ca. 200 kg
Specials:	AGR-quality-seal; also suitable for children

Dynair® Golf Pro

The enhancement of Dynair technology for all Golfers. Adjusted especially to the needs of modern golf technique. With the Dynair Golf Pro you will find your balance much faster and improve your stability and precision. It can be used at home, in a training room or on the course.

Art.No.:	Colour:
410350	green with a black plate
Size:	ca. 36 x 10 cm
Packing unit:	1
Contents:	set of 2 in box
Material:	Ruton with needle valve
Max. load:	ca. 150 kg

Dynair Pro

The first Ballkissen combined with a stable base - two pieces of equipment rolled into one, providing even more training and therapy options for sensorimotor functions and coordination. Particularly suitable for balance exercises on one leg in physiotherapy - can also be used upside down! With extra skid-proof material for absolute safety. The Dynair Pro can be used in pairs or in rows depending on the sport (e.g. football, golf, tennis, skiing, etc.).

Art.No.:	Colour:
410360	orange with black
Size:	ca. 36 cm Ø x 10 cm
Packing unit:	2
Contents:	in a box, with exercise poster
Material:	Ruton with needle-valve
Max. load:	ca. 150 kg
Specials:	AGR-quality-seal

Dynair® Senso® Mini



Dynair® Walker Comfort



Dynair® Twist (Set of 2)



Dynair Senso Mini

A "wobbly toy" for small feet and hands in kindergarten, sports classes and activity trails. ... When tiny feet get a little bigger... Can be used perfectly for child physio therapy, to increase awareness and stability training.

Art.No.:	Colour:	Size:
465400	red, blue, yellow, green	16 cm
465600	red, blue, yellow, green	20 cm

Packing unit:	4
Contents:	in deco-box with pump
Material:	Ruton
Max. Load:	ca. 200 kg

Dynair Walker Comfort

This innovative training tool was developed especially for the training and stabilization of the ankle joints. The reactive training enables you to move the upper body and arms freely. Therefore you can increase the efficiency of training with additional core or arm exercises and movements. Most injuries in team and ball sports are ankle joint injuries. In this sector physical therapists can use the Dynair Walker perfectly for rehabilitation of their patients and also for preventative work to avoid those problems.

Preventative training is appropriate to professional and also leisure sports people, because for best performance a stabile ankle joint is essential condition. A pump, detailed exercise chart and instruction for use is attached.

Dynair Walker Comfort comes with a new improved Comfort Fixation System. These Comfort straps are also available as accessorie parts.

Art.No.:	Colour:
465900	black with red
Size:	one size fits all; EUR 37 - 46
Packing unit:	2 pair
Contents:	as a pair in a polybag incl. instructions
max. Load:	ca. 150 kg

Dynair Twist (Set of 2)

The new Dynair Twist is available as a set of 2 and makes stabilization core training become more challenging and versatile. The convex lower surface effects a balance work of the muscles around the joints.

You can conduct targeted rotating movements and extend therefore the range of exercises

Ideal for shoulder and lower limb training and therapy. These tools can also be used in all body and standing positions as dynamic surface. Individually adjustable by needle air valve.

For: Fitness, therapy (rehabilitation), Functional Training, Performance sports, club and school sports

Art.No.:	Colour:
510140	red with black plate
Size:	ca. 20 cm
Packing unit:	1
Contents:	Set of 2 in a carton box
Material:	Ruton

Dynanza® Surf



Dynanza Surf

The Dynanza® Surf Board is the perfect balance trainer for all boardsports. Strength, coordination and endurance can be trained simultaneously. Fitting equally well for training during season or as preparation for your favourite sport.

Its inflatable cushions allow for exciting training exercises while the stable and wooden plate provides a safe stand. Movements and vibrations are transferred on the body and the device, giving the user a direct feedback. This helps to improve balance and strengthen the deep musculature which is stabilising the body. Even perception and coordination can be trained on the Dynanza Surf.

As an advanced development combining Dynair Pro and Balanza technology it offers a safe platform for partner exercises as well. Two separately inflatable cushions are attached on the bottomside. Instructions and a pump come with the product.

Perfect for fitness and sports training at home, at the studio or in physiotherapy.

Art.No.:	Colour:
440480	red with wood
Size:	ca. 160 cm x 40 cm x 18 cm
Packing unit:	1
Contents:	incl. instruction for use and a pump
Material:	Ruton and wood
Max. Load:	ca. 150 kg

Dynaswing®



Dynaswing

The new Dynaswing is a balance trainer and fitness ball in one. It allows for exciting training exercises while its stable and wooden ground plate provides safety.

Movements and vibrations are transferred to the body and the device giving a direct feedback.

Users can perform standing and balancing exercises more safely on this device, which is a further development of the popular Dynair Ballkissen and Pendelball. For beginners assistance is still recommended. The Dynaswing features a plug valve and can be easily inflated or deflated.

Training with the Dynaswing activates deep muscles. Perception, coordination, power and stability are trained and improved.

Suitable for fitness- sports and therapy

Art.No.:	Colour:
440470	red with wood
Size:	ca. 85 cm x max. 55 cm
Packing unit:	1
Contents:	user manual
Material:	Ruton and wood
Max. load:	ca. 150 kg

Jumper®



TOGU® JUMPER® EMPFOHLEN VOM
CHAMPION DES JAHRES
BEST OF SPORTS



Jumper® mini



Jumper

The patented TOGU Jumper (European Pat. No. 2092964) - made in Germany - is the multifunctional Balance trainer for versatile use in physiotherapy, training and group fitness.

Jumping and swinging yourself fit! With a lot of fun and a little time effort to achieve more strength, endurance and coordination. The combination of dynamic ball and stable plate is suitable for beginners as well as professional athletes in all age groups. More efficiency and well-being can be achieved with simple and everywhere feasible exercises.

Moving on the air filled balance trainer you create many small, delicate movements, which are transmitted continuously on the body and especially the deeper back and core muscles are activated. By the way moving on the Jumper can improve posture and concentration.

An optimized pressure distribution is ensured by approved Dynair technology. This provides more stability for the ankle and a dynamic rebound for a better trampoline effect. The Jumper don't slip away even on glossy surfaces and the Better grip surface enables to have a safe workout. The jumper can be used on both sides. Integrated Easy-Store-System without extra cost.

Jumper Pro: The additional Jumper Pro Plate creates a flat surface on the plate side. The new plate is equipped with a screw supplied quick and easy to attach and remove.

Actisan: Also available with Actisan antimicrobial material as self disinfecting training tool.

Jumper Pro Plate:

The Jumper Pro Plate is also available as accessory to turn the multifunctional Balance Trainer Jumper into the new version as Jumper Pro. The delivering package contains a mounting instruction, Jumper Pro Plate and a screw with an Allen key.

Jumper actisan

Art.No.:	Name:	Colour:	ca. Size:
420420	Jumper actisan	anthracite	52 cm Ø x max. 24 cm
410310	Jumper Pro actisan	anthracite	52 cm Ø x max. 24 cm

Jumper & Jumper Pro

Art.No.:	Name:	Colour:	ca. Size:
410200	Jumper	red, blue	52 cm Ø x max. 24 cm
410320	Jumper Pro	red, blue	52 cm Ø x max. 24 cm
949530	Jumper Pro Platte	black	50 cm Ø x 7 cm

PU: 2
Contents: in box with exercise poster and pump
Material: Ruton, fiberglass-strengthened plate
Max. load: ca. 200 kg

Jumper mini

The Jumper as mini version. Ideal for one leg exercises and rehabilitation. Approved Dynair technology (2/3 ball). Extremely dynamic rebound effect. More stability for joints and ankles. Don't slip away even on glossy surfaces. Better Grip material. Both sides to use. Vibration transfer.

European Patent No. 2092964

Jumper Mini actisan

Art.No.:	Name:	Colour:	ca. Size:
410330	Jumper Mini actisan	anthracite	36 cm Ø x max. 18 cm

Jumper Mini

Art.No.:	Name:	Colour:	ca. Size:
410302	Jumper Mini	red	36 cm Ø x max. 18 cm

Packing unit: 2
Contents: in box with exercise poster and pump
Material: Ruton, fiberglass-strengthened plate
Max. load: ca. 120 kg

Jumper® double



MADE IN GERMANY
30-Jahre-Garantie

Jumper double

Jumper double is a set of two Jumper mini: one in green and one in red with a workout concept for more effect and fun in your training. It allows new possibilities in your fitness and health training. Improving balance, coordination and strength. You can use it in group and also personal training. Different positions and the both sides to use of the Jumper double create a huge variety of exercise progressions. To play with both colours red and green can increase physical and mental fitness. Ideal to use in Group Fitness classes, Functional Training and therapy.

European Patent No. 2092964

Art.No.:	Colour:
805069	red and green
Size:	2 x 36 cm x max. 18 cm
Packing unit:	1 (set of 2)
Contents:	incl. pump, training chart and instruction für use
max. Load:	each ca. 120 kg

JumpStep™



JumpStep

The JumpStep - made in Germany - for more stability and dynamics and more exercise variations in functional training and therapeutic use. With four balls under the wooden board, you can balance workout in all fitness levels and enter into the sensorimotor training to increase performance. The training can improve due to intensive effects in proprioception, sensorimotor functions, mobility and stability. Under the especially developed plate there are four extremely robust air-filled Balanza balls. The top-mounted air cushion enables challenging exercise variations and brings even more dynamic in training and therapy. Ideal for spring action movement and exercise units with jump elements.

Art.No.:	Colour:
440550	birchwood with red
Size:	78 x 78 x 27 cm
Packing unit:	1
Contents:	in a carton box incl. instruction for use
max. Load:	up to ca. 150 kg

Moonhopper® Sport



Moonhopper Sport

The Moonhopper for adults. Reinforced board (up to 110kg). The jumping gyroscope for excellent ankle stability. Is therapy or play time?

Art.No.:	Colour:
666700	blue with black
Size:	ca. 40 x 30 cm
Packing unit:	5
Contents:	in polybag
Material:	Ruton
Max. load:	110 kg

Multiroll® functional



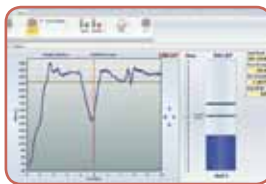
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Multiroll functional

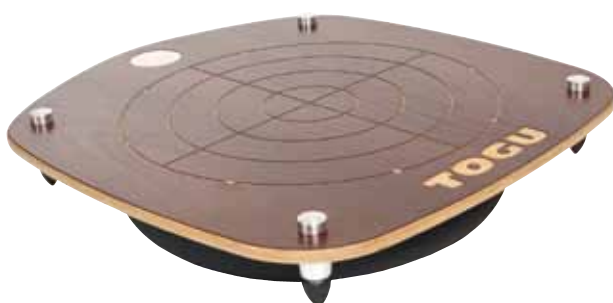
To set an intensively training stimulus. Length 80 cm, diameter 18 cm. Air filled, adaptable by valve. Instable roll for functional training. Variable exercises possible. Applicable in gym, at home or on the road.

Art.No.:	Colour:
400010	black, silver, red
Size:	80 x 18 cm
Packing unit:	4
Contents:	with pump in a poly-bag
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	optional DVD available

PAB® - pressure air biofeedback



Posturedo®



PAB - pressure air biofeedback

The PAB Set – muscle function diagnosis simple and scientific
 A real innovation is characterized by simplification. Complicated procedures are replaced by simple ones, while at the same time the quality of the result improves. The PAB Set by TOGU represents such an innovation. PAB stands for Pressure Air Biofeedback. It serves the muscle function diagnosis providing information about muscle performance. Same time it is useful as isometric training tool. As opposed to methods measuring the electrical activity of a muscle (EMG Electromyography) the PAB is much easier to use with less time and cost effort. The PAB device records the strength which a person can apply on an air-filled TOGU tool, by measuring the inside air pressure. The strength measurement is dynamic and is shown as a curve on the user's computer screen. The duration of the measurement can be adjusted arbitrarily. Depending on the chosen duration the maximum strength, as well as the profile of muscle fatigue becomes visible. Approximately 100 measurements are recorded every second. This way even a rapid or very smooth deployment of force can be depicted.

PAB BASIC version :

Will allow for one PAB device to be used
 Up to 100 clients can be tested
 A maximum of 2 installations can be done on two PC, one at home and one at work
 PAB BASIC - Contents :
 1 x measurement with one unit incl. software
 1 x Bodyroll Senso, 1 x Throwing ring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance KissenXL

PAB PRO version:

Will allow for one up to four PAB devices to be used at same time
 Additional Workout and strength calculations
 A double bar function selectable is included
 Unlimited clients can be tested
 A maximum of 2 installations can be done on two PC, one at home and one at work
 PAB PRO - Contents:
 1 x measurement with 4 unit incl. software
 1 x Bodyroll Senso, 1 x Wurfring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance KissenXL

More information on www.pressureairbiofeedback.com

Art.No.:	Contents:
805070	PAB Basic (device, software, TOGU training devices)
921800	PAB Basic (device, software)
805071	PAB Pro (device, software, TOGU training devices, two piece bag set)
921900	PAB Pro (device, software)

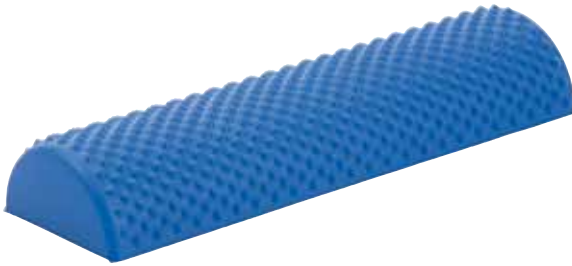
Packing unit: 1

Posturedo

The new Posturedo – made in Germany - enhancing and supporting posture, coordination and strength after injuries or at orthopedic indications. This innovative training and therapy tool stabilizes and mobilizes. It enables you to exercise on a dynamic and instable surface which is special due to its air filled device in below a wooden plate. Small movements of the body are transferred to the Posturedo and back to the body. This feedback can be used in all stabilisation training and therapy programmes. In addition, located on the surface there are four metallic pins that allow the attachment of additional weight discs. This allows the coach or therapist to adapt requirements individually according to the needs of the patient. Integrated optical position indicating device to control posture and movements of the patient. The level of instability can be adjusted easily and seamless by the included ball pump. The large plate allows the user to train in nearly all standing and lying positions on the Posturedo. Ideal for all training and therapy centers.

Art.No.:	Colour:	Packing unit:
440440	birch with exotic wood inlay	1
Size:	ca. 67 cm x 72 cm x 13 cm	
Contents:	in a box incl. instructions and pump	
Max. load:	ca. 200 kg	
Specials:	german Gebrauchsmuster-No. 20 2012 005 792.8	

Senso® Balance Bar



Senso® Balance hedgehog + XL set of 2



Senso® Balance® hedgehog Geo



Senso Balance Bar

The air-filled Balance Bar. Ideal for building up your balance. With senso knobs to improve perception. Available in 3 different colours.

Art.No.:	Colour:
410100	red, blue, green

Size: 50 x 7,5 cm

Packing unit: 4

Contents: in polybag, with pump

Material: Ruton

Max. load: ca. 150 kg

Senso Balance hedgehog + XL set of 2

Balance, train and have fun. Improve coordination, flexibility and body awareness. A must for balance trails. For every age.

Available in two sizes and 7 colours.

Art.No.:	Colour:	Size ca.: Ø
465150	red, yellow, blue, green, pink, purple, black	16 cm
465170	red, yellow, blue, green, pink, purple, black	XL 18,5 cm

Packing unit: 6

Contents: in deco-box with exercise poster

Material: Ruton

Max. Load: ca. 150 kg

Senso Balance hedgehog Geo + XL

The variety of geometric shapes and bright colours is perfect for balance trails and to increase body awareness or coordination. 6 colours, two sizes and three geometric forms.

Available in two sizes and 6 colours.

Art.No.:	Colour:	Size ca.: Ø
465180	red, yellow, blue, green, pink, purple	16 cm
465190	red, yellow, blue, green, pink, purple	XL 18,5 cm

Packing unit: 6

Contents: in deco-box with exercise poster

Material: Ruton

Max. Load: ca. 150 kg

Senso® Balance Hedgehog Pro



Senso® Balance Cushion + XL set of 2



Senso® Balance Pad + XL set of 2



Senso Balance Hedgehog Pro

The classic Senso Balance hedgehog is available now also connected with a stable plate, which creates a secure base to the plain surface.

Therefore coordinative and stabilizing exercises can be executed in an even more versatile way. Balance training, which effects sensori motor functional and muscle training at the same time, can be done in standing, kneeling and lying positions. Ideal to implement in balance parcours in training, rehabilitation and physical therapy.

For Fitness workout, therapy (rehabilitation), Functional Training, Club and school sports.

Art.No.:	Colour:
465260	red with black plate
Size:	ca. 18,5 cm
Packing unit:	10
Contents:	single piece in a carton box
Max. Load:	ca. 150 kg

Senso Balance Cushion + XL set of 2

This is an addition to the Senso Balance product line. It has new, improved contact with the floor. The level of inflation and the special Senso raised nodules act as an ideal proprioception stimulant and are especially good for all walking and stepping exercises.

Ideal for perception training with young children and teenagers but also suitable as an added extra for adults.

Available in two sizes and 7 colours.

Art.No.:	Colour:	Size:
410490	red, yellow, blue, green, pink, purple, black	16 cm
410500	red, yellow, blue, green, pink, purple, black	XL 20 cm
Packing unit:	6	
Contents:	set of 2 in a box	
Material:	Ruton	
Max. Load:	approx. 150 kg	

Senso Balance Pad + XL set of 2

This is an addition to the Senso Balance product line. It can be incorporated into any therapy thanks to the soft and hard-wearing material and the raised nodules, and also enables another level to be built into sensorimotor training. Available in a range of colours, the pads are an excellent aid when introducing people to walking therapies and multi-sensory training sessions. The low height of the Senso Balance Pads also gives them added versatility as position markers in any gymnasium and in any type of sport.

Available in two sizes and 3 colours.

Art.No.:	Colour:	Size:
410510	red, yellow, blue	16 cm
410520	red, yellow, blue	XL 20 cm
Packing unit:	10	
Contents:	set of 2 in a polybag	
Material:	Ruton	

Senso® vein trainer



MADE IN GERMANY
30-Jahre-Garantie

Senso vein trainer

Balance training for active life! Especially for beginners. More safety by step on it and stability - because of the low height of the Senso vein trainer it is possible to step on the ground everytime. Regulated stimuli for the stabilisation system of muscles, sinews, ligaments - without sensory overload. Controlled gain of performance. Perfect adjust between the Senso vein trainer and the arch of foot. Effect of massage by soft Senso knobs on one side. Can be used for two-legged or knee standing space saving, because of folding and individual pressure adjustment.

Art.No.:	Colour:
400430	red, blue-purple
Size:	34 x 33cm
Packing unit:	4
Contents:	in deco-box with pump
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	AGR certificate

Ski Trainer



Ski Trainer

The TOGU Ski Trainer – made in Germany – is a new dynamic and versatile training and therapy tool. You can use both sides – 2 in 1 and conduct an extremely space saving balance and coordination training. The TOGU Ski Trainer is approved by skiing professionals and provides with the twin air chamber system a training with maximal effect. More intensive training for the deep lying musculature apperception, processing of stimuli and stability will be trained and enhanced. Both air chambers can be adjusted easily to each level of difficulty by in- or deflating using the pump attached.

The Ski Trainer can be used on any kind of plane surface. The design of the TOGU Ski Trainer ensures a secure and non-slip grip.

Art.No.:	Colour:
440520	red with black plate
Size:	ca. 40 x 40 x 12 cm
Packing unit:	1
Material:	Ruton
Max. Load:	ca. 200 kg

Workplace Health Promotion Set



Workplace Health Promotion Set

According to the latest scientific findings, activities for Workplace Health Promotion have enormous benefits for employees and companies as well. Results are healthy, motivated employees, who are highly efficient and less absent due to illness. Lack of movement, rising life expectancy and increase in the burden of everyday work require a variety of measures. One part is this movement and this set – developed by DTB German association for gymnastics enables trainers and professionals to bring employees in motion. Fast, easy and effective.

More information on www.dtb-akademie.de

Contents: 1x Senso vein trainer, 1x Aero-Step functional, 1x TOGU Balance Board, 2 x Balance Block, 2 x Brasil Set of 2, 1 x Slastix Toner

Art.No.:	Contents:
805037	5 displays incl. equipment in a box
Packing unit:	1

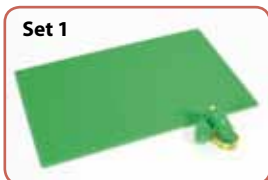
Anti-Stress Ball in sales display



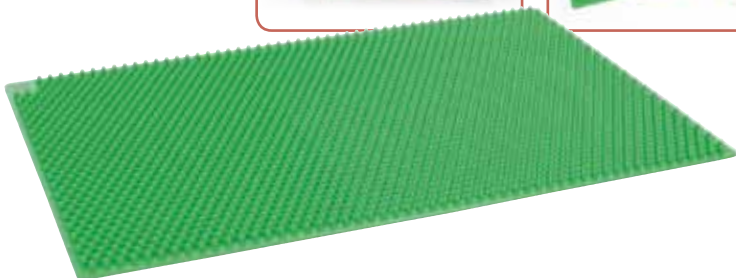
Brasil® Base



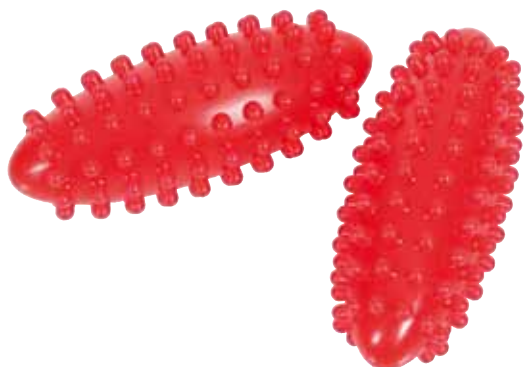
Set 1



Set 2



Bantoo® set of 2



Anti-Stress Ball in sales display

A soft and pleasant Anti-Stress Ball – made in Germany – for squeezing, working and strengthening the whole finger and hand musculature. The soft material causes a perfect distribution of pressure on the whole palm of your hand. Very suitable for a targeted use in therapy, as well as complementary exercises to dissolve finger, hand, and lower arm strains.

Includes as a special feature a needle valve to adjust pressure and size.

New available as assortment of 12 Anti-Stress balls in a sales box in assorted colours.

Art.No.:	Name:	Contents:	Colour:	PU:
464100	Anti-Stress Ball	loose, bulk	assorted	12

Art.No.:	Colours:
805056	blue, ruby-red, anthracite
Size:	ca. 32,5 x 24 x 8 cm
PU:	3
Material:	foamed Ruton

Brasil Base

The new Brasil Base – made in Germany – for Brasil GroupFitness classes in your club or gym. This special mat has got more than 2.000 smooth knobs and compact measurement of 60 x 40 cm. Brasil Base is an activating placeholder and massage tool in one. It enables you additionally to integrate relaxing parts or Yoga and meditation in your class, to increase body awareness.

Attract in every groupfitness class each participant, at every age and fitness level. Integrate in an easy way the Senso effect – secure and uncomplicated.

Available as single piece or in a set with Brasil or with Brasil and Brasil DVD (german language).

Art.No.:	Contents:
470637	Brasil Base
805054	Brasil Base and Brasil Set of 2 (Set 1)
805055	Brasil Base, Brasil Set of 2 and DVD Bodystyling mit Brasil (Set 2)
Size:	ca. 60 cm x 40 cm (Brasil Base)
PU:	4
Contents:	in a deco-box
Material:	Ruton
Colour:	green

Bantoo set of 2

Bantoo are two knotted rolls made of Ruton. The material is odorless and can bear a weight of at least 150kg. The product is free from forbidden phthalates and latex. Bantoo activates and animates our body through the reflex zones and promotes the blood circulation. A good blood circulation can help to accelerate the healing process of injuries and affects prophylactically to your health. The devices are mainly used for self-massage. After a long hard day at work you remember to the feeling, bare-foot, mindful and healthy to walk. You are feeling well and relaxed. You don't need special handling or massage techniques for use. Just lay the devices on the floor and roll both feet in the opposite direction on the Bantoo. Take attention to the feeling that spread now through your body. Depending on your own feeling you can push harder or less hard with your body weight on the Bantoo. You can use them in standing or sitting position. The delivery package includes a detailed instruction with massage proposals and an overall view of the hand and foot reflex zones. Bantoo is easy, well-being and relaxation pure.

Art.No.:	Colour:
470680	red
Size:	ca. 11 cm x 5 cm Ø
Packing Unit:	15
Contents:	set of 2 in a polybag with instructions
Material:	Ruton

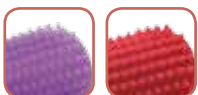
Bantoo® Roller



Bodybone® & Bodybone® XL



Bodyroll in a set of 2



Bantoo Roller

The new Bantoo Roller is an air-filled knobbed roll made of Ruten. The material is odorless, extremely durable and can bear a weight of at least 150kg. The product is free of forbidden phthalates and latex.

Bantoo Roller activates and animates your body touching the reflex zones and promotes the blood circulation. A good blood circulation can help to accelerate the healing process of injuries and affects prophylactically to your health. The device is mainly used for self-massage. After a long hard day at work you remember to the feeling, bare-foot, mindful and healthy to walk. You are feeling well and relaxed. You don't need special handling or massage techniques for use. Just lay the device on the floor and roll your foot direction on the Bantoo Roller. Take attention to the feeling that spread now through your body. Depending on your own feeling you can push harder or less hard with your body weight on the Bantoo Roller. You can use them in standing or sitting position.

The delivery package includes a detailed instruction with massage proposals and an overall view of the hand and foot reflex zones.

Bantoo is easy, well-being and relaxation pure.

Art.No.:	Colour:
470690	red
Size:	ca. 11 cm x 4,5 cm Ø
Packing Unit:	10
Contents:	in a polybag with instructions
Material	Ruten

Bodybone & Bodybone XL

The Bodybone – made in Germany – is an outstanding and anatomically aligned tool.

It can be used methodically in any therapy and training to loosen up tensions and blockades in the entire spinal area. Due to the size and stiffness of the material the Bodybone can be placed on spinal areas, where a smooth expansion will relax the stressed muscle. Extremely effective while applied in a massage of tense lateral spinal muscles, the lumbar spine area, as well as muscles on the surface and extremities.

The bodybone is filled with special weight material.

In size XL which is exclusively filled with air, it is usable as support for the neck in a dorsal position as well as a relieve for hands and feet in therapy.

Art.No.:	Name:	Size / Weight:	Colour:	PU:
410430	Bodybone	ca. 15 x 6,5 cm / ca. 430 g	silver-grey	3
410432	Bodybone	ca. 15 x 6,5 cm / ca. 430 g	red	3
410440	Bodybone XL	ca. 26 x 14 cm	silver-grey	2

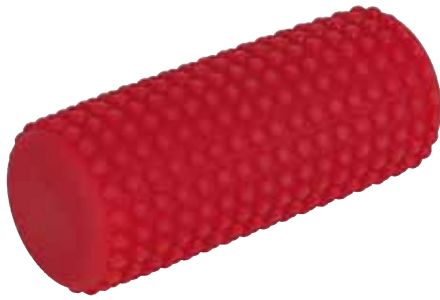
Contents:	in a box
Material Bodybone:	Ruten with special weight-filling
Material Bodybone XL:	Ruten with plug- and needle-valve
Max. Load:	ca. 200 kg

Bodyroll in a set of 2

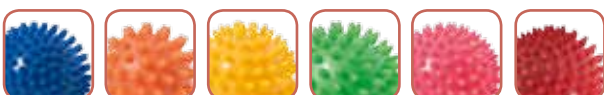
Roll – enjoy. Simple and effective. The massage roll for the entire body. Soft, gentle knobs. Ideal for foot reflex massage. Wide contact surface.

Art.No.:	Colour:
460200	red, blue, amethyst
Size:	13 x 6 cm
Packing unit:	10
Contents:	in deco-box with exercise poster
Material:	Ruten
Max. load:	ca. 150 kg

Bodyroll Senso® in a Set of 2



Knobbed balls



Bodyroll Senso Set of 2

The new Bodyroll Senso – made in Germany – as air-filled and easy to use massage tool can improve blood circulation. A better blood circulation can accelerate the healing process after injuries and effects positive in health prevention. The massage roll for the entire body. Soft, gentle knobs. Ideal for foot reflex massage. The small tools offer a wide contact surface. Massage can be done with a partner or on your own, putting more or less pressure on the Bodyroll. The elastic form will adapt comfortably to your body and ensures a evenly spread massage. The product box also contains a detailed leaflet with specific massage information. Roll – enjoy. Simple and effective.

Art.No.: 460350
Colour: red, blue, black

Size: ca. 13 cm x 6 cm

Packing unit: 10

Contents: set of 2 in a deco-box

Material: Ruton

Max. load: ca. 150 kg

Knobbed balls

A classic – made in Germany – for reflex zone massage. Improves circulation and relaxation. For use in therapy and at home. Soft pleasant knobs. With needle valve for individual pressure setting. In 6, 8, 9 and 10 cm.

Classic

Art.No.	Colour	Size	Packing unit
462500	orange	6 cm	100
463000	yellow	8 cm	100
463500	red	9 cm	50
464000	blue	10 cm	50

Classic Set of 2 in deco-box

Art.No.	Colour	Size	Packing unit
462501	orange	6 cm	36
463001	yellow	8 cm	36
463501	red	9 cm	32
464001	blue	10 cm	36

Trend

Art.No.	Colour	Size	Packing unit
463300	apple	8 cm	100
463350	pink	9 cm	50
Art.No.	Colour	Size	Packing unit
463008	amethyst	8 cm	100
463508	amethyst	9 cm	50
464008	amethyst	10 cm	50

Art.No.	Colour	Size	Packing unit
463301	apple	8 cm	36
463351	pink	9 cm	32

Art.No.	Colour	Size	Packing unit
463003	amethyst	8 cm	36
463503	amethyst	9 cm	32
464003	amethyst	10 cm	36

Knobbed ball long



Semi Knobbed Ball



Semi Bodyroll



Knobbed ball long

The air-filled knobbed ball in a long ergonomic version. As ideal handy tool for mobilization, enhancing blood circulation, reflex zone massage and relaxation. For use at home and in therapy. Smooth Senso knobs stimulating the perception. The knobbed ball long is the ideal Senso Walking Trainer.

Art.No.:	Colour:	Size:
470700	red, blue, green, blue-purple, pink, silver	ca. 7 x 4 cm
470800	red, blue, green, blue-purple, pink, silver	ca. 11 x 5 cm

Packing unit:	50
Contents:	bulk
Material:	Ruton
Max. load:	ca. 150 kg

Semi Knobbed Ball

A classic tool for the internal and external massage available in a new shape. Ideal for reflexology. Improves blood circulation and relaxation. For therapy and at home. Pleasant knobs. Contains needle valve for individual pressure regulation. Available in 8 cm.

Art.No.:	Colour:
463200	red, blue
Size:	approx. 8 x 4 cm
Packing unit:	50
Contents:	bulk
Material:	Ruton
Max. load:	ca. 200 kg

Semi Bodyroll

A small half roll for self massage and external massage. Ideal for foot reflexology. Improves blood circulation and relaxation through a large contact surface. For therapy and at home. Pleasant soft knobs. With needle valve for individual pressure regulation.

Art.No.:	Colour:
460500	red, blue
Size:	approx. 13 x 3 cm
Packing unit:	20
Contents:	bulk
Material:	Ruton
Max. load:	ca. 200 kg

Senso® Ball & Senso® Ball Mini



Senso Ball & Senso Ball Mini

Using the Senso Ball - made in Germany – for rolling, massage and promoting blood circulation. The application stimulates the meridians and the whole body is activated. The stimulating flat knobs, which are spread over the ball, creates a long-lasting and deep effect. The self-awareness is promoted and it gives a pleasant and warm body feeling.

The Senso Ball is available in four different sizes: 9 cm, 11 cm, 23 cm and 28 cm. The mini sizes in 9 and 11 cm diameter are also particularly suitable for young children, as the ball is easy to grip and hold.

Art.No.:	Colour:	Size Ø:	PU:	Name:
465300	blue, red	ca. 9 cm	50	Senso Ball Mini
465500	blue, red	ca. 11 cm	50	Senso Ball Mini
410090	blue, red, amethyst	ca. 23 cm	10	Senso Ball
410110	blue, red	ca. 23 cm	10	Senso Ball

Contents: bulk
Material: Ruton
Max. load: approx. 200 kg

Senso Hand Trainer Light & Senso Hand Trainer Plus

The Senso Hand Trainer – made in Germany - from the sports ball range "knobbed ball long" is used for strengthening fingers, hand and forearm muscles and improves blood circulation. It can therefore help in particular to avoid cold hands. The pleasant Senso knobs stimulate the self-perception and the ergonomic shape facilitates application. The Senso hand trainer can also be used for rolling exercises as massage tool.

Simple and uncomplicated to use and hygienic for massage at home, in rehabilitation and physiotherapy.

The knobbed ball with an ergonomic form.

Available in 2 Sizes:

Senso Hand Trainer Light: air filled and smaller (ca. 4 x 7 cm)

Senso Hand Trainer Plus: with a weight of ca. 250 g and bigger (ca. 5 x 11 cm)

Senso® Hand Trainer



Art.No.:	Colour:	Size/Name:	PU:
470510	red, blue, green, blue-purple, pink	light (4x7cm)	50
470511	silver	light (4x7cm)	50
470610	red, blue, green, blue-purple, pink	plus (5x11cm)	30
470611	silver	plus (5x11cm)	30

Contents: bulk
Material: Ruton
Specials: also available as a set of 2, see Senso Walking Trainer

Senso® Massage Pad

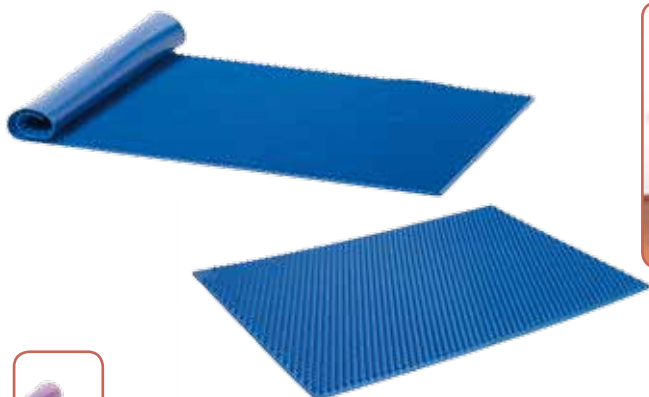


Senso Massage Pad

A handy massage tool for the internal and external application. The handy handle fits comfortably in your hand and allows for individual application and distribution of pressure on all extremities and the back. Ideal for deep tissue massage and to improve blood circulation. Equipped with convenient soft-touch knobs. Hygienic and washable.

Art.No.:	Colour:
410530	silver-grey, red
Size:	approx. 13,5 x 7 cm
Packing unit:	10
Contents:	bulk
Material:	Ruton

Senso® Mat Mini / Senso® Mat



MADE IN GERMANY
30-Jahre-Garantie

Senso® Walking Trainer in a set of 2



Touch-Ball



Senso Mat Mini / Senso Mat

A luxurious high quality mat. About 7.000 Senso knobs enhance body awareness. For yoga, meditation and relaxation. Special cover for massage tables, training mats and floors.

The classic in a new dimension - 60 x 40 cm. Use this small but nevertheless generously studded mat in your group sessions (health and fitness) and it will awaken the senses of the participants through the soles of their feet.

You can get the Senso effect in your step classes and dance lessons - so simple, safe and uncomplicated.

Art.No.:	Colour:	Size:
400420	amethyst, blue (Senso Mat Mini)	60 x 40 cm
400413	amethyst (Senso Mat)	120 x 60 cm
400410	blue (Senso Mat)	120 x 60 cm
Packing unit:	4	
Contents:	in deco-box	
Material:	Ruton	

Senso Walking Trainer in a set of 2

The Senso Walking Trainer – made in Germany – from the sports ball range "knobbed ball long" is used for strengthening fingers, hand and forearm muscles and improves blood circulation. The pleasant Senso knobs stimulate the self-perception and the ergonomic shape facilitates application. The "little coaches" in the set of 2 for walking or jogging, which can help in particular to avoid cold hands while training outdoors. The Plus version (each with a weight of 250g) additionally activate back and core musculature.

The Senso Walking trainer can also be used for rolling exercises as massage tool. Simple and uncomplicated to use and hygienic for massage at home, in rehabilitation and physiotherapy.

Available in 2 Sizes:

Senso Walking Trainer Light: air filled and smaller (ca. 4 x 7 cm)

Senso Walking Trainer Plus: with a weight of ca. 250 g and bigger (ca. 5 x 11 cm)

Art.No.:	Colour:	Size/Name:	PU:
470500	red, blue, green, blue-purple, pink, silver	light (4x7cm)	20
470600	red, blue, green, blue-purple, pink, silver	plus (5x11cm)	10
Contents:	set of 2		
Material:	Ruton		
Specials:	also available in bulk, see Senso Hand Trainer		

Touch-Ball

The Touch ball - made in Germany - with its round, soft knobs stimulates blood circulation smooth and gently, and is ideal for users with sensitive perception. By air regulation via an integrated valve, the internal pressure can also be adapted to the needs of the individual user. Kids will love the touch ball because it is so easy to grip and catch.

It is available in five different sizes: ca. 8 cm, 9 cm, 10 cm, 16 cm and 18 cm Ø.

Art.No.:	Colour:	Size Ø ca.:	Packing unit:
460080	yellow	8 cm	100
460090	red	9 cm	50
460100	blue	10 cm	50
461620	red, blue, yellow	16 cm	20
461800	pink, purple	18 cm	15
Contents:	Shipping box		
Material:	Ruton		

Actiball®



Actiball

The Actiball – made in Germany - is an air-filled regeneration tool for self-massage. With a diameter of 9 cm it is easy and space saving to use. Due to a massage with the ball and under use of your own body weight adhesions and tensions can be solved. The knobby surface enables a more effective and pleasant massage effect. Therefore your blood circulation can be improved. The Actiball is used in fascia fitness, training and therapy. The material Ruton is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

Application: at home, rehabilitation an therapy

You can find further massage tools in different forms, degrees of hardness and surface structures from page 42-47.

Art.No.:	Colours:
465310	black
Size:	ca. 9 cm Ø
Packing unit:	10
Contents:	in box
Material:	Ruton

Actiroll® Rumble



Actiroll Rumble

The Actiroll Rumble – made in Germany – is a new air-filled and hard regeneration tool for self-massage and myofascial release and relaxation.

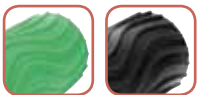
It can be adjusted easily by using the attached hand pump to different hardness. So Actiroll is perfect to reach new progressions in exercises and to be used by different individuals. The air-filling causes an absorbing effect. Therefore it is also allowed and recommended to roll and move even on joints and vertebral bodies. The knobby structured surface enables to a more effective and deeply working massage.

The Actiroll Rumble is light, easy, long-lasting and space saving to use. Due to a massage on the roll under use of your own body weight adhesions and tensions can be solved. The structured surface enables to a more effective and pleasant massage. Therefore your blood circulation can be improved. The Actiroll Rumble is used in fascia fitness, training and therapy. The material Ruton is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

Application: at home, rehabilitation an therapy

Art.No.:	Colour:	PU:	Size :
465330	black, green	4	ca. 30 x 13 cm Ø (Size M)
465340	black	2	ca. 53 x 26 cm Ø (Size L)
Contents:	in a polybag, incl. pump and training chart		
Material:	Ruton		
Max. Load:	ca. 200 kg		

Actiroll® Wave



TOGU® Blackroll®



Actiroll Wave

The Actiroll Wave – made in Germany – is a new air-filled regeneration tool for self-massage and myofascial release and relaxation. It can be adjusted easily by using the attached hand pump to different hardness. So Actiroll is perfect to reach new progressions in exercises and to be used by different individuals. The air-filling causes an absorbing effect. Therefore it is also allowed and recommended to roll and move even on joints and vertebral bodies.

The wave-like structured surface enables to a more effective and smooth and deeply working massage. This roll offers a variety of use in training and therapy. The Actiroll is light, easy, long-lasting and space saving to use. Due to a massage on the roll under use of your own body weight adhesions and tensions can be solved. Therefore your blood circulation can be improved. The Actiroll Wave is used in fascia fitness, training and therapy. The material Ruton is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

Application: at home, rehabilitation and therapy

Art.No.:	Colour:	PU:	Size :
465360	black, green	4	ca. 30 x 11,5 cm Ø (Size M)
465340	black	2	ca. 53 x 23 cm Ø (Size L)
Contents:	in a polybag, incl. pump and training chart		
Material:	Ruton		
Max. Load:	ca. 200 kg		

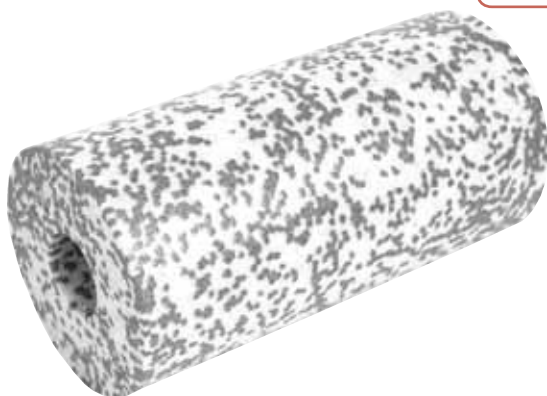
TOGU Blackroll

The TOGU Black Roll - Made in Germany - is the perfect recovery tool for self massage and releasing the Myofascia (connective tissue sheath of muscles and muscle groups):

- Prevention and treatment of myofascial- and muscle problems
- Active regeneration with improved blood circulation
- trigger zone treatment for tension through sports and everyday wear
- Easy self-massage
- Ideal warm-up before and recovery after sport

Art.No.:	Colour:	PU:	Size :
400048	black	6	ca. 30 x 15 cm Ø (Blackroll)
Material:	EPP		
Contents:	in a box with instructions		

TOGU® Blackroll® Soft



TOGU Blackroll Soft

The TOGU Blackroll soft - Made in Germany - is the perfect recovery tool for self massage and releasing the Myofascia (connective tissue sheath of muscles and muscle groups). It is about 20% softer than the TOGU Blackroll standard:

- Prevention and treatment of myofascial- and muscle problems
- Active regeneration with improved blood circulation
- trigger zone treatment for tension through sports and everyday wear
- Easy self-massage
- Ideal warm-up before and recovery after sports specific training

Art.No.:	Colour:	PU:	Size :
410040	white with grey	8	ca. 30 x 15 cm Ø (Blackroll Soft)

Material: EPP
Contents: in a box with instructions

TOGU® Blackroll® Ball



TOGU Blackroll Ball

The perfect tool for Self Massage - Made in Germany
 The Blackroll ball is available in two sizes and a regeneration tool for self massage – Physical tension can be relieved. Knots and adhesions can be detached. Also scar tissue can be reduced.
 The material EPP is robust and easy to clean, skin-friendly, odourless and 100% recycling.

Art.No.:	Colour:	PU:	Size Ø:
410010	black	10	ca. 8 cm
410020	black	12	ca. 12 cm

Contents: each in a sales carton
Material: EPP

TOGU® Blackroll® Duoball



TOGU Blackroll Duoball

The TOGU Blackroll Duoball – made in Germany – is available for punctual massage in a diameter of 8 cm. The tool is suitable especially for massage of back and neck musculature and fascial release. It can be used on the floor or on a wall. The stance between the two connected balls prevents hurting the backbone and the massage becomes even more effective.

Art.No.:	Colour:	PU:	Size Ø:
410050	black	12	ca. 8 cm
410060	black	10	ca. 12 cm

Contents: in a carton box
Material: EPP

TOGU® Blackroll® Mini



TOGU® Blackroll® Set



OS Roller Premium



TOGU Blackroll Mini

Perfect Mini tool for Self Massage - Made in Germany

The Mini Blackroll is a regeneration tool for self massage – Physical tension can be relieved. Knots and adhesions can be detached. Also scar tissue can be reduced.

Especially in use for Hand Carpal tunnel and Calcaneal spur.

The Material EEP is robust, easy to clean, skin-friendly and odourless.

Weight: 20 Gramms and 100% recycling

Art.No.:	Colour:
410030	black
Size:	ca. 15 cm x 5,5 cm
Packing unit:	8
Contents:	each in a sales carton
Material:	EEP

TOGU Blackroll Set

The set with all perfect tools for Self Massage - Made in Germany

The Blackroll set consists of two TOGU Blackroll, both Blackroll balls (8 and 12 cm diameter) and a Blackroll Mini. With the Blackroll Mini you can connect the two Blackroll and create a long version of a regeneration tool for self massage. The physical tension can be relieved. Knots and adhesions can be detached. Also scar tissue can be reduced.

The material EPP is robust and easy to clean, skin-friendly, odourless and 100% recycling.

Art.No.:	Colour:
805044	black
Packing unit:	1
Contents:	set in a carton box
Material:	EPP

OS Roller Premium

To use in Functional Training and Personal Training. Variable exercises possible.

Consists of heavy-duty EVA foam material. Available in 45 und 90 cm length.

Non-slip surface.

Art.No.	Colour:	Size:
400057	anthracite	45 x 15 cm
400067	anthracite	90 x 15 cm
Packing unit:	6	
Contents:	with exercise poster in foil	
Material:	EVA (0,038 g/cm³)	

Gymnastic balls

****20 gold



****01 white



****03 yellow



****07 orange



****16 hot pink



****11 pink



****08 anemone



****02 red



****13 purple



****10 plum



****04 blue



****19 ice-blue



****12 turquoise



****06 green



****15 apple



****18 pearl-green



****05 black



****14 violet



Gymnastic balls FIG

****20 gold



****01 white



****03 yellow



****07 orange



****16 hot pink



****11 pink



****08 anemone



****02 red



****13 purple



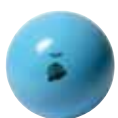
****10 plum



****04 blue



****19 ice-blue



****12 turquoise



****06 green



****15 apple



****18 pearl-green



****05 black



****14 violet



Gymnastic balls

The value priced quality gymnastics ball for school and recreational gymnastics. As 300 g it is super bouncy, has good elasticity and is antistatic.

The TOGU classic is now being supplied with a spare needle and detailed care instructions.

So you benefit from TOGU quality with the "Made in Germany" label.

Available colours:

01 white, 02 red, 03 yellow, 04 blue, 05 black, 06 green, 07 orange, 08 anemone, 10 plum, 11 pink, 12 turquoise, 13 purple, 14 violet, 15 apple, 16 hot pink, 18 pearl-green, 19 ice-blue, 20 gold

Example:

Gymnastic ball Standard (4304**) in hot-pink (****16) makes the Art.No.: 430416

Art.Nr.:	Name:	PU:
4304**	Standard - Unvarnished	20
4300**	Best Quality - Unvarnished	20
4305**	Best Quality - Varnished	20

Size: 16 cm Ø (ca. 300 g)

Contents: bulk in carton box

Material: Ruton

Gymnastic balls FIG

The competition and training gymnastics ball for competition and the highest standards in the rhythmic gymnastics.

The competition gymnastics ball from TOGU with 420 g and FIG mark. It is extremely bouncy, has a very good elasticity and is antistatic.

The TOGU classic is now being supplied with a spare needle and detailed care instructions.

So you benefit from TOGU quality with the "Made in Germany" label.

Available colours:

01 white, 02 red, 03 yellow, 04 blue, 05 black, 06 green, 07 orange, 08 anemone, 10 plum, 11 pink, 12 turquoise, 13 purple, 14 violet, 15 apple, 16 hot pink, 18 pearl-green, 19 ice-blue, 20 gold

Example:

Gymnastic ball FIG Best Quality Varnished (4455**) in hot-pink (****16) makes the Art.No.: 445516

Art.Nr.:	Name:	PU:
4454**	FIG Standard - Unvarnished	15
4451**	FIG Best Quality - Unvarnished	15
4455**	FIG Best Quality - Varnished	15

Size: 19 cm Ø (ca. 420 g)

Contents: bulk in carton box

Material: Ruton

happyback® Fitnessball

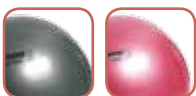


happyback®

MyBall



MyBall Soft



happyback Fitnessball

Get Fit: The new fitness ball from the happyback-series will make you fit without any compromise. A soft, velvety material combined with a resilient way to sit, create a whole new exercise experience.

Make yourself fit - instructions and a double action pump are included, so you can immediately begin with your training.

Available in four sizes: 45, 55, 65 und 75 cm diameter

Art.No. :	Colour:	Size: Ø:
427450	fresh-green	max. 45 cm
427550	fresh-green	max. 55 cm
427650	fresh-green	max. 65 cm
427750	fresh-green	max. 75 cm

Packing unit:	4
Contents:	in a deco-box, with exercise chart and pump
Material:	foamed Ruton, with plug valve
Max. load:	ca. 500 kg

MyBall

MyBall: Ball training at home, fun or just a pleasant change. Get the body into great shape – stretch, strengthen and mobilize. Very bouncy. Good size stability.

MyBall actisan: a round matter

the large fitness ball is a classic and standard product for Functional Training. From now on hygienic, versatile and efficient during group and personal training with the new actisan-material.

MyBall actisan

Art.No.:	Name:	Colour:	Size: Ø
420430	MyBall actisan	anthracite	max. 55 cm
420440	MyBall actisan	anthracite	max. 65 cm

MyBall

Art.No. :	Colour:	Size: Ø:
414600	red, green, turquoise, blue, silver	max. 45 cm
415600	red, green, turquoise, blue, silver	max. 55 cm
416600	red, green, turquoise, blue, silver	max. 65 cm
417600	red, green, turquoise, blue, silver	max. 75 cm

Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. load:	ca. 500kg
Specials:	more Colours: transparent, blue-transparent and Marble p. 115

MyBall Soft

Ball training at home, fun or just a pleasant change. Get the body into great shape – stretch, strengthen and mobilize. Very bouncy. Good size stability. Foam surface for an extra soft feeling.

Art.Nr.:	Colour:	Size: Ø:
418450	perl-white, ruby red, dark gray	45 cm
418550	perl-white, ruby red, dark gray	55 cm
418650	perl-white, ruby red, dark gray	65 cm
418750	perl-white, ruby red, dark gray	75 cm

Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. load:	ca. 500kg

Pendel® Ball ABS®



Pendel® Ball actisan® ABS® & Pendel® Ball light actisan® ABS®



Powerball® ABS®



Pendel Ball ABS

Back problems? Try the Pendel Ball and be surprised. Just lay on it and feel better. Absolutely safe and inflatable tool for training and therapy. What makes the Pendel Ball exceptional is its oval form. For this reason the Pendel Ball offers more surface in contact with the ground and with the exercising person, then a normal training ball. This leads to a great advantage during full body training, because the Pendel Ball won't roll away. A wide array of applications becomes possible e.g coordination, balance, functional spinal training, fitness training, physio and ergotherapy, as well as natal preparation and postnatal exercises. Furthermore the Pendel Ball possesses a high level of bouncing characteristic. The seat height can be varied from 55 to 70 cm by inflating. Gebrauchsmuster Nr.: 20 2005 004 166.1

Art.No.:	Colour:	Size: Ø	Seat Height ca.:	PU:
400409	purple	ca. 80 cm	55 - 70 cm	1

Contents: in a box (deflated), with exercise poster and pump
Material: Ruton with plug valve
Max. load: ca. 1000 kg (ABS Burst-Proof-Guarantee up to 250 kg)

Pendel Ball actisan ABS & Pendel Ball light actisan ABS

Absolutely safe and hygienic inflatable tool for training and therapy. What makes the Pendel Ball exceptional is its oval form. This leads to a great advantage during full body training, because the Pendel Ball won't roll away. A wide array of applications becomes possible e.g coordination, balance, functional spinal training, fitness training, physio and ergotherapy, as well as natal preparation and postnatal exercises. **New:** also available in two sizes.

Burst proof: guaranteed to 250 kg when damaged during use.
ABS: Anti-Burst-System
 Gebrauchsmuster Nr.: 20 2005 004 166.1

Art.No.:	Name:	Size: Ø	Seat Height ca.:
420450	Pendel Ball actisan ABS	ca. 80 cm	55 - 70 cm
420460	Pendel Ball light actisan ABS	ca. 60 cm	45 - 55 cm

Colour: anthracite
Packing unit: 1
Contents: in a box (deflated), with exercise chart
Material: Ruton with actisan; with plug valve and pump
Max. Load: ca. 1000 kg (burst proof up to 250 kg)

Powerball ABS

From 45 cm to 75 cm. Each size in 6 different colours. With the classic TOGU double groove. Effective, dynamic back training. Diverse and easy. Does not roll away when you stand up. Guaranteed safety thanks to the patented Anti-Burst-System*.

*see instruction for use
 Safety category 4 ****

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

Find the right size for your ABS®-Ball

Small	Medium	Large	Xtra Large
= 36 cm Ø up to max. 45 cm Ø	= 46 cm Ø up to max. 55 cm Ø	= 56 cm Ø up to max. 65 cm Ø	= 66 cm Ø up to max. 75 cm Ø
body height to 155 cm	body height 156 - 165 cm	body height 166 - 178 cm	body height from 178 cm

Art.No.:	Colour:	Size Ø:
412450	Marble	45 cm
412550	Marble	55 cm
412650	Marble	65 cm
412750	Marble	75 cm

Art.No.:	Colour:	Size Ø:
402450	red, green, blue, silver, terra	45 cm
402550	red, green, blue, silver, terra	55 cm
402650	red, green, blue, silver, terra	65 cm
402750	red, green, blue, silver, terra	75 cm

Packing unit: 4
Contents: in deco-box with exercise poster
Material: Crylon
Max. load: 500 kg loadable (90 kg ABS guarantee)
Specials: optional DVD available, AGR-quality-seal

Powerball® Premium ABS®



Powerball® Challenge ABS®



Powerball Premium ABS

From 45 cm to 75 cm. Each size in 6 different colours. Effective, dynamic back training. Diverse and easy. Does not roll away when you stand up. Guaranteed safety thanks to the patented Anti-Burst-System*.

(*see instruction for use)

Safety category 5 *****

Also available as Powerball Premium ABS Maternity - especially with a poster for exercises during pregnancy. For safe training for you and your unborn child.

Powerball Premium ABS Maternity

Art.No. :	Colour / Name:	Size Ø:
401560	silver - Powerball Premium ABS Maternity	55 cm
401660	silver - Powerball Premium ABS Maternity	65 cm
401760	silver - Powerball Premium ABS Maternity	75 cm

Powerball Premium ABS Sport

Art.No.	Colour:	Size Ø:
413450	red, green, blue, orange, silver	45 cm
413550	red, green, blue, orange, silver	55 cm
413650	red, green, blue, orange, silver	65 cm
413750	red, green, blue, orange, silver	75 cm

Packing unit: 4

Contents: in deco-box with exercise poster

Material: Crylon

Max. load: 1000 kg loadable (170/120 kg ABS guarantee)

Specials: optional DVD available, AGR-quality-seal

Powerball Challenge ABS

The ball for Functional Training. The professionals choice. Extra safety for performance sports, strength training and sports physiotherapy. Keeps its shape but is still bouncy. Guaranteed burst proof up to 500 kg even when punctured during use. Size can be adjusted from 55 cm to 65 cm.

Safety category 6 *****

Art.No.:	Colour:
407750	silver-grey
Size:	55 - 65 cm one size fits all
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Crylon
Max. load:	2000 kg (500 kg ABS guarantee)
Specials:	AGR-quality-seal

Powerball® Extreme ABS®



MADE IN GERMANY
30-Jahre-Garantie

Redondo® Ball Plus



Sitzball ABS®



Powerball Extreme ABS

The most durable ball by TOGU®. Even for the most extreme safety demands in power sports and with extreme pressure. Guaranteed burst proof up to 1.000 kg even when punctured during use. Size can be set adjusted from 55 cm to 70 cm. For heavy duty use with big loads or as an alternative for a bench.

Safety category 7 *****

Art.No.:	Colour:
416000	blue-transparent
Size	55 -70 cm one size fits all
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Eviron
Max. load:	3000 kg (1000 kg ABS guarantee)

Redondo Ball Plus

The popular and most versatile training tool Redondo Ball – made in Germany – in a new size “Plus” allows a lot of new exercises for beginners and advanced users in fitness and health workout. This new kind of mid-sized gymnastic ball is specifically designed for safe and healthy exercising. Due to its soft and handy surface the Redondo Ball Plus is comfortable to use and provides security for balance training. In addition, the stability of the Redondo Ball Plus is ideal for exercises in sitting and kneeling and is particularly well suited as a dynamic support surface. With its own light weight of about 500 g and its size of about 38 cm diameter, it allows also perfect swinging and rotating movements to strengthen your body. The Redondo Ball Plus can be in- and deflated easily without any pump needed.

Art.No.:	Colour:
491400	green
Size:	ca. 38 cm Ø
Packing Unit:	10
Contents:	in deco-box with exercise poster
Material:	foamed Ruton

Sitzball ABS

Developed especially for work and learning environment. Does not roll away when you stand up. Special ABS characteristics. Active, dynamic and safe sitting. Train back and abdominals while seated. Guaranteed safety thanks to the patented Anti- Burst-System*.

*see instruction for use

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

Safety category 5 *****

Art.No.	Colour:	Size Ø:
408460	blue, silver	45 cm
408560	blue, silver	55 cm
408660	blue, silver	65 cm
408760	blue, silver	75 cm
Packing unit:	4	
Contents:	in deco-box with exercise poster	
Material:	Crylon	
Max. load:	500 kg loadable (120 kg ABS guarantee)	

Theragym® Ball ABS®



Theragym® Ball Senso® ABS®



Dynamic Drums Ball, Ball Bowl, and Sticks



Theragym Ball ABS

Essential for rehabilitation, ergotherapy and psychomotor exercises. The large balls with the highest level of safety. Used by kindergartens - to improve flexibility and smoothen movement.

Guaranteed safety thanks to the patented Anti-Burst-System*.

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

(* see instructions for use)

Art.No.:	Colour:	Size:
400850	blue-purple	85 cm
400950	ruby-red	95 cm
401000	ruby-red	100 cm
401200	orange	120 cm (without ABS)

Packing unit: 1

Contents: box

Material: Crylon

Max. Load: 85-100 cm up to 250 kg, ABS guaranteed 45 kg

Theragym Ball Senso ABS

The real large balls with soft knobs! To stimulate tactile and kinesthetic awareness. Ideal for working with babies. Very exciting for kindergarten thanks to the special surface.

Guaranteed safety thanks to the patented Anti-Burst-System*.

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

(* see instructions for use)

Art.No.:	Colour:	Size:
410850	orange	85 cm
411000	ruby-red	100 cm

Packing unit: 1

Contents: box

Material: Crylon

Max. Load: up to 250 kg, ABS guaranteed 45 kg

Dynamic Drums Ball

The original TOGU-Ball for the popular drums concept. Powerful and rhythmic drum-fitness training on the Dynamic Drums Ball. Leads to rapid results and promotes both physical and mental fitness. Burn fat, have fun and get the body moving.

Dynamic Drums Ball Bowl

The practical and classic ball bowl with a new construction for a perfect drum workout with the Dynamic Drums Drums ball. The Dynamic Drums ball bowl with its extension in the center allows a healthy upright posture during the workout.

Dynamic Drums Sticks

Classic drum sticks made of wood look as the most important accessories for the popular Drums fitness concept.

Art.No.:	Dynamic Drums	Colour:	PU:	Size :
426650	(Ball)	red	4	max 65 cm Ø
426750	(Ball)	red	4	max 75 cm Ø
930005	(Ball Bowl)	black	2	ca. 45 cm Ø x 21 cm
930007	(Sticks)	natural	10 pairs	ca. 40 cm

TOGU® Brasil® set of 2



MADE IN GERMANY
30-Jahre-Garantie

TOGU Brasil set of 2

The intelligent filling of air and weight offers you specific movement feedback (shake effect). Deep muscle training for the health and figure. Firming effects and preventative back training through minimal movement amplitude. Uncomplicated and effective even with 5 minutes training a day. Protects the joints due to the low weight: ca. 270 g each. Ergonomically designed, can be re-shaped thanks to air filling.

originally with the TOGU Brasil wristband

Art.No.:	Colour:
470636	green
Size:	2 x ca. 270 g
Packing unit:	10
Contents:	in a polybag with exercise poster, yellow rubber band
Material:	Ruton

TOGU® Brasil® Aqua

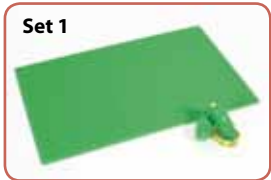


TOGU Brasil Aqua

The intelligent filling of air and weight offers you a specific movement feedback (shake effect). This enables you to do deep muscle training for your health and figure. Firming effects and preventative back training through minimal movement amplitude. Now also available as Brasil Aqua with safety straps which avoid to lose the Brasil during aquatic fitness. Uncomplicated and effective to use for professionals and fitness enthusiasts. Protects the joints due to the low weight: ca. 270 g each hand. Ergonomically designed.

Art.No.:	Colour:
470666	green
Size:	2 x ca. 270 g
Packing unit:	10
Contents:	in a polybag incl. 2 safety straps and training chart
Material:	Ruton

Brasil® Base



Brasil Base

The new Brasil Base – made in Germany – for Brasil GroupFitness classes in your club or gym. This special mat has got more than 2.000 smooth knobs and compact measurement of 60 x 40 cm. Brasil Base is an activating placeholder and massage tool in one. Use the massage Senso effect in your training – secure and uncomplicated. Available as single piece or in a set with Brasil or with Brasil and Brasil DVD (german language).

Art.No.	Contents:	PU:
470637	Brasil Base	4
805054	Brasil Base & Brasil Set of 2 (Set 1)	4
805055	Brasil Base, Brasil Set of 2 & DVD Bodystyling mit Brasil (Set 2)	4
Size:	ca. 60 cm x 40 cm (Brasil Base)	
Contents:	in a deco-box	
Material:	Ruton	
Colour:	green	

Brasil® „Bewegungsprofi“-Set



Brasil „Bewegungsprofi“-Set

The educators of KNS – the gym, sports and dance academy – developed the new motion programme „Bewegungsprofi“ especially for schools. The fun mobility break takes 10 to 15 minutes and trains the students not only physically but mentally as well and increases their concentration and motivation. Central part of the programme is the TOGU training tool “Brasil”.

more information on www.kns-move.com/ausbildung

Contents: 1 x TOGU Brasil (Set of 2); 1 x training instructions.

Art.No.	Contents:	PU:
805034	each in polybag with instruction	10
Material:	Ruton	

Hot Shots



Medicine ball



Medicine Ball actisan®



Hot Shots

Indestructible and save handy and nevertheless powerful. From 3 kg up to 9 kg. Easy to handle, because of the design for effective exercises with weights. To use indoor and outdoor.

Art.No.:	Colour:	Size: Ø	ca. Weight:
660030	black	11 cm	3000 g
660040	black	11 cm	4000 g
660050	black	12,5 cm	5000 g
660060	black	13,5 cm	6000 g
660070	black	13,5 cm	7000 g
660080	black	13,5 cm	8000 g
660090	black	13,5 cm	9000 g

Packing unit: 2

Contents: bulk

Material: Hytrel

Medicine ball

Latex-free weight balls. Slip-proof. For your training of stability, coordination and power more effectiveness is possible by using more tools together. From 0.5 kg up to 5 kg. Preserves floors and walls. Very dynamic and bouncy.

Art.Nr.:	Colour:	Size:	Weight:	Packing unit
420500	red, brown	21 cm	500 g	20
420800	blue, brown	21 cm	800 g	20
421000	red, brown	21 cm	1000 g	20
421500	brown	28 cm	1500 g	8
422000	brown	28 cm	2000 g	8
423000	blue, brown	28 cm	3000 g	8
424000	green, brown	34 cm	4000 g	4
425000	red, brown	34 cm	5000 g	4

Material: Ruton

Specials: needle valve

Medicine Ball actisan

Classic medicine ball now available also as self-desinfecting training tool. For hygienic use in group training. Latex free and bouncy weight balls for strengthening and coordination exercises. Extremely durable.

Art.Nr.:	Colour:	Size:	Weight:	Packing unit
420540	anthracite	21 cm	500 g	20
420550	anthracite	21 cm	800 g	20
420480	anthracite	21 cm	1000 g	20
420560	anthracite	28 cm	1500 g	8
420490	anthracite	28 cm	2000 g	8
420510	black	28 cm	3000 g	8
420520	black	34 cm	4000 g	4
420530	black	34 cm	5000 g	4

Contents: bulk

Material: Ruton

Specials: with needle valve

TOGU® Mini-dumbbell



TOGU Mini-dumbbell

The new TOGU Mini-dumbbells— classic form, new look. Ideal for home fitness or in the gym, sports training and therapy. Advantage compared to usual handle weights: by using our special material Ruton, floors are not damaged if the dumbbell hits the ground. The material is easy to clean and skin-friendly. The knobbed area makes for a smooth, secure and anti-slip grip.

Available in three weights.

Art.No. :	Colour:	Weight:	Packing unit
670250	springgreen	250 g	20
670500	pink	500 g	10
670100	blue	1000 g	6

Size: ca. 13 x 4,5 cm Ø (250 g); ca. 19 x 7,5 cm Ø (500 g + 1000 g)

Contents: bulk

Material: Ruton with special weight-filling

Raktor (Set of 2)

The Raktor is an unique new fitness and health equipment for reactive training, adapted to the human anatomy. From beginner to professional, it can be filled with additional weight to reach the best training effect. The Raktor set acts especially in deeper laying muscles and connective tissue.

Effective training with the Raktor set can optimize your indoor and outdoor training. By non-slip pads with thumb and anatomically sewn loops surfaces you get the perfect fit. So you can work out your whole body while jogging, walking, while any physical exercises, treadmill or stepper classes.

The weight of Raktor dumbbells can be changed using the refill pack with 2 x 525g, which is available extra.

Art.No.:	Colour:
493600	black/red/transparent

Weight/Size: ca. 550 g

PU: 10

Contents: in a polybag incl. instructions für use and exercises

Stonies – The Toning ball

Effective exercises with small „power tools“. From 0.5 kg up to 2.5 kg. Because of the round design, they are slip-proof and the weight is in the centre of the hand. No unpleasant stress on the wrist. More effective training in a combination with other tools. For using in single or group trainings.

Raktor Set of 2



Stonies® – The Toning® ball



Art.No. :	Colour:	Weight:	Packing unit
638051	silver-grey, yellow, red, blue, green	500 g	4
638101	silver-grey, yellow, red, blue, green	1000 g	4
638151	silver-grey, yellow, red, blue, green	1500 g	4
638201	silver-grey, yellow, red, blue, green	2000 g	2
638251	silver-grey, yellow, red, blue, green	2500 g	2

Contents: single in deco-box

Material: Ruton

Max. Load: ca. 200 kg

Topanga®



Diving Ring, Diving Block, Diving Ball



Trimpect®



Topanga

Fast, easy, everywhere.

The new 3kg and 4 kg exercise tool from TOGU is the perfect partner for a balanced body shape and health training. Whether alone at home or in a group in the studio, it's versatility offers a fun workout. Several muscle groups are addressed by the natural movement which is performed during the workout. The Topanga training stabilizes, supports and relieves.

The Topanga fits comfortable in the hand, on the shoulders, around your waist.

New: Now also available in a 3 kg version in the fresh colour spring green

Art.No.:	Colour:	Size / Weight:
640700	spring-green	ca. 39 cm Ø / 3 kg
646000	anthracite (with actisan)	ca. 39 cm Ø / 4 kg

Packing unit:	4
Contents:	in a polybag, with exercise chart
Material:	Ruton with actisan

Diving Ring, Diving Block, Diving Ball

Diving Rings: For diving training and having fun at the swimmingpool. 5 kg diving ring for training rescue teams on life boats.

Diving Block: In a new form as a 5-kg block to complement the proven 5-kg diving ring for the training of water rescue.

Diving Ball: In a new form as a 5-kg ball to complement the proven 5-kg diving ring for the training of water rescue.

Art.No.:	Name:	Colour:	Weight:	PU:
645000	Diving Ring	red, yellow, blue, green	ca. 140 g	60
645500	Diving Ring - 5 kg	black	ca. 5000 g	2
645600	Diving Block	black	ca. 5000 g	2
645700	Diving Ball	black	ca. 5000 g	2

Size: black ca. 30 cm, red, yellow, blue, green 18 cm

Contents: Shipping box

Material: Ruton

Trimpect

Shake it – be fit. Made for running and walking training this set is ergonomically shaped and encloses a pair of light barbells with a special filling.

This way the use of arms is being intensified while exercising and at the same time the rate at which calories are burned is increasing. Moving the Trimpects in a right and dynamic way will cause the centrifugal mass inside the Trimpect to generate an impulse, thus leading to more muscle input and an acoustic feedback for the athlete.

Art.No.:	Colour:
470646	blue
Size:	ca. 17,5 x 5,5 cm and 430 g each

Packing unit:	1
Contents:	set of 2 in a box

Material:	Ruton
Max. load:	ca. 200 kg

Multiroll® - Storage Aid & Cover



MADE IN GERMANY
30-Jahre-Garantie

Multiroll® Halfroll - Storage Aid & Cover



MADE IN GERMANY
30-Jahre-Garantie

Massage-Nex®



MADE IN GERMANY
30-Jahre-Garantie

Multiroll - Storage Aid & Cover

Experience gentle support with every breath. Air filling allows perfect adjustment of the hardness. Relaxation and wellness. Waterproof. Individual pressure control. Easy to clean – simply rinse it. Comes in 15 cm, 20 cm and 15 cm half roll.

Cover optional available for Multiroll with approx. 15 cm Ø.

Art.No.:	Colour:	Size:
400070	black, silver (30-Years-Warranty)	ca. 50 x 15 cm Ø
400078	black, silver with cover	ca. 50 x 15 cm Ø
400080	black, silver (30-Years-Warranty)	ca. 50 x 20 cm Ø

VPE:	4
Contents:	in box with pump
Material:	Ruton
Max. load:	ca. 200 kg

Multiroll Halfroll - Storage Aid & Cover

Experience gentle support with every breath. Air filling allows perfect adjustment of the hardness. Relaxation and wellness. Waterproof. Individual pressure control. Easy to clean.

Optional also available with cover.

Art.No.:	Colour:
400020	black, silver (30-Years-Warranty)
400028	black, silver with cover

Size:	50 x 7,5 cm
Packing unit:	4
Contents:	in box with pump
Material:	Ruton
Max. load:	ca. 200 kg

Massage-Nex

Release tension, stimulate acupuncture points. Massage-Nex helps a tired, tense neck. Suitable for self massage. Hygienic and washable.

Art.No.:	Colour:
400490	blue, amethyst
Size:	20 x 10,5 cm
Packing unit:	15
Contents:	in deco-box
Material:	Ruton

Nex® - Neckrest



MADE IN GERMANY
30-Jahre-Garantie

Relax-Nex®



MADE IN GERMANY
30-Jahre-Garantie

happyback® Relax-Nex®



happyback®

MADE IN GERMANY
30-Jahre-Garantie

Relax-Nex® Thermo



Nex-Neckrest

The space in the centre takes pressure off the spine, transferring the load to the transverse process of the vertebrae. This allows massage/ acupuncture along the long back extensors (vesicle meridian). Also suitable for self massage. Keeps the hand or forearm in position during mobilization or rehab exercises. Controlled movements make precise strengthening of the wrist or the forearm possible.

Art.No.:	Colour:
400440	blue, amethyst
Size:	20 x 10,5 cm
Packing unit:	15
Contents:	in deco-box
Material:	Ruton
Max. load:	approx. 200 kg

Relax-Nex

Relieve the spine. Sink into deep relaxation. Have your head supported by a smooth air cushion. During meditation, sunbathing or sports. May relief tension-headaches. Hygienic and washable.

Art.No.:	Colour:
400470	silver-grey, amethyst
Size:	23,5x11cm
Packing unit:	16
Contents:	in deco-box
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	new in piloga-packaging line

happyback Relax-Nex

Pure relaxation! The new soft foamed material improves comfort and allows the user to sink into deep relaxation. The new Relax-Nex from the happyback-series can relieve and prevent tension in the neck and shoulder area. Whether at home on the couch, a sun lounger on a vacation or while performing exercises, your head is always perfectly embedded and floating on a velvety soft cushion of air - almost like lying on clouds.

Hygienic because its washable. Includes instructions and a needle valve for individual pressure regulation.

Art.No.:	Colour:
400500	blue, ruby-red
Size:	23,5 x 11 cm
Packing unit:	16
Contents:	in a deco-box
Material:	foamed Ruton, with needle valve
Max. load:	ca. 150 kg

Relax-Nex Thermo

The Relax Nex Thermo - made in Germany - is a new hot-cold pillow with special thermo-gel filling. Due to the pleasant - 100% skin-friendly - design it adapts to your body during the application. The use is recommended especially for the neck, shoulders and back. In the heated state it can give regeneration, massage and relaxed feeling. Ideal after a long day's work or relaxation in between.

Due to the slight wave structure on the surface the massage effect is even smoother. Place the pillow while lying under the neck and shoulder area. The muscles are released and relaxed by the heat. The blood circulation may be stimulated. In a cold state, the pillow can support the regeneration after exercising and sports. The Relax Nex Thermo pad can be applied both in training and therapy as well as at home.

Art.No.:	Colour:	Size ca.:
400630	red	23,5 cm x 11 cm
PU:	1	
Material:	Ruton with special thermo-gel filling	

Earth ball



Earth ball

The highlight with the globe. A special development in collaboration with the German sports federation. Especially for dynamic group actions.

With decor

Art.No.:	Colour:	Size Ø:
600500	With decor	100 cm
605500	With decor	200 cm

Without decor

Art.No.:	Colour:	Size Ø:
600000	blue	100 cm
605000	blue	200 cm

Packing unit:	1
Contents:	Shipping box
Material:	Ruton
Max. Load:	100 cm up to 70 - 80 kg
Specials:	Earth ball-repair-set available

Ball with grip

To prepare for javelin throwing. The knob between the index and middle finger is perfect for javelin training.

Ball with grip



Art.No.:	Colour:	Weight:
474000	red	400 g
476000	red	600 g
478000	yellow	800 g

Size: ca. 10 cm

Packing unit: 12

Contents: Shipping box

Material: Ruton

Chiming medicine ball

Latex-free chiming medicine balls with integrated bell for auditive training for the blind people.

Chiming medicine ball



Art.No.:	Colour:	Size Ø / Weight:	Packing unit:
420850	blue	21 cm / 800 g	20
421050	red	21 cm / 1000 g	20
421550	brown	28 cm / 1500 g	8
422050	brown	28 cm / 2000 g	8
423050	blue	28 cm / 3000 g	8
424050	green	34 cm / 4000 g	4
425050	red	34 cm / 5000 g	4

Contents: Shipping box

Material: Ruton

Knobby sound ball



Knobby sound ball

The chiming ball with integrated bell and good grip!
Its extra long knobs stimulate the tactile sensory perception perfectly.
Non-springy.

Art.No.:	Colour:
467100	blue
Size:	10 cm
Packing unit:	10
Contents:	Shipping box
Material:	Ruton

Knobbed cushion

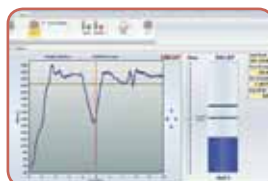


Knobbed cushion

Ideal for extension exercises of hand and fingers. The level of extension can be changed by adjusting the air level. Also suitable for stroke patients of patients with spastic paralysis.

Art.No.:	Colour:
460400	silver, amethyst
Size:	23 cm
Packing unit:	5
Contents:	with deco-tax-seal
Material:	Ruton
Max. load:	ca. 200 kg

PAB® - pressure air biofeedback



PAB - pressure air biofeedback

The PAB Set – muscle function diagnosis simple and scientific
A real innovation is characterized by simplification. Complicated procedures are replaced by simple ones, while at the same time the quality of the result improves. The PAB Set by TOGU represents such an innovation. PAB stands for Pressure Air Biofeedback. It serves the muscle function diagnosis providing information about muscle performance. Same time it is useful as isometric training tool. As opposed to methods measuring the electrical activity of a muscle (EMG Electromyography) the PAB is much easier to use with less time and cost effort. The PAB device records the strength which a person can apply on an air-filled TOGU tool, by measuring the inside air pressure. The strength measurement is dynamic and is shown as a curve on the user's computer screen. The duration of the measurement can be adjusted arbitrarily. Depending on the chosen duration the maximum strength, as well as the profile of muscle fatigue becomes visible. Approximately 100 measurements are recorded every second. This way even a rapid or very smooth deployment of force can be depicted.

The air-filled TOGU tools are made of actisan material:

The odorless and skin-friendly material is actisanized on ionic basis highly effective against bacteria. The devices disinfect themselves, which is more efficient than conventional wiping disinfection. The actisan material retains its full effect for a period of more than five years.

PAB BASIC - Contents: 1 x measurement with one unit incl. software, 1 x Bodyroll Senso, 1 x Throwing ring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance KissenXL

PAB PRO - Contents: 1 x measurement with 4 unit incl. software, 1 x Bodyroll Senso, 1 x Wurfring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance Kissen XL

More information on www.pressureairbiofeedback.com

Art.No.:	Colour:
805070	PAB Basic (device, software, TOGU training devices)
921800	PAB Basic (device, software)
805071	PAB Pro (device, software, TOGU training devices, two piece bag set)
921900	PAB Pro (device, software)

Packing unit: 1



Therafloss™ Band



Therafloss Band

The TheraFloss tape is available as an elastic band in two different strengths. It is used in physiotherapy for mobilization, improving the range of motion and releasing bonds of the tissue. The TheraFloss band can be used independently and in combination with TOGU training tools. The application done by a physical therapist causes a targeted and temporary inhibiting the fluid exchange of the cells. If the tape is released, the blood flows back into the underserved area, which can lead to a stimulation of the metabolism. In connection with mobilizing movements by tensions and adhesions can be solved. The ribbon has a length of 2m and a width of 5 cm. The strength is in the red version and 1.02 mm for the black 1.5mm.

Art.No.:	Colour:	Size ca.:
650240	red	2 m x 50 mm x 1 mm
650260	black	2 m x 50 mm x 1,5 mm

Packing unit: 1
Contents: in a polybag
Material: Latex

Physio Tower



application example,
delivery without band / tube

Physio Tower

The TOGU Physio Tower is an individually and seamlessly adjustable holding fixture for a versatile resistance training. Various elastic bands and tubes can be latched to this intergrated wall attached solution. The athlete has a full freedom of movement and the option to set various hights and directions. The system can be used either with a single joint (for one band/tube) or a double joint (for two bands/tubes).

The products of the Theragym Line are separately available and adaptable. A standard fastening material is included. Individual requirements for the wall fastening must be observed.

We offer a customized product made of various types of wood and colors upon request. The wooden material is very robust and easy to clean.

Art.No.:	Name:
980010	Physio Tower Single
980020	Physio Tower Double

Size: 225 x 35 x 2 cm
Packing Unit: 1
Contents: two pieces in a carton box
Material: birch wood, aluminium

Theragym® Band / Powerband



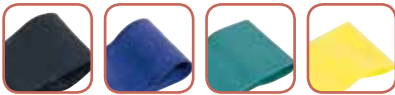
Theragym Band / Powerband

Small tool – great effect. Stretch, strengthen or condition. Ideal for travel. Available in 4 levels. New - now also available in a length of 240 cm!

Size:	Art.No.:	Art.No.:	Art.No.:	Art.No.:
	Light / green	Middle / pink	Heavy / purple	Extra heavy / red
120 x 7,5 cm / with Clip	650100	---	650120	650130
120 x 15 cm / with Clip	650200	650210	650220	650230
240 x 7,5 cm	650560	---	650510	650520
240 x 15 cm	650660	650610	650670	650620
500 x 7,5 cm	650300	---	650320	650330
500 x 15 cm	650350	650360	650370	650380

Packing unit: 10
Contents: with exercise poster in a polybag
Material: Latex
Specials: Powerband length 25m– 15 cm wide (price on request)

Theragym® Loop / Powerband Loop



Theragym Loop / Powerband Loop

The Powerband Loop is an elastic band for varied use in functional resistance training to improve strength, mobility and balance. It is easy to store and transport and can be used everywhere: at home, in a gym or at your office workplace. Ideal for functional exercises with resistance. Powerband Loop is also perfect to combine with dynamic training tools as Dynair, Aero-Step Pro or Jumper.

Available in light-yellow, middle-green, strong-blue, extrastrong-black

Art.No.:	Colours:	Size:
650810	yellow / light	ca. 30 x 5 cm
650820	green / middle	ca. 29 x 5 cm
650830	blue / heavy	ca. 28 x 5 cm
650840	black / extra heavy	ca. 27 x 5 cm
PU:	10	
Contents:	in a polybag	
Material:	Latex	

Theragym® Tube



Theragym Tube

The Theragym Tube is a versatile resistance training device for complete body toning. The special coating of the elastic tube increases the safety and comfort. Combined with many other TOGU tools, the Theragym Tube is suitable as an ideal complement for a challenging workout. Available in 4 different levels of resistance from light to very heavy.

Art.No.:	Colour:
980023	yellow (light)
980022	green (medium)
980024	blue (heavy)
980026	black (very heavy)
Size:	ca. 122 cm
Packing unit:	1
Contents:	in polybag with instructions

Theragym® Tube Loop



Theragym Tube Loop

The Theragym Tube loop is a versatile resistance training device for complete body toning. The special coating of the elastic tube increases the safety and comfort. Combined with many other TOGU tools, the Theragym Tube is suitable as an ideal complement for a challenging workout. Available in 4 different levels of resistance from light to very heavy.

Art.No.:	Colour:
980013	yellow (light)
980012	green (medium)
980014	blue (heavy)
980015	black (very heavy)
Size:	ca. 70 cm
Packing unit:	1
Contents:	in polybag with instructions

Colibri® Supersoft Mini



Colibri® Supersoft Football



Colibri® Supersoft Football Dribbling



Colibri® Supersoft Basketball



Colibri® Supersoft Volleyball



Colibri® Supersoft Gymnastics Ball



Colibri Supersoft Mini

Finally here! The small Colibri® Supersoft® Mini will fit in any pocket. Have fun!

Art.No.:	Colour:
487900	yellow, green
Size:	12 cm Ø
Packing unit:	10
Contents:	in poly-bag
Material:	Ruton

Colibri Supersoft Football

The light football for small kickers!

Art.No.:	Colour:
487600	yellow, green
Size:	22 cm Ø
Packing unit:	10
Contents:	in poly-bag
Material:	Ruton

Colibri Supersoft Football Dribbling

The light football for young kickers!

Art.No.:	Colour:
487700	yellow, green
Size:	22 cm Ø
Packing unit:	10
Contents:	Shipping box
Material:	Ruton

Colibri Supersoft Basketball

Ideal solution for training. The light basketball for kids!

Art.No.:	Colour:
487800	yellow, green
Size:	22 cm Ø
Packing unit:	10
Contents:	Shipping box
Material:	Ruton

Colibri Supersoft Volleyball

The Supersoft material makes the ball very light and reduces slipping.

Art.No.:	Colour:
487300	yellow, green
Size:	21 cm Ø
Packing unit:	10
Contents:	Shipping box
Material:	Ruton

Colibri Supersoft Gymnastics Ball

Perfect training ball. For open areas in schools, kindergarten and at home.

Art.No.:	Colour:
487400	yellow, green
Size:	16 cm Ø
Packing unit:	10
Contents:	in poly-bag
Material:	Ruton

Colibri® Supersoft Handball



Colibri Supersoft Handball

Here may also be practiced once the sharp shooting - he's super soft, yes!

Art.No.:	Colour:	Size: Ø
487500	yellow, green	16 cm (women)
487200	yellow, green	18 cm (men)
Packing unit:	10	
Contents:	Shipping box	
Material:	Ruton	

Colibri® Supersoft Giant



Colibri Supersoft Giant

Our giant!

Art.No.:	Colour:
487100	yellow, green
Size:	28 cm Ø
Packing unit:	6
Contents:	Shipping box
Material:	Ruton

Colibri® Ball

Colibri-Volleyball

Colibri-Beachhandball F



Colibri-Aero-Ball für Gymnastik

Colibri Ball

Colibri-Aero-Ball für Gymnastik

Art.No.:	Colour:	Size: Ø
482020	red	16 cm
Packing unit:	20	
Contents:	in poly-bag	
Material:	Ruton	

Colibri-Beachhandball F

Art.No.:	Colour:	Size: Ø
482010	red	16 cm
Packing unit:	20	
Contents:	in poly-bag	
Material:	Ruton	

Colibri-Volleyball

Art.No.:	Colour:	Size: Ø
482000	red	22 cm
Packing unit:	10	
Contents:	in poly-bag	
Material:	Ruton	

Bonito®



Dynair® Balance-Seat



Leo Lion



Bonito Hüpfier

Even the tiniest hands can hold these ears! For building up muscles and support stability of the spine – ideal during growing period. The bouncy animal for indoors and outdoors. Extremely durable.

Art.No.:	Colour:
400000	red, blue
Size:	50 x 7,5 cm
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. Load:	up to 60 kg

Dynair Balance-Seat

For active sitting, balancing and training. Wonderful if used as super-sized building blocks. For sitting groups, in the waiting room and at home.

Art.No.:	Colour:
400090	red, blue
Size:	36 x 28 cm
Packing unit:	1
Contents:	Shipping box
Material:	Ruton

Leo the Lion

Why not ride on a lion's back? Leo is particularly stable and wonderfully suited for children's strength and coordination exercises. Extremely durable.

Art.No.:	Colour:
400060	warm-orange
Size:	50 x 7,5 cm
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. Load:	up to 60 kg

Kangaroo® Ball ABS® Junior / Super



Kangaroo Ball ABS Junior / Super

The jump ball with Anti-Burst-System ABS®: guaranteed* safety! Improve coordination. Train musculature without even noticing. Good for the spine and posture. *see instruction for use

Available in two sizes and 3 colours.

Art.No.:	Colour:	Size: ca. Ø
310600	blue, ruby-red, turquoise	Junior 45 cm
360600	blue, ruby-red, turquoise	Super 60 cm

Packing unit:	10
Contents:	in deco-box with exercise poster
Material:	Crylon
Max. Load:	ABS up to 60 kg (45 cm Ø), up to 75 kg (60 cm Ø), general up to 500 kg

Moonhopper®



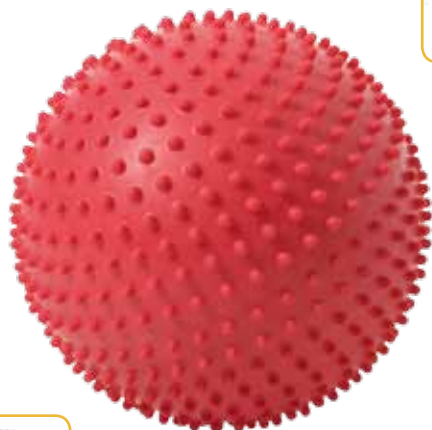
Moonhopper

Jump and hop with fun and power. The legendary hopping fun. Very durable.

Art.No.:	Colour:
666500	blue with yellow - NEW!
666600	blue with pink
666800	green with pink
666900	blue with red

Size:	ca. 40 x 30 cm
Packing unit:	5
Contents:	with tag, in poly-bag
Material:	Ruton
Max. Load:	ca. 70 kg

Knobbly catch training ball



Knobbly catch training ball

Perfect for small children's hands. Good for grasping and soft to the skin! Round, pleasant knobs made of skin-friendly material.

Art.No.:	Colour:
465100	red, yellow, blue
Size:	22 cm
Packing unit:	10
Contents:	in a box
Material:	Ruton

Knobbed ring



Knobbed ring

Very good to grasp and wonderfully soft. For schools, kindergarten and therapy. Moulded in one piece.

Art.No.:	Colour:
466000	yellow
Size:	16 cm
Packing unit:	50
Contents:	in a box
Material:	Ruton

Octositz® the Multi-Cube



Octositz the Multi-Cube

"I am small, round but still a cube!" "You can sit on me, balance or simply have fun with me!" Ideal for activity trails, for many fun actions and as an opportunity to sit down in the play corner. To increase coordination and balance. For muscle training and increased stability of the spine.

Art.No.:	Colour:
400700	red, green, blue
Size:	32 cm
Packing unit:	4
Contents:	in deco-box
Material:	Ruton

Senso® Ball Geo + XL



Senso Ball Geo + XL

The new fun and learn ball for kindergarten and leisure time. The variety of geometric shapes and bright colours is perfect for increasing perception, concentration and coordination. Ideal grip by using the geometric shapes.

Available in 4 colours and two sizes.

Art.No.:	Colour:	Size: Ø	PU:
465130	red, yellow, green pink (mixed)	9 cm	12
465120	red, blue, green, pink (mixed)	XL 18,5 cm	10
Contents:	in a polybag		
Material:	Ruton		
Max. Load:	ca. 200 kg		

Soft ball



Soft ball

Soft and light ball made of foamed material.

Art.No.:	Article:	PU:	Size: Ø ca.
560720	Soft-Ball grooved set of 2	200	7 cm
560700	Soft-Tennisball grooved	400	7 cm
561900	Soft-Trainingsball	18	19 cm
562100	Soft-Trainingsball	14	21 cm
580700	Soft-Trainingsball without grooves	400	7 cm
560900	Soft-Ball	200	9 cm
Colour:	yellow		
Contents:	Shipping box		
Material:	foamed material		

Throwing balls



Throwing balls

Pitch training for every age group Super grip - grooved surface.

Art.No.:	Colour:	Size Ø / Weight:	Packing unit:
450450	yellow	7,5 cm / 45 g	100
450650	yellow	7,5 cm / 65 g	100
450800	yellow	7,5 cm / 80 g	100
451500	yellow	7,5 cm / 150 g	50
452000	yellow	7,5 cm / 200 g	25
452500	yellow	7,5 cm / 250 g	25
453000	yellow	7,5 cm / 300 g	25
454000	yellow	7,5 cm / 400 g	25

Contents: Shipping box

Material: Ruten

Throwing ring

For throwing, catching and juggling! Air filled - with valve.

Throwing ring



Art.No.:	Colour:
640000	red, blue, yellow, green

Size: 18 cm

Packing unit: 40

Contents: Shipping box

Material: Ruten

Slow motion balls



Slow motion balls

Optimal preparation in volleyball-, handball- and basketball training. The light weight and big size slow it down.

Art.No.:	Colour:	Packing unit:
481000	red, blue	8
481007	red, blue	30 (deflated)

Size: ca. 35 cm Ø

Contents: Shipping box

Material: Ruten

Air Parcours

Air Parcours – made in Germany – is an air-filled balance set consisting of TOGU classics and new items for children. Guaranteed movement and dynamics within the hour. High level of sensorimotor stimulation. While moving through the air parcours the kids are challenged to keep their balance. This is fun and trains coordination, promotes flexibility and their ability to concentrate. The Air Parcours are extremely robust, durable and washable. Essential for kindergartens, schools and clubs.

TOGU Air Parcours small: 2 Senso Balance Bar blue, 1 Dynair Kids assorted, 2 Senso Balance Igel green, 1 Jumper mini red;

TOGU Air Parcours large: 2 Senso Balance Bar Blue, 2 Dynair Kids assorted, 2 Senso Balance Igel Green, 1 Jumper mini Red, 4 Dynair Minis 20cm assorted

Art.No.:	Colour:	PU:	Name:
805009	varied	1	Air Parcours small
805010	varied	1	Air Parcours large

Contents: in a box

Material: Ruten

Max. Load: ca. 200 kg

Air Parcours



Balance Block



MADE IN GERMANY
30-Jahre-Garantie

Dynair® Ballkissen® XXL Meditation and Yoga



MADE IN GERMANY
30-Jahre-Garantie

Pilates Ballance Ball



Pilates Ball Power Pilates



Balance Block

The Balance Block as an airfilled alternative.

Standing on an unstable surface brings an added dimension to the awareness of the body and trains poise, sensorimotor function and mobility. Doing simple exercises while standing up can also work and train the muscles around the joints. Ideal as an additional resource for physiotherapy treatment on ankles, knees and hip joints.

Easy to clean and simple to stack.

Art.No.:	Colour:
410480	silver-grey
Size:	approx. 33 cm x 15 cm x 7 cm
Packing unit:	4
Contents:	in a box with exercise poster
Material:	Ruton
Max. load:	ca. 150 kg

Dynair XXL Meditation and Yoga

A TOGU classic with new dimensions. The Dynair XXL Meditation absorbs any motion and transforms them into small gentle movements. This enhances body awareness, breathing and facilitates concentration. Individual pressure adjustment possible.

Also available with actisan material.

Art.No.:	Colour:
400402	red
Size:	50 cm
Packing unit:	2
Contents:	in deco-box with exercise poster and pump
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	available as a set with DVD, AGR certificate

Pilates Ballance Ball

For challenging Pilates exercises. Design by Christin Kuhnert. Extra large and soft.

Art.No.:	Colour:
492000	blue
Size:	ca. 30 cm
Packing unit:	25
Contents:	in polybag
Material:	foamed Ruton
Max load:	ca. 120 kg during lying exercises

Pilates Ball Power Pilates

For "Power Pilates" programs by Juliana Afram. Soft and durable.

Art.No.:	Colour:
492100	blue
Size:	ca. 26 cm Ø
Packing unit:	25
Contents:	in polybag
Material:	foamed Ruton
Max load:	ca. 120 kg during lying exercises

Pilates Circle Premium



Pilates Foamroller Premium



Pilates Multiroll®



Pilates Circle Premium

Robust but light fibre ring. Diameter ca. 35 cm. Strengthening of muscles, through resistance training. Variable exercises possible. Suited for single and group training. For using at the gym or at home.

Art.No.:	Colour:
493500	black
Size:	ca. 35 cm Ø
Packing unit:	10
Contents:	in deco-box

Pilates Foamroller Premium

A wide range of exercises possible. This firm roll consist of durable EVA foam material. A length of 90 cm. Resists slipping away during the training. For using at the gym or at home.

Art.No.:	Colour:
400047	purple
Size:	90 x 15 cm
Packing unit:	6
Contents:	in foil with exercise poster
Material:	EVA Material
Max load:	ca. 150 kg

Pilates Multiroll

Special design for Pilates and stability exercises. Adjustable air pressure sets the level of difficulty. Pleasant, smooth surface. Can be combined with the Redondo Ball and Stonies.

Art.No.:	Colour:
400030	black, silver, red
Size:	80 x 18 cm
Packing unit:	4
Contents:	in poly-bag with pump
Material:	Ruton
Max. load:	200 kg
Specials:	available as a set with DVD

Redondo® Ball



Redondo® ball with actisan®



Redondo® Ball Touch



Redondo Ball

In sizes 18 cm, 22 cm und 26 cm. Soft and durable. Small – essential. The “foldable” ball for Mind-Body, Pilates, wellness and fitness!

Art.No.:	Colours:	Size: Ø	PU:
491300	anthracite	ca. 18 cm	16
491000	blue	ca. 22 cm	16
491100	ruby-red	ca. 26 cm	16

Contents: in deco-box with exercise poster

Material: foamed Ruten

Max load: ca. 120 kg during lying exercises

Redondo ball with actisan

A healthy body posture with the Redondo Ball.

With 18 cm and 22 cm in diameter this ball made of soft foamed material is a real TOGU classic. It serves as an ideal Pilates partner, for pelvic floor exercises and abdominal workout as well as for massaging the neck and deep relaxation.

A relaxation that can now be enjoyed by each gym member without any hesitation due to hygienic situation.

Actisan offers a reliable hygienic solution for all kinds of group training: the innovative material is highly effective against bacteria and other microorganisms on an ionic basis. It is constantly building up ions which are harmless for humans and are attacking only the metabolism of the harmful organisms. actisan is antibacterial as well as antimicrobial and destroys bacteria and other microorganisms at the same time. Therefore it is much more efficient than the usual wipe off disinfection and this effect lasts for at least five years. The user saves time and money and wins faith and well-being for his customers.

Art.No. :	Colour:	Size: Ø
420600	anthracite	ca. 18 cm
420470	anthracite	ca. 22 cm

Packing unit: 16

Contents: in deco-box, with exercise poster

Material: Ruten with actisan, with plug valve

Max. load: approx. 120 kg for exercises in lying position

Redondo Ball Touch

The classic Redondo Ball new with smooth Touch knobs. Easily and without using a pump to inflate and deflate. The foldable ball with knobs. Additional sensoric impressions can be set and Redondo Touch can be used for massage.

Art.No. :	Colour:	Size: Ø
493000	anthracite	ca. 18 cm
493100	blue	ca. 22 cm
493200	ruby-red	ca. 26 cm

Packing unit: 16

Contents: in deco-box with exercise poster

Material: foamed Ruten

Max load: ca. 120 kg during lying exercises

Redondo® Ball „feel Redondo“ & DVD



MADE IN GERMANY
30-Jahre-Garantie

Redondo® Ball Plus



Spirit-Ball



Yoga Balance Cushion



MADE IN GERMANY
30-Jahre-Garantie

Redondo Ball „feel Redondo“ 6 DVD

Soft and durable. Small – essential. The “foldable” ball for Mind-Body, Pilates, wellness and fitness!

Also available as set with DVD of Michaela Busch und Gunda Slomka

Art.No.:	Specials:	Colour:
491600	without DVD	green
491608	with DVD	green
Size:	ca. 26 cm	
Packing unit:	16	
Contents:	in deco-box, with exercise poster	
Material:	foamed Ruton	
Max load:	ca. 120 kg during lying exercises	

Redondo Ball Plus

The popular and most versatile training tool Redondo Ball – made in Germany – in a new size “Plus” allows a lot of new exercises for beginners and advanced users in fitness and health workout. This new kind of mid-sized gymnastic ball is specifically designed for safe and healthy exercising. Due to its soft and handy surface the Redondo Ball Plus is comfortable to use and provides security for balance training. In addition, the stability of the Redondo Ball Plus is ideal for exercises in sitting and kneeling and is particularly well suited as a dynamic support surface. With its own light weight of about 500 g and its size of about 38 cm diameter, it allows also perfect swinging and rotating movements to strengthen your body. The Redondo Ball Plus can be in- and deflated easily without any pump needed.

Art.No.:	Colour:
491400	green
Size:	ca. 38 cm Ø
Packing Unit:	10
Contents:	in deco-box with exercise poster
Material:	foamed Ruton

Spirit-Ball

Designed by Lucia Nirmala-Schmidt. Extra thick wall. Scent-free. Diameter ca. 16 cm.

Art.No.:	Colour:
491200	ruby-red
Size:	ca. 16 cm
Packing unit:	20
Contents:	in polybag
Material:	foamed Ruton
Max load:	a. 120 kg during lying exercises

Yoga Balance Cushion

The first inflatable cushion developed specifically for yoga which allows the individual to adjust the height as required to obtain a relaxed seating position and upright posture. The gentle vibrations of the body are absorbed by the air cushioning and relayed back to the body. Ideal for beginners who have the soft support of the cushion as they move and exercise. A mini pump is supplied to make light work of inflating and deflating the YOGA Balance Cushion. A novel resource to bring variety to your daily yoga routine.

Art.No.:	Colour:
400290	purple
Size:	approx. 40 x 40 x 30 cm
Packing unit:	4
Contents:	in a box, with pump
Material:	Ruton
Max. load:	approx. 150 kg
Specials:	seat height easily customizable

Ball bowl



Ball bowl

The classic with the circular whole in the middle: so the ball always has contact to the ground and does not slip away. Now available in an attractive new colour!

NEW: New Ball Bowl for Dynamic Drums!

Art.No.:	Colour:	Name:	Size:
930005	black	ball bowl Dynamic Drums	ca. 45 cm Ø x 21 cm

Art.No.:	Colour:
930002	silver
930000	black
Size:	one size fits all
Packing unit:	4
Contents:	Shipping box
Material:	PVC

Cover for Dynair® Ballkissen®



Cover for Dynair Ballkissen

Available for both of the Dynair Ballkissen sizes.

Art.No.:	Colour:	Size:
930300	black	33 cm
930360	black	36 cm
Packing unit:	5	
Contents:	In a box	
Material:	velours-like surface, washable	

Comfort-Cover



Comfort-Cover

Special material ensures optimal comfort and air circulation.

Fitting for the Dynair Premium Wedge-Ballkissen, the Airgo Backcushion and the Airgo Seatcushion.

Art.No.:	Name:	Colour:
930700	Dynair Premium Wedge-Ballkissen	black
930600	Airgo Backcushion	black
930400	Airgo Seatcushion	black
Packing unit:	5	
Contents:	In a box	
Material:	special climate-material	

CD - Fiesta do Brasil



CD - Fiesta do Brasil

Shake the Brasil and move you to the rhythmically rousing music of the "Fiesta do Brasil" CD.

In cooperation with Gabi Fastner a CD with 126bpm music for group trainers and presenters has been released. The greatest hits from the land of the "Sugar Loaf" for a party in your course as at the Copacabana.

Art.No.:	Length:
939552	ca. 62 min
PU:	10
BPM:	126
Genre:	Latin

DVD - Bodystyling mit Brasil®



Brasil DVD - Bodystyling mit Brasil

A 60 minute fitness program in german language, that is fun and easy to make and takes very little time. Training with the Brasil animates the organism, provides greater fitness, strengthens the muscles around the spine, improves posture and strengthens connective tissues. They also improve your body awareness and coordination skills.

Art.No.:	Name:	Language:
939620	Bodystyling mit Brasil	german
Length:	ca. 65 min	
PU:	10	
Specials:	also available as a set with the product	

DVD Feel Redondo

A small ball with great possibilities - effective exercises for your back and abdominal. Mobilization of the spine.

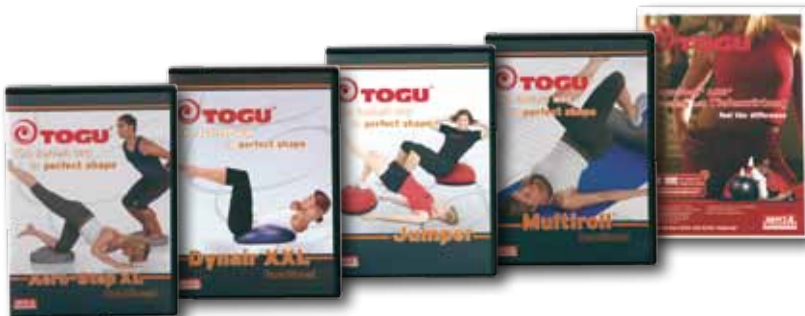
german
Lenght: ca. 220 min

DVD Feel Redondo®



Art.No.:	939590
Packing unit:	10
Specials:	only german language, also available as a set with the product

DVD Perfect Shape - Series



DVD Perfect Shape - Series

Perfect Shape Training is now – a workout based on the sport of the pro's: you will not exercise every single muscle. You will exercise a whole movement. The perfect training for everyone: saving time and having fun. The DVD Perfect Shape series is available for 5 different top training products.

Art.No.:	Name:	PU:	Length:	Language:
939510	Aero-Step XL functional	10	ca 60min	german/english
939530	Dynair XXL	10	ca 60min	german/english
939540	Jumper	10	ca 60min	german/english
939520	Multiroll functional	10	ca 60min	german/english
939500	Powerball	10	ca 60min	german
Specials:	each DVD also available as a set with the product			

DVD Reaktiv Fitness



DVD Reaktiv Fitness

Discover the new training program with the new training tool Raktor (special swing dumbbells) and feel for yourself how quickly your deeper laying muscles can build. Whole body workout for a new body feeling.

german
Lenght: ca. 60 min

Art.No.:	939554
Packing unit:	10

FT Corner



Mat: TOGU® Premium Easy



Pump: Ball pump



Pump: Dual-action pump



FT Corner (without filling)

The intelligent complete solution for gyms, training centers, schools and clubs made in high quality MDF material. The advanced design guarantees a space saving and mobile solution. Usable also as display for your training programmes. Including instructions for easy assembling.

Art.No.:	Colour:
902020	silver-grey
Size:	ca. 176 x 118 x 58 cm ca. 75 kg
Packing unit:	1
Contents:	in a box with assembly instructions
Material:	MDF
Belastbarkeit:	approx.: 100 kg
Specials:	individual filling possible

Mat: TOGU Premium Easy

The convenient training mat. Easy to fold and store (ca. 35 x 60 cm), light weighted – easy to transport. Made from high quality PE foam. The skin friendly fabric finish on top prevents crumbling. The lower side prevents skidding and moisture absorption.

Art.No.:	Colour:
971200	black
Size:	140 x 58 x 0,9 cm
Packing unit:	4
Contents:	in deco-box
Material:	PE-foam

Ball pump

For all products with needle-valve. (Needle is placed inside the handle.)

Art.No.:	Colour:
904400	white
Size:	15 cm
Packing unit:	50
Contents:	Shipping box

TOGU Dual-action pump

For all Products with a needle valve. Needle is placed inside the handle. Including a flexible tube to screw on.

Art.No.:	Colour:
965550	white
Size:	ca. 20 cm
Packing unit:	24
Contents:	in a polybag

Pump: Powerball® Pump



Pump: Set for inflating special sport balls



Stacking aid set of 3



TOGU® Wall



similar to figure

Powerball Pump

The handy pump for all MyBall, Powerball products and other products with plug-valves

Art.No.:	Colour:
966600	white
Size:	ca. 30 cm
Packing unit:	10
Contents:	Shipping box

Set for inflating special sport balls

Including: 2 plastic valves; 2 needle-valves; plastic-cap for ball-pump; valve-drawer for plastic-valve; valve-drawer for needle-valve; instructions.

Art.No.:	Colour:
910000	white
Packing unit:	10
Contents:	in a polybag

Stacking aid set of 3

Very durable, transparent material.

Art.No.:	Colour:
930500	transparent
Size:	3 x ca 141 x 20 cm; (ca. 45 cm Ø)
Packing unit:	1
Contents:	in a set of 3 rings

TOGU Wall

The new TOGU Wall is an intelligent combination of a presentation space and storage aid for our training and therapy tools.

The system can be used in a modular way. One article consists of two single elements each with a size of 2m (height) x 1m (width).

The optional shelves and brackets has to be ordered extra according to the needs in the training and therapy room. These parts can be attached easily to the wall system. Standard fixing material is included. Individual requirements for the wall fastening must be observed. We offer a customized product with various colors upon request. The wooden material is very robust and easy to clean.

Art.No.:	Colour:
902030	walnut appearance
Packing Unit:	1
Size:	ca. 2 m x 2 m x 1 cm
Material:	Wood

Training Chart



Trainings Chart Aero-Step®
Art.Nr.: 980609



Trainings Chart Pendel® Ball
Art.Nr.: 980611



Trainings Chart Dynair® Pro
Art.Nr.: 980610



Balance Block - Back-fit Chart
Art.Nr.: 980612



TOGU® Brasil® - Back-fit Chart
Art.Nr.: 980612



Powerball® ABS & MyBall Chart
Art.Nr.: 960262



FT-Trainings Chart
Art.Nr.: 980600



Trainings Chart Dynair® XXL
Art.Nr.: 980605



Trainings Chart Piloga®
Art.Nr.: 980604



Trainings Chart Jumper®
Art.Nr.: 980606



Jumper Physio - Chart
Art.Nr.: 980607



Brasil®
Art.Nr.: 980608



Trainings Chart Dynair® Walker
Art.Nr.: 980617



Trainings Chart Balanza®
Art.Nr.: 980615



Trainings Chart
„Bewegungsprofil“
Art.Nr.: 980614



happyback Ballkissen Chart
Art.Nr.: 980616



Redondo® Ball
Trainings Chart
Art.Nr.: 980303

... and many more!

For most of our products we have Training Charts. Please don't hesitate to ask us for more information!

Books (only available in German)



Aktiv und beweglich 60+
Autorin: Gabi Fastner
Zielgruppe: Trainer und Endverbraucher
205 Seiten
Endverbraucher-Preis: € 19,95
Verlag: Meyer&Meyer – ISBN 978-3-89899-997-7



Bodyforming für Frauen
Autorin: Gabi Fastner
Zielgruppe: Trainer und Endverbraucher
128 Seiten
Endverbraucher-Preis: € 14,99
Verlag: blv Verlag – ISBN 978-3-8354-1308-5



Das große AGR Rückenbuch
Autor: Thorsten Dargatz
Zielgruppe: Endverbraucher
124 Seiten
Endverbraucher-Preis: € 10,95
ISBN 3-936119-12-0



Fitness kompakt
Die 100 besten Übungen für zu Hause
Autorin: Gabi Fastner
Zielgruppe: Endverbraucher
160 Seiten
Endverbraucher-Preis: € 9,95
Verlag: Meyer&Meyer – ISBN 978-3-89899-965-6



Faszien kompakt
Training für das Bindegewebe
Autorin: Gunda Slomka
Zielgruppe: Trainer und Endverbraucher
272 Seiten
Endverbraucher-Preis: € 9,95
Verlag: Meyer&Meyer – ISBN 978-3-89899-995-3



Rund um den Ball
Autorin: Gabi Fastner
Zielgruppe: Trainer und Endverbraucher
224 Seiten
Endverbraucher-Preis: € 18,00
Verlag: Meyer&Meyer – ISBN 978-3-89899-911-3

Books (only available in German)



Trainingsbuch Brasil®
 Autorin: Gabi Fastner
 Zielgruppe: Physiotherapeuten, Übungsleiter, Trainer, Freizeitsportler
 171 Seiten
 Endverbraucher-Preis: 16,95 €
 Verlag: Meyer&Meyer – ISBN 978-3-89899-832-1



Funktionelles Figurtraining
 Autorin: Gabi Fastner
 Zielgruppe: Endverbraucher
 216 Seiten mit vielen Abbildungen
 Endverbraucher-Preis: € 19,95
 Verlag: Meyer & Meyer – ISBN 978-3898997522



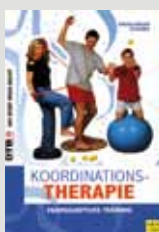
Gymnastik für den Beckenboden
 Autorin: Ulla Häfelinger
 Zielgruppe: Endverbraucher
 Endverbraucher-Preis: 16, 59 €
 Verlag: Meyer & Meyer – ISBN 978-3-89899-539-9



Gesundheitsbewusstes Krafttraining
 Autorin: Yvonne Bechheim
 Zielgruppe: Sportlehrer, Übungsleiter, Trainer, Endverbraucher
 109 Seiten mit vielen Abbildungen
 Endverbraucher-Preis: € 14,95
 Verlag: Impert Verlag – ISBN 978-3-7853-1887-4



Funktionelles Zirkeltraining
 Autoren: Jörn Rühl, Vanessa Laubach
 Zielgruppe: Übungsleiter mit vielen Abbildungen
 Endverbraucher-Preis: € 18,95
 Verlag: Meyer & Meyer – ISBN 978-3-89899-664-8



**Koordinationstherapie
 Propriozeptives Training**
 Autoren: Ulla Häfelinger, Violetta Schuba
 Zielgruppe: Trainer, Therapeuten, Übungsleiter
 171 Seiten mit vielen Abbildungen
 Endverbraucher-Preis: € 16,95
 Verlag: Meyer & Meyer – ISBN 978-3-89899-571-9



Body Mind Trends
 Autorinnen: Gudrun Paul, Andrea Flach-Meyerer
 Zielgruppe: Übungsleiter, Endverbraucher
 173 Seiten, mit CD mit passenden Musikstücken
 Endverbraucher-Preis: 24,95 €
 Verlag: Meyer&Meyer – ISBN 978-3-89899-792-8



Pilates Training 50+
 Für mehr Beweglichkeit & Ausstrahlung
 Autorin: Claudia Hölzl
 Zielgruppe: Trainer und Endverbraucher
 208 Seiten mit 272 Abbildungen
 Endverbraucher-Preis: € 18,95
 Verlag: Meyer & Meyer Verlag – ISBN 978-3-89899-835-2



Trainingsbuch Redondo Ball
 Autoren: Inge Kracht und Monika Ellinger
 Zielgruppe: Endverbraucher
 Endverbraucher-Preis: 16,95 €
 Verlag: Meyer & Meyer – ISBN 3898994228



Pilates während der Schwangerschaft und Rückbildung
 Autorin: Sabine Bössinger
 Zielgruppe: Hebammen, Trainer, Kursleiter, Schwanger, Mütter
 181 Seiten
 Endverbraucher-Preis: € 16,95
 Verlag: Meyer & Meyer – ISBN 978-3-89899-793-5



**Körperhaltung
 in Training und Alltag**
 Autorin: Karin Albrecht
 Zielgruppe: Trainer und Ausbilder, am Thema wissenschaftlich Interessierte
 170 Seiten, 380 Abbildungen
 Endverbraucher-Preis: € 29,95
 Verlag: Haug – ISBN 3-8304-7137-8



Funktionelles Training mit dem großen Ball
 Autorin: Karin Albrecht
 Zielgruppe: Trainer, Ausbilder und interessierte Endverbraucher
 83 Seiten, 298 Abbildungen und 2 Tabellen
 Endverbraucher-Preis: € 19,95
 Verlag: Haug – ISBN 3-8304-7248-X



Flacher Bauch - Starker Rücken
 Effektives Training für die Körpermitte
 Autoren: Fastner/Manhart
 Zielgruppe: Trainer, Endverbraucher
 ca. 160 Seiten mit ca. 400 Abbildungen
 Endverbraucher-Preis: € 19,95
 Verlag: Meyer & Meyer – ISBN 978-3-89899-887-1



Besser trainieren!
 Autor: Dr. H.-W. Müller-Wohlfahrt; Oliver Schmidlein
 Zielgruppe: Endverbraucher
 Seiten: 216
 Endverbraucher-Preis: € 19,90
 Verlag: Zabert Sandmann – ISBN 978-3-89883-170-3

showing competence - develop sale

Selling is easy?

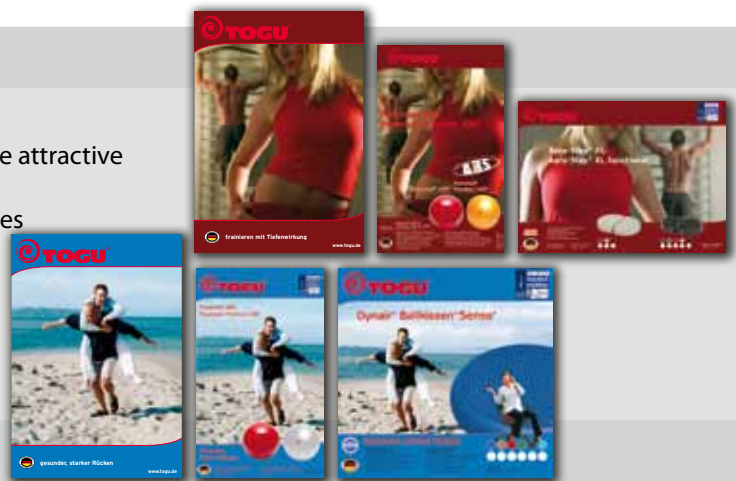
Our modern, target group orientated packaging lines create interest and demand. By the way you will find all selling arguments on the front – self-explanatory and without a course of instruction – take the easy way.



TOGU Supports your sales promotion efforts

Decoration packages that make your showroom even more attractive

- 5 decoration packages matching the TOGU packaging lines
- Distinct picture and color statement
- Each decoration package consists of two decoration cardboard boxes and one poster



Booklets for Your customers

The convenient catalogue in a small format.

It's lightweight, handy, well arranged, with a comprehensive product overview and well suited as a take-away for customers.



Art.-No.: 960002 and 960500

showing competence - develop sale

Instructions and Flyer

Ideas for exercises and information on our products.

Trainings Charts exist for most of our products.
Please don't hesitate to ask us for more information.



„A day in motion“ – a Health Day in your store

You would like to inform customers on health topics and therefore you are planning an event?

TOGU supports you by providing relevant contacts to our qualified instructors. Your customers will receive suggestions for exercises and profound information on health topics from a professional.

- Relevant contact to a qualified instructor
- Exercises and information on several health topics
- In connection with high quality products from TOGU
- Poster and decoration material

Pictures and videos

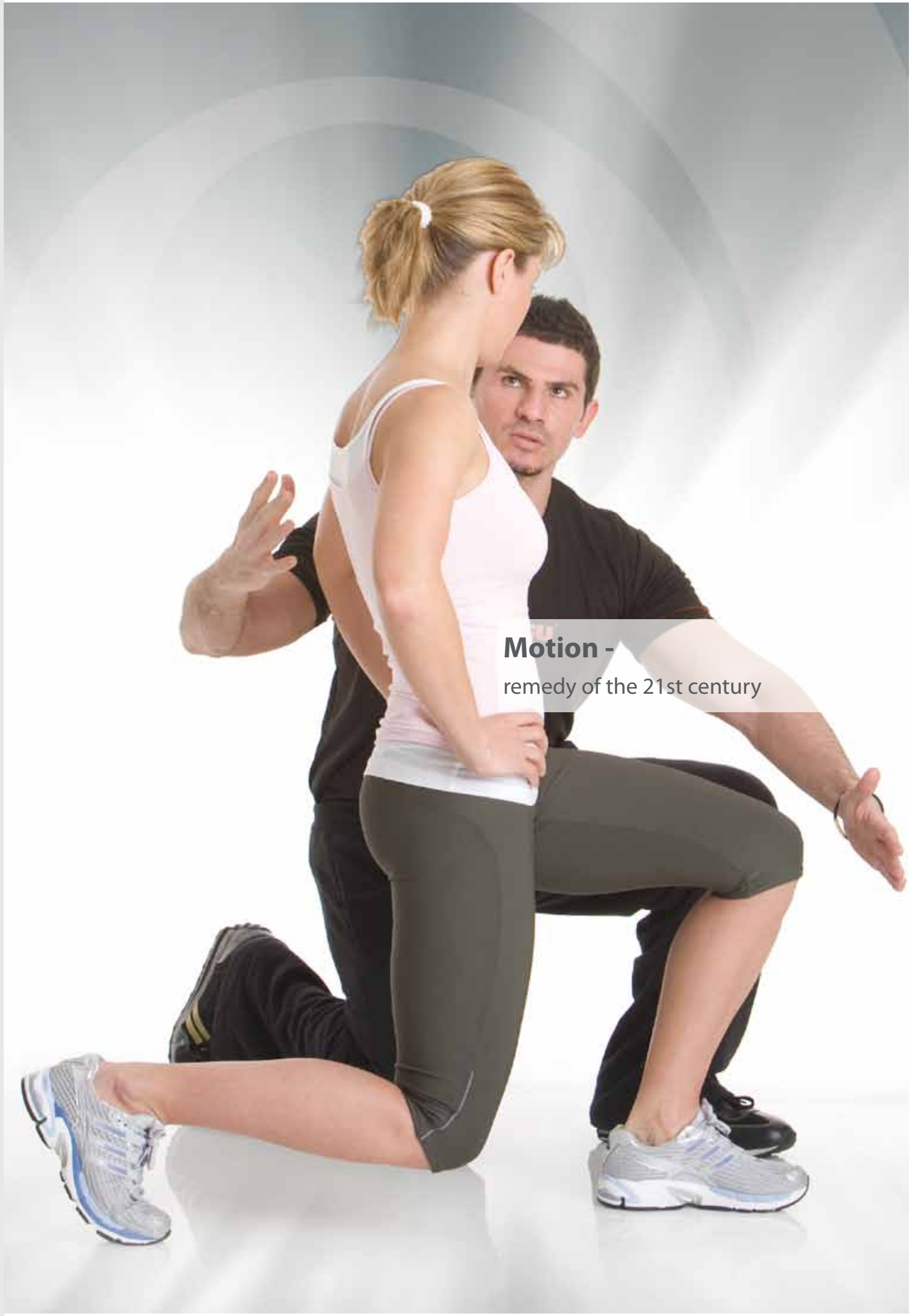
Up to date product pictures, exercise pictures and short video clips in digital format.

Use the power of moving images. Especially video clips enjoy great popularity and are suitable to attract customer interest.

A comprehensive choice of pictures and video clips for your catalogue design and homepage is made available for you on our product DVD.



Motion -
remedy of the 21st century



Training and education

Intelligent training

For more than 50 years, TOGU has been standing for top quality products and forward-thinking innovation in the fitness and health market. The following training and education concepts were developed by national and international experts in the fitness and health sector and offer top-level health-based training using safe products 'Made in Germany'. That is why professionals trust TOGU.

Ask your local distributor or dealer for more information.

In-house training

The In-house training concept takes place on your premises and brings you one step closer to the theory and practice of the TOGU training concept for fitness and health. This opportunity is aimed at clubs, studios and fitness sports institutes. An experienced instructor will be responsible for the training and will help familiarise you with the essential products, as well as motivating your employees or customers!

Simply ask for TOGU In-house training and we will be happy to advise you on any matter!

Contact the TOGU team by phone on: +49 (0) 80 51 – 90 38 - 0 or by email: info@togu.de

TOGU® is an official partner of
DTB 
DEUTSCHER TURNER-BUND



FT-COACH® – the next generation

FT-Coach (Functional Training Coach) is a practical-oriented training concept based on scientific facts and many years of experience in training and therapy. FT-Coach is directed at both physical education teacher, personal fitness trainers, coaches and physiotherapists who want to get to know the specific characteristics of modern functional training and enhance their knowledge. Basic knowledge of anatomy, physiology, kinetics and biomechanics is required.

The training concept includes 5 modules: module I is a two-day seminar, the modules II-V are each one-day seminars.

Contents Module I*: „Assessment and Corrective Training“

- Principles of Functional Training
- Functional anatomy, kinesiology and biomechanics
- Understanding Movement: proprioception and coordination
- Functional Assessment (Posture, Breathing, Mobility, Stability, Fundamental Movement Patterns)
- Corrective Training of Movement Pattern deficits
- Creating corrective training strategies for different levels and types
- Creating effective and safe Functional Training programs for different levels

Further modules)

- Module II: „CORE Performance“
- Module III: „Strength Conditioning“
- Module IV: „Athletic Development“
- Module V: „Active Recovery“

Further Information:
info@rebody.eu www.rebody.eu



*The contents of module I are considered as required for all the following FT-Coach modules



Panos Pantas

has a PhD in biochemistry and is working as a personal trainer and international presenter of functional training in Europe and Asia for more than 20 years. He is the owner of the Rebody center in Barcelona (www.rebody.eu) for more than 5 years. Panos is one of the developers of the FT Coach training concept. His international team and he are representing FT-Coach worldwide since 2013.



Funktionelles Zirkeltraining - das moderne Sensomotoriktraining

Developed by **DTB**

- The functional circle training is an attractive offer for the club, because of the diversified training which addresses men and women alike and also because there is no need to provide the same tool to every single participant. Using the slogan "fitness center gym" the circle offers a modern concept for clubs, ranging with its possibilities all the way to installing a fixed circle in a separate room as an introductory fitness studio.
- The functional circle training concept is based on the latest available scientific knowledge. It combines functional strength exercises, core training and sensomotoric training. Nine coordinated circles offer an ideal training and fun for all. The target group contains health and fitness athletes as well as active contest athletes. Due to the ability of variation, each of the workout stations can be adjusted to the groups demand.



Jumper® - Cardio Strength Interval Training

Developed by **Panos Pantas**

- challenging stabilization and balance exercises, with a high fun factor and an ingenious trampoline effect ideal for group training!
- The intense interval training is hard on calories and contributes to a healthy weight loss
- The jumper has been awarded with the AGR Quality seal (campaign for a healthy back)

Workshops | Inhouse Training

© **TOGU**



Panos Pantas

DYNAIR® XXL and Fascia in Motion

developed by **Gunda Slomka**

Fascia in Motion

The education programme „fascia in motion „ by Gunda Slomka represents a mix between theoretical basis mediation and its implementation and applicability for the fitness and group fitness training.

The concept for the training tool Dynair® XXL :
Stability training in a new dimension.

With the special concepts:
Dynair® XXL Yoga and Pilates Dynair® XXL by Michaela Busch and Christiane Wolff



Workshops | Inhouse Training



Gunda Slomka
www.4more-education.de



Michaela Busch
www.bewegungsraum-Hannover.de



Christiane Wolff
www.christiane-wolff.de

FASZIO® – Holistic fascial training

developed by **Heike Oellerich** and **Miriam Wessels**

FASZIO® puts scientific findings into motion: The varied , multi-directional training gives impulses for your whole body , all the senses and is geared to the requirements of a healthy everyday life . The movement concept of FASZIO® includes 6 strategies that make flexible and movable and give explosive strength and stability.

In the theoretical knowledge training will be generally understandable way and given suggestions to develop one’s understanding of movement with new inspirations. Successful completion entitled to designate „DTB FASZIO® instructor“.



Education | Inhouse Training



Heike Oellerich
www.faszio.de



Miriam Wessels
www.faszio.de

BRASIL® - an effect that reaches deep inside

Developed by **Gabi Fastner**

- fast - easy - effective.
- innovative body shape training with a profound shaking effect.
- an ingenious filling consisting of air and weight offers an exact feed back on your movements
- small, handy, easy on your joints!



Workshops | Inhouse Training



Gabi Fastner
www.gabi-fastner.de

Reactive Training

Developed by **HSC Health Sport Connection GmbH**

ZPP certified prevention programs in accordance with german guideline for health courses

- Reactive WALKING 1-day training
- Reactive FITNESS 1-day training
- Reactive BACK 1-day training

New: Reactive Fascial workout 1-day training

The five elements of the reactive Fascial workout with Raktor:

- 1) Dynamic fascial and muscular preparation on roll and ball
- 2) Elastic fascial and muscle activation in the individual structures
- 3) Train fasciae and other connective issues
- 4) Fascial release using roll and ball
- 5) Elastic recovery exercises



www.reaktiv-training.com

HSC Health Sport Connection GmbH

www.reaktiv-training.com



TOGU® for children (Dynair XXL, Jumper, Powerball)

Concept assistance by **Kirsten Riedel** and **Tanja Finken**

- Full-body workout through play
- Variety of exercises with Dynair ® XXL, Jumper, AeroStep, Powerball, etc.
- Challenge and encouragement for children in “shaky” situations
- Training of sensorimotor functions and coordination as the basis for:
 - Brain development
 - Self-discovery and body awareness
 - Self-confidence and self-esteem



Workshops | Inhouse Training



Kirsten Riedel



Tanja Finken

Jumper® Double

Developed by **Gabi Fastner** and **Michael Pistauer** and **Patrick Arnold**

Jumper double is a set of two Jumper mini: one in green and one in red with a concept workout concept for more effect and fun in your training.

It allows new possibilities in your fitness and health training improving balance, coordination and strength. You can use it in group and also personal training. Different positions and the both sides to use of the Jumper double create a huge variety of exercise progressions. To play with both colours red and green can increase physical and mental fitness.

Ideal to use in Group Fitness classes, Functional Training und therapy.



Workshops | Inhouse Training



Gabi Fastner
www.gabi-fastner.de



Michael Pistauer



Patrick Arnold

TOGU® PHYSIO – experience the sensorimotoric function + Functional Training

Concept assistance by **Sven Kruse** and **Michaela Kreitmair**

This concept is adjusted to:

- the application with inflated sensorimotoric training equipment for the improvement of the sensorimotoric system (intense sensing and (stimulus) processing), stabilisation and strength
- the improvement of the coordination of the local and global system and the creation of new moving patterns
- Learn more about the incredible versatility of the Jumper, Aero-Step Pro, Dynair-Series and many other TOGU products.
- TOGU-Training equipment can be applied from the beginning during a therapy and will put your patients in best shape again.

Inhouse Training



Sven Kruse



Michaela Kreitmair

Specialists for back-friendly situational prevention

Developed by the AGR e.V. (Campaign for Healthier Backs) - a distance learning course for doctors and therapists

- Supports the doctor/therapist in the day-to-day work of advising patients, extending the range of services provided and helping those suffering from backache in the difficult task of making their surroundings back-friendly.
- AGR-trained „specialists for back-friendly situational prevention“ thus act as the ideal contact point for people seeking to take a preventive approach or who already suffer from backache -private and the working environment.
- In many cases, these „specialists“ also offer workplace analysis and advice.



For more Information
www.agr-ev.de
→ doctors and therapists



POWERBALL® ABS® - stability training at the highest level

Developed by Karin Albrecht

- the great ball rediscovered again the reason – it is an effective training tool
- Sensorimotor function, coordination, stability and strength can be improved and trained with a lot of fun
- The Powerball ABS series has been awarded with the AGR Quality Seal (campaign for a healthy back)



Workshops | Inhouse training

AERO- STEP® Pro - the first step towards better sensorimotoric function

Developed by Karin Albrecht

- B.CO Aero-Step Pro, a concept which greatly improves the quality of exercises during training
- Aero-Step Pro is the ideal training tool for enhancing the sensorimotoric function, coordination, stabilization and strength for group exercises



Workshops | Inhouse training

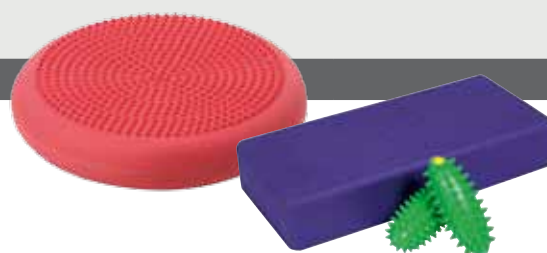


Karin Albrecht
www.star-education.ch

The new back school from the Confederation of German Back Schools

The bio-psycho-social concept of the new back school takes account of physical aspects as well as providing methods of relaxation and dealing with pain. The new back school is based on the quality standards of the Confederation of German Back Schools and has gained support from the German Ministry for Health and the German health insurance funds. The key content of the concept includes the improvement of coordination abilities, increasing core stability and promoting daily physical activity. The use of small items of special equipment helps achieve these goals. Sitting balls, ball cushions and various other movable supports help with the coordination and proprioceptive training concept. The small items of equipment also encourage course participants to incorporate the exercise programme into their free time.

Workshops | Inhouse training



Ulrich Kuhnt
(Manager of the Back School in Hannover, member of the management team at the German Association of Back Schools)
www.ulrich-kuhnt.de

Partners

Strong partners in an efficient network

Our partners design and market concepts in the fields of health, fitness and sports. Supported by us and using TOGU equipment together we create high quality products and best practice for the professional educational market.



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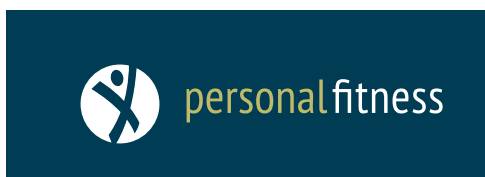
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Germany



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Jackson Sharon

Sportlehrerin B.Ed. Hons. (Bachelor of Education Honours Degree), DOSB Ausbilderin Zertifikat, Dipl. DTB-Ausbilderin, Drums Alive® Master Instructor, DTB Group-Fitness-Master Trainerin, Qualifizierte Leiterin Sport in der Prävention, TOGU-, „BeComplete“ Master Educator, TOGU Schwerpunkte: Kinder- & Jugendtraining, Head Dynair XXL Kids, Jumper®.



Kamm Sabine

Referentin und Ausbilderin mit Schwerpunkt Prävention und Gesundheitssport internationale Presenterin diplomierte Pilates Instructorin Expertin Seniorensport Schwerpunkte: Dynair XXL, Brasil, AeroStep XL, Redondo Ball, Jumper, Powerball, Stonies.



Keller Matthias

Physiotherapeut B.A. Fachlehrer für medizinische Trainingstherapie, leitet zusammen mit Oliver Schmidlein das „OS Institut Bewegung für Orthopädie und Sportmedizin“ und ist dort verantwortlich für die Konzeption und Durchführung des ÖSPHYSIO Seminarsystems sowie für die Koordination verschiedener Forschungsprojekte.



Knoll Stefanie

Staatl. geprüfte Gymnastiklehrerin, Lizenzen: Kickbox-Aerobic Basic Instructor, TOGU Jumper® Instructor, TOGU Brasil® Instructor, Indoor-Cycling Instructor, Nordic Walking Instructor, Aqua-Fit B-Lizenz Instructor, Pilates Matwork Instructor, Rückenschulleiter, Kurse: Seniorensport; Wirbelsäulengymnastik: Pilates; Nordic Walking/ Laufkurse, KNS Bewegungsprofi.



Koch Daniel

Diplom-Biologe, Personal Trainer, Ernährungs-coach, Master Trainer Sen Fi & Drums Alive, Dozent, Ausbilder und Presenter für den LSV Schleswig-Holstein, Hamburger Sportbund, Landessportbund Berlin. TOGU® Schwerpunkt: Funktionelles Training mit dem Jumper®, Dynair® XXL, Aero Step® XL, Multiroll und Powerball®.



Kreitmair Michaela

Dipl. (A) Physiotherapeutin, Master of advanced Sportphysiotherapy, Physiotherapeutin des Bayerischen Fußballverbandes, Physiotherapeutin des TSV 1860 München, Jumper®. Dozentin an FH Rosenheim, Manualtherapeutin, Manuelle Lymphdrainage, Kinesiotaping.



Kruse Sven

Sportphysiotherapeut DOSB, Betreuer von Weltmeistern und Olympiasiegern in diversen Sportarten. Mitglied im FT-Coach Ausbilder-Team.



Kuhnert Christin

Pilates-Pionierin, Pilates-Ausbilderin mit eigenem Konzept, Ausbildungen: Spiraldynamik®, 3D-Massage, Franklin-Methode®, Gyrotonic®, Beckenboden und Faszien-Training, Heilpraktikerin mit dem Schwerpunkt „Bewegung-Ernährung-Homöopathie“, Buchautorin, Entwicklerin Reha-orientierten Trainingskonzeptes mit dem TOGU® Pilates Balance Ball.



Kuhnt Ulrich

Sportpädagoge, Mitglied des Vorstandes des BdR e. V. (Bundesverband der deutschen Rückenschulen), Inhaber Rückenschule Hannover und Stützpunktleiter BdR Hannover



Lanzendörfer Monica

Sportlehrerin, lizenzierte Instructorin, int. Presenterin, Geschäftsführerin des Fit in Haan Fitness- und Gesundheitszentrum, Referentin, TOGU Schwerpunkte: Toning, Pilates, Prävention, Cardio & Intervall Training, Rücken.



Lichtenberger Sandra

staatl. geprüfte Sport- und Gymnastiklehrerin, Dozentin an der Sport- und Gymnastikschule Glucker und am Gluckerkolleg Kornwestheim, liz. Pilates-, Yoga- und Qi Gong Lehrerin, Aerobic- und Fitnesstrainerin.



Maneke Christiane

Ausbilderin, Leiterin betriebl. Gesundheitsförderung, Leiterin & Referentin des BdR-Stützpunktes Sachsen-Anhalt, Pilates, Rückenschule, Powerball ABS, Aero-Step® XL, Jumper®-Instructor. TOGU Schwerpunkte: Powerball ABS, Aero-Step® XL, Redondo Ball, Dynair Extrem, Pendel Ball.



Meier Hape

Seit 1986 Krankengymnast und Sportphysiotherapeut, seit 1990 Inhaber des ambulanten „Reha-Zentrum Valzenrweiher“ in Nürnberg u. a. Betreuung von Spitzensportlern, Ausbilder, fachlicher Leiter der Fortbildungsakademie AMS, ständiger Lehrbeauftragter des DOSB, Mitglied des Experten Teams Fitness Robinson, Buchautor.

Our Educators - Germany



Michels-Plum Corinna

Sport- und Betriebswirtschaftslehrerin, DTB-Ausbilderin GroupFitness, Ausbildungsleiterin GroupFitness im BW Karlsruhe, Mitinhaberin 4more-education, Mitinhaberin STZ-GmbH, Pilates-Trainerin, Autorin, TOGU Schwerpunkte: Dynair XXL, Pilates, Jumper.



Missalek Beate

Sport-, Gymnastiklehrerin und Rückenschullehrerin, DTB u. DOSB-Diplom Ausbilderin, Inhaberin von MOVEJU Gesundheitsmanagement Missalek, Gesundheitsprojekte, Ergonomiecoachings, Gesundheitstage, Seminare, Vorträge. TOGU Schwerpunkte: Rückengesundheit, funktionelles reaktives Training, Powerball ABS, Jumper, Aero Step XL, Redondo Ball, Brasil.



Dr. Mommert-Jauch Petra

Diplomsportlehrerin, Lehrbeauftragte an der Eliteuni. Karlsruhe & Universität Konstanz, Inhaberin des ISR-Instituts für Sport & Rehabilitation, Geschäftsführerin & Ausbildungsleiterin DWI-Deutschen Walking Institutes e.V.



Moudjéné Monika

Sport- und Gymnastiklehrerin, Referentin für Gruppenfitness, Ausbilderin Pilates – und Rückenschultrainerin an der Sportschule Berlin und bei den Verbänden BTB und ESAB. TOGU Schwerpunkte: Jumper®, Dynair® XXL, Brasil.



Müller Simone

Gymnastiklehrerin mit 20 jähriger Berufserfahrung, Diplom Sozialpädagogin, Polestar zertifizierte Pilates Trainerin für Matte seit 2006, 2010 Ausbildung in Pilates Allegro bei Bodymotion, Aroha Instructorin, Referentin und Ausbilderin für diverse Sportverbände und Institute, Inhaberin eines Yoga und Pilates Studios in Offenbach, Togu Schwerpunkt: Pilates und Yoga



Müller Stephan

Sportlehrer, Sporttherapeut und Sportphysiotherapeut, langjähriger Experte beim Aufbau von Personal Trainer Lounges sowie in der Ausbildung erfolgreicher Personal Fitness Trainer und Ernährungsberater an Universitäten und staatlichen Sportschulen. Inhaber des GluckerKolleg, der Glucker PT Lounge und der PT Lounge GmbH. Ernährungsberater zahlreicher Olympiasieger und Weltmeister.



Napierski Esther

Dipl. Personal Trainerin, Ausbilderin, ZDF Fitness Coach, Expertin Functional Training, Wirbelsäulen/Rücken Expertin, Internationale Presenterin, Jumper®.



Neff Jochen

Staatl. geprüfter Sportlehrer, Athletentrainer Profisport (1. Und 2. Bundesliga), int. Ausbilder für Personal Fitness Training, Referent im Gesundheitsbereich, TOGU Schwerpunkte: Jumper.



Niekerke Katrin

Staatl. geprüfte Gymnastiklehrerin, Dipl. Gesundheitsmanagerin (FH), Fitnessfachwirtin IHK, Referentin Fitness-/ Gesundheitsbereich, Dozentin BSA Akademie, Bode-Schule München, Deutsche Hochschule für Prävention und Gesundheitsmanagement, TOGU Schwerpunkte: Redondo Ball, Powerball ABS, Multiro-II, MyBall, Brasil GroupTraining und PersonalTraining, Dynair Ballkissen, Aero-Step XL, Kinder.



Obenauer Kerstin

Dipl. Sportwissenschaftlerin, Liz. Aerobicinstructor, Liz. Fitnesstrainer, Rückenschullehrerin, Referentin und Ausbilderin DTB und HTV, Autor, TOGU Schwerpunkte: Vitaltraining, Sturzprophylaxe, Venenpower.



Pastrelli Kamada Yara

Dipl. Sportwissenschaftlerin, Leiterin des Bereichs Group-Fitness bei ELEMENTS, Instruktorin für Pilates, JUKARI Fit to Fly, Aqua TRX, deepWORK und Zumba.



Pistaue Michael

Diplom-Sportwissenschaftler, Stellvertretender Schulleiter und Dozent der KNS München, Fachbereiche: Sportschule, Leichtathletik, Koordination, Lauftraining, Organisation und Recht, Sportliche Leitung des TSV Waldtrudering e.V., Lizenziertes Life Kinetik Trainer.



Raab Barbara

Eine der erfahrensten Ausbilderinnen europaweit, Inhaberin der Euro Education, Mitbegründerin der Euro Conventions, Konzeptentwicklerin der B-Lizenz Power-Vit®, Bewegter Rücken & Slings In Rhythm, Fitness Award August 2005, Robinson® Expertin, TOGU Schwerpunkte: Dynair® XXL, Redondo Ball, Powerball® ABS®, Aero-Step® XL, Brasil®.



Raab Vroni

Dipl. Sportwissenschaftlerin univ. Reha und Prävention, Euro Education Mastertrainerin, Internationale Presenterin, Ausbilderin beim Bay. Landessportverband, Referentin S-Lizenz, Referentin B-Lizenz und PowerVit®, Konzeptentwicklerin von PowerVit® Complete (AeroStep TOGU), Robinson® Expertin. TOGU Schwerpunkte: Dynair® XXL, Redondo® Ball, Powerball® ABS®, Aero Step® XL.



Rehl Daniela

Staatlich geprüfte Gymnastiklehrerin, Lizenzen: TOGU® Brasil®, TOGU® Jumper®, Aero-Step®, Erfahrungen/Kurse: Ausgleichsgymnastik, Senior-Fit, Body-Power, Dance Aerobic, Step-Aerobic, Aerobic, Latin Dance.



Riedel Kirsten

DTB-Aerobic-Trainerin inkl. Step-Kurzausbildung, DTB-Trainerin Pilates, Drums Alive-Instructorin inkl. Kids Beats, Zumba-Instructorin, Kursleiterin und Ausbilderin Kids in Action, Referentin für den DTB und diverse Landesturnverbände, Leiterin diverser Schulprojekte



Scharr Jana

Dipl. Kauffrau und Heilpraktikerin mit eigener Praxis in München, mit den Schwerpunkten Entspannungstechniken, Anti-Stress-Training sowie Yoga und ganzheitliches Rückentraining ist Jana als Ausbilderin und Referentin aktiv. TOGU Schwerpunkte: Schulungen im Body & Mind Bereich mit Redondobällen, Noppenbällen, Aero-Step XL



Schneider Justus

Diplom Sportlehrer (DSHS Köln), Personal Trainer, Referent und Experte für verschiedene Medien (Fit For Fun, Men's Health), Ausbilder für Sport- und Fitnesskaufleute, Functional Training Experte, Schwerpunkte: Gesundheitssport und Leistungssport, ehem. Leistungssportler Stabhochsprung u.a.



Schuba Violetta

Dipl. Sportwissenschaftlerin, Ausbilderin beim DTB & HTV u.a. mit folgenden Gesundheitsthemen: GroupFitness, Pilates, Osteoporose, Nordic Walking, Rückenschule, PersonalTraining, Body&Mind, Autorin, TOGU Schwerpunkte: Prävention, Rücken, Body & Mind, Jumper®.



Sehringer Diana

Personaltrainerin, Unternehmenscoach, Referentin und Ausbilderin Fitness- und Gesundheitsbereich, Prävention und Stressbewältigung, ArohaAdvancedTrainer, PilatesTrainerin, FlexibarTrainerin, ErnährungsCoach, Schwerpunkte: AeroStep XL, Powerball, Jumper, FT Circle, Dynair XXL.



Seifert Sascha

Ausbilder für Personalfitnesstrainer, Sportheilpraktiker, Osteopath (B.A.O.), Sportphysiotherapeut DOSB. Geschäftsführer PHYSIOCORE ACADEMY und BEFIT@WORK.



Silvester Win

M. A. Gesundheitsmanagement, med. Ayurveda Spezialist, Inhaber und Ausbildungsleiter der Q-Fitness Academy, Schwerpunkte: psycho-soziale Gesundheit, Auszeit-/ Kloster-Seminare, betriebliches Gesundheitsmanagement, Athletik-Training, funktionelles Training für Einsteiger. TOGU Schwerpunkte: Aero Step XL, Redondo Ball, Jumper, Brasil, Powerball ABS, Bodystyling mit Kleingeräten.



Slomka Gunda

Sportwissenschaftlerin, Sportlehrerin & -therapeutin: Orthopädie und Rheumatologie (DVGS), int. Referentin, Ausbilderin, Expertin, Beraterin und freie Mitarbeiterin für ROBINSON Events und Euro Education, Autorin, TOGU Schwerpunkte: Dynair XXL, Feel Redondo.



Dr. Sommer Gerrit

Mannschaftsarzt der dt. Snowboard-Nationalmannschaft, FA d. Allgemeinmedizin / Sportmedizin / Chiropraxie / Naturheilkunde / Akupunktur, int. Referent für Sportmedizin und Propriozeption, Entwickler von TOGU® Sport, Jumper®-Instructor, Olympia-Arzt 2006/2010/2014. TOGU Schwerpunkte: funktionelles Training, sportsspezifische Trainingstherapie, Rehabilitation, Sturzprophylaxe, Propriozeption.

Our Educators - Germany



Stergiou Ilias

Gründer und Betreiber von AGOGE FITNESS Düsseldorf, offizieller Partner von Crossfit Inc., leistungsorientiertes Athletik Training und Kettlebell Lifting. Coach für Privatpersonen und Athleten, international Trainer, Zusatzqualifikationen: RKC, CKT, Crossfit Trainer, Strength and Conditioning Coach, Food Coach.



Stock Steffi

Steffi Stock ist mehrfach lizenzierte Lehrerin für Fitness mit Spezialisierungen im Bereich Präventions- und Gesundheitssport. Seit 2008 bildet sie für unterschiedliche Organisationen in den Bereichen Rückenfitness, Body&Mind, Präventionssport und Kommunikation aus.



Subatli Serdar

Staatl. gepr. Gymnastiklehrer, Qualifikationen: Groupfitness B-Lizenz, Zumba Fitness, Aqua-Fit-Instructor, Indoor-Cycling, Nordic Walking, Gerättraining, klassische Massage im Sport- und Wellnessbereich, Tätigkeitsbereiche: Hip Hop, Zumba, Wirbelsäulengymnastik, Bauch-Beine-Rücken-Po, Seniorengymnastik, Body Power, Cardio Fit, Step Aerobic, Bodystyling.



Turleyski Anja

Gesundheitswissenschaftlerin, Inhaberin von Sportcoaching Bremen und Sportlerin aus Leidenschaft, langjährige Erfahrung im Kinder- und Jugendbereich, Fitnesstrainer-A-Lizenz und Aerobic-B-Lizenz. Referentin in den Bereichen Rückengesundheit, Athletik- und Ausdauertraining tätig. TOGU-Schwerpunkte: Funktionelles Zirkeltraining, Brasil, Jumper.



Vatter Jens

Sport-Ökonom, European Master in Health&Fitness, selbstständiger Personal Trainer, Mental Coach und Food Coach.



Weber Karin

Dipl. Krankenschwester, dipl. Aerobic - und Fitness Instruktoren, Masterinstruktoren, Ausbilderin FA bei education in mOve®Dynamir® XXL.



Weiler Ute

Inhaberin der Pilates Bodymotion Ausbildungen Gbr., „Second Generation Pilates Teacher“, „Lolita San Miguel Pilates MasterTM“, Buch und DVD Autorin. Sportwissenschaftlerin und Anglistin. TOGU Schwerpunkte: Pilates, Übergewicht, DYNAIR® XXL.



Werther Sabrina

Staatl. geprüfte Gymnastiklehrerin, Lizenzen: Grundkurs Kinesthetics, Cardiofitness Trainer -, Gesundheitstrainer-, Sportrehabilitationstrainer-BSA, Ernährungs-B-Lizenz, Nordic Walking, BLSV, Aerobic, Step-Aerobic, Ganzkörpertraining B-Lizenz, TOGU Jumper, TOGU Brasil, Gerättraining, Kickbox Trainer, Aquafitness Trainer, Rückenschultrainer, Inline Trainer



Winkler Frauke

Fachwartin Aerobic WTB, Dipl. DTB-Ausbilderin, DTB Group Fitness-Master-Trainerin, DTB Trainerin Wellness & Gesundheit, TOGU Schwerpunkte: kinder & Jugendtraining, Head DYNAIR® XXL Kids, Jumper®.



Wolff Christiane

Staatlich geprüfte Sport- & Gymnastik-Lehrerin, lizenzierte Pilates-Instruktoren, n TriYoga®-Lehrerin, Yogalehrerin BDY/EYU, Weiterbildung in Hormon Yoga, imaginativer Bewegungspädagogik nach Eric Franklin und Spiraldynamik®, intern. Referentin, Ausbildungsleiterin bei Pilates Bodymotion, bekannt durch zahlreiche Buch- und DVD-Veröffentlichungen.



Zapf Betina

Staatl. geprüfte Gymnastiklehrerin, Lizenzen: Kickbox-Aerobic Basic Instructor, TOGU® Jumper® Instructor, TOGU® Brasil® Instructor, Indoor-Cycling Instructor, Nordic Walking Instructor, Aqua-Fit B-Lizenz Instructor, Pilates Matwork Instructor, Lizenz Rückenschule.



Ziller Martin

Staatlich geprüfter Gymnastiklehrer, Lizenzen: Group Fitness -Instructor (B-Lizenz), Kickbox-Aerobic Basic Instructor, Nordic-Walking Instructor (BLSV), Laufcoach, Spiraldynamik, Kurse: Bodystyling, Step-Aerobic, Jazz-Dance.



Bogdan Feri

Feri ist Dipl. Sportlehrer und Physiotherapeut. Personal Trainer der IFAA in dieser Funktion betreut er das ATP Tennis Tour und der deutschen Nationalmannschaft im Ringen und MMA. Durch innovative Hingabe zur Athletik und Physiotherapie kreierte mit TOGU neue Produkte für BGM und medi. PT wie das Fit Bag, die 3 D Air Pads, TriGon Elements und das neue Ball Griff von TOGU.



Peter Gabi

med. Fachangestellte, seit 2003 Übungsleiter im Verein, Ausbildung beim STB, Trainer C Fitness und Gesundheit, DTB Rückentrainer, DTB Ausbilder Dipl. und Referentin für den STB Referentin für rückengerechte Verhältnisprävention bei der AGR.



Stengle Martin

Sporttherapeut Referent für rückengerechte Verhältnisprävention (AGR e.V.) Lehrteam des DTB, STB + WLSB Personal Fitness Trainer Life Kinetik Trainer



Lange Melanie

Gesundheitstrainerin & Referentin – Hauptprofil Stressbewältigung/ Entspannung/Tanzfitness, lizenzierte Zumba®, Zumba® Kids und Zumba® Kids Jr. Trainerin, lizenzierte Life Kinetik® Trainerin. Leitet zusammen mit Gabriele Brandes das Unternehmen „UB Gesundheit“ – Ernährung, Bewegung, Entspannung, Fasten, betriebliche Gesundheitsförderung. TOGU Schwerpunkte: TOGU® Brasil®, Brasil® Base, DYNAIR® Extreme, Jumper® double



Koller Nadja

Sportwissenschaftlerin M.A./Sporttherapeutin (DVGS) Personal- und Groupfitness Trainerin Presenterin und Referentin für Firmen und verschiedene Institutionen Experte für Pilates, Rücken-, Beweglichkeits- und Funktionelles Training



Oellerich Heike

Trainerin für Wellness und Gesundheit, Haltung und Bewegung, Rücken und Beckenboden; DTB-Referentin und -Ausbilderin; Experte für Beckenboden, Sport in und nach der Schwangerschaft; Entwicklung von Bewegungskonzepten wie »Bauch-Yoga«, »Mama fit – Baby mit!« und »FASZIO®«, Fachbuchautorin für Bewegungsthemen z.B. »Faszien Training«, blv



Boesinger Sabine

Ausbilderin für Pilates und Yoga, Yogalehrerin BYV/EYU, zertifizierte Ausbilderin für die 500 Stunden Yogaausbildung nach YA und arbeitet auch mit Yoga im therapeutischen Rahmen und Hormon yoga, Referentin für Seminare zum Thema Burn-Out Prävention, Stressbewältigung und Achtsamkeitstraining. Inhaberin eines Yoga- und Pilates-Studios in Hamburg und Fachbuchautorin.



Hergert Sonja

Sportwissenschaftlerin M.A., Physiotherapeutin, Fascial Fitness Trainerin, Lehrkraft an Physiotherapieschulen, Nordic Walking Instructorin, Personal Trainerin, Rückenschulleiterin, Mind Body Instructorin. Referentin für Fitness- und Gesundheitssport für verschiedene Verbände, Turngauen, Sportkreise, Kongresse sowie „Train the Trainer“-Seminare der Volkshochschulen Hessen und Rheinland-Pfalz



Wessels Miriam

Diplom Sportwissenschaftlerin, Heilpraktikerin, Ausbilderin von Yogalehrern für Kinder, Jugendliche und Erwachsene mit Schwerpunkt Kundalini Yoga, Rückenschullehrerin sowie Beckenbodentrainerin, DTB-Referentin und -Ausbilderin; Entwicklung von Bewegungskonzepten wie »Bauch-Yoga«, »YogaDancing®«, »ASANADANCE®«, »mantra moves®«, »Meridian-Yoga« und »FASZIO®«, Fachbuchautorin für Bewegungsthemen

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Belgium

**Allemeersch Inge**

Physiotherapist, fitness instructor and product manager for the company Gymna, leader on the Belgian market for physiotherapy material and equipment.

Responsible for selection of products, education and formation.

Denmark

**Andersen Tor**

Educator in group exercise and fitness and developer of training programs in many different levels. Teaches at large conventions both in Denmark and abroad.

**Johnsen Jacob**

Boden- und Rhythmus-Turntrainer. Sportlehrer für Juniorenturner von 12 bis 18 Jahren. Selbst früher aktiv im Bodenturnen. Eigenes Unternehmen für Kleinturngeräte (bspw. Seile, Bälle, Keulen) in Dänemark.

**Svensson Jan**

Teaching within the fitness business and many different types of sports. Dance, thai bo, muscle training, EFFEKT, Bodytoning and Functional training for association and conventions

Greece

**Arvanitidou Despina**

Dipl. Sportlehrerin, Ex-Geräteturnerin und Profi Aerobic-Athletin, Expertin in Functional Training, Personal Training, Yoga, Pilates. Teilhaberin, Organisatorin und Ausbilderin der Fitness-Schule GR.A.F.T.S. HELLAS

**Kombidou Eleytheria**

Dipl. Sportlehrerin, Ex-Leichtathletin im Sprint, Personal Trainerin für Sportler und Fitness-Schule GR.A.F.T.S. HELLAS.

**Sfingos Niko**

Dipl. Sportlehrer, Absolvent der DSHS-Köln, Ex-Leichtathlet im Sprint, Inhaber der Firma SportScout und Verkaufsleiter der Firma Ermis - Exceed-athletic.

Israel

**Galazan Shimon**

Fitness coach, graduate of the Wingate sports institute, specializes in personal training workouts, functional training and stability development. Gym coach in ENERGYM Sports and responsible for all the training of ENERGYM sports. Expert in Jumper, Dynair, Multiroll

Japan

**Asuka Iso**

Physiotherapist and Athletic Trainer.

Speciality: Physiotherapy in musculoskeletal disorders, Educator in core training and TOGU FT-Physio

Norway

**Søvig Jan Erik**

Owner and Manager in Fitness, Strength Training instructor für groups, Personal Trainer, Power yoga instructor

Educator in strength and conditioning training. Product specialist and Educator Alfacare

Our International Educators

Austria



Gatol Uschi

Aerobic- und Fitnesstrainerin, Kindergartenpädagogin, Motopädagogin, Lehrwartin für Kinder & Jugendtraining, Presenterin, Kid-Fit-Fun Ausbildungsleitung, Schwerpunkte: TOGU® Kid-Fit-Fun, Kinder- und Jugendtraining, Kinder-Yoga, Dance for Kids.



Suzanna König

Internationale Referentin verschiedener Bereiche, z. B. Beckenboden, Haltung, rückengerechte Bewegungsprogramme und Antara®, 25 Jahre Erfahrung im Einzel- und Grouptraining, Leitung der BASK®.

Poland



Spalek Jozef

Physiotherapeut, Dipl. Sportwissenschaftler mit Schwerpunkt motorische Vorbereitung im Sport, Prävention und Rehabilitation, Rückenschultrainer, Rehasporttrainer, Referent und Ausbilder mit Schwerpunkt Sensomotorik, Buchautor.

Russia



Gerasimova Natalya

Instruction coordinator of exercise physiotherapists in Central Rehabilitation Hospital FMBA.



Krupennikova Elena

chief of rehabilitation unit in the State-financed health institution «The region center of exercise therapy and sports» expert in rehabilitation patients after trauma of limbs, musculoskeletal disorders, sequelae of diseases of the nervous system



Mitkovskii Valerii G., ph.d.

Russian Federation of Health Federal medical Biological Agency (FMBA). Director of Central Rehabilitation Hospital. Developer of new methodical approaches and practice of implementation up-to-date sports facilities for complex programs of kinesitherapy



Rulyova Ludmila

Instruction coordinator of exercise physiotherapists in Central Rehabilitation Hospital FMBA.



Vybornov Vasilij

Chief of sports training department at the education center «SAMBO-70» Moscow, Russia. Special rehabilitation programs for competitive sportsmen.



Yastrebtceva Irina

Professor of neurology and neurosurgery department at the Ivanovo State Medical Academy of Russian Federation. Expert in rehabilitation for patients after cerebrovascular diseases, cerebral and spinal trauma.

Switzerland



Albrecht Karin

Leiterin der star - school for training and recreation (Schweiz), internationale Ausbilderin und Referentin, Gastreferentin in Korea & Japan, Leitung internationales TOGU® Ausbildungsteam, Buchautorin.



Amman Pierre

Internationaler Präsenter und Akademieleiter education in mOVE, Switzerland.



Lythi Cyrill

Geschäftsleitung star - school for training and recreation (Schweiz), Ausbilder mit eidg. Fachausweis, Organisator der starConvention in Interlaken, internationaler Presenter und Ausbilder. TOGU Schwerpunkte: Jumper, Circuittraining.



Schmidt Lucia Nirmala

Bewegungspädagogin (u.a. Fortbildungen in Franklin-Methode, Spiraldynamik, Feldenkrais, Traditionelle Chinesische Medizin), Yogalehrerin BDY/EYU, Pilates-Trainerin, Atemtherapeutin, Beraterin für Psychosomatische Medizin (nach Dr. Ruediger Dahlke), Buchautorin. TOGU Schwerpunkte: Yoga, Pilates, MindBody, Wirbelsäule, Expertin TOGU® Piloga.

Spain



Pantas Panos

Dipl. & Prom. Biomechaniker mit mehr als 15 jähriger Arbeitserfahrung in GroupFitness, Personal Training, Marketing & Management, int. Presenter, Ausbilder, Berater & Experte für Functional Training, Eigentümer REBODY Barcelona, Head FT-Coach, Jumper® Master-Instructor.

Our International Educators

South Korea



Hye-Jin, Bae
 Registered physiotherapist, Korea
 Certified TOGU B.CO concept, Germany
 Master trainer FT-coach, Korea
 Head organizer for TOGU Physio course, Korea
 Owner of Foot healthy Physio Clinic
 International instructor of Redbalance academy, Korea



Seung-Min, Kim
 Registered physiotherapist, Korea
 Certified TOGU Physio course, Korea
 Physiotherapist of Korea University Medical Center
 International instructor of Redbalance academy, Korea

United Kingdom



Neville Vernon
 Doctor of Sports Science (Ph.D), Loughborough University, UK; Masters degree in Sports Science, Loughborough University, UK; Certified Strength & Conditioning Specialist (CSCS), NSCA, USA;
 Diploma Extreme Conditions Paramedic, WA, UK;
 Diploma Sports Performance Specialist, ETA, RSA;

Hungary



Dienes Viktoria
 Physiotherapist, R-med instructor, TOGU Jumper and TRX instructor

USA



Iannetta Sam
 Fitness Longevity™ Functional Analysis. Pre/post rehabilitation. Postural analysis and correction.
 Book Author
 Advanced Certified Personal Trainer – National Academy of Sports Medicine.
 Accredited Fitness Therapist – National Fitness Therapy Association.

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Actiroll Rumble L	465340	black	53x26 cm	3.000 g	2	48
Actiroll Wave L	465370	black	53x24 cm	3.000 g	2	49
Aero-Step	400429	blue, green, red	46x32x8 cm	2.100 g	4	26
Aero-Step Pro	400540	silver-grey, blue, black, red	52,5x40x8,5 cm	3.600 g	4	26
Aero-Step Pro actisan	420570	anthracite	52,5x40x8,5 cm	3.600 g	4	19
Aero-Step XL functional	400590	silver-grey, black, red	51x37x8 cm	2.450 g	4	26
Aero-Step XL	400510	silver-grey, blue, green	51x37x8 cm	2.800 g	4	26
Airgo Active Seat Cushion	401100	silver	40x28 cm	820 g	4	14
Airgo Active Seat Cushion Comfort	401300	black	40x28 cm	1.250 g	4	14
Airgo Active Back Cushion Backswing	510000	black	40x29 cm	470 g	5	14
Airgo Active Back Cushion Comfort	510100	black	40x29 cm	1.200 g	5	14
Airgo Wheelchair Seat Cushion	401400	black	40x28 cm	1.250 g	4	14
Airgo Wheelchair Back Cushion	510200	black	40x29 cm	1.200 g	5	14
Airgo Sitring	400640	blue, black	46x42,5x8cm	1.900 g	2	14
Airgo Sitring with cover	400648	black	46x42,5x8cm	1.900 g	2	14
Air Parcours small	805009	mixed colours			1	73
Air Parcours large	805010	mixed colours			1	73
Anti-Stress Ball	464100	blue, ruby-red, anthracite	6,5 cm	40 g	12	42
Anti-Stress Ball in display box (12pcs)	805056	colours assorted	32,5x24x8cm	995g	3	42
B						
Backfit at Work Set (Balance Block and Brasil)	805029			1.435 g	1	17
Backswing Trainer	510130	silver	40x29 cm	1.780 g	1	27
Balance Block	410480	silver	33x15x7 cm	895 g	4	27,74
Balance Board Level 1	410402	black with red	40x8 cm	945 g	1	27
Balance Board Level 2	410406	black with green	40x9,5 cm	900 g	1	27
Balance Board Level 3	410404	black with blue	40x9,5 cm	905 g	1	27
Balanza	410410	wood with red	55x35x7 cm	2.250 g	1	28
Balanza Freeride	440410	wood with red	100x30x14 cm	3.400 g	1	28
Balanza Ballstep	440420	wood with red	89x43x14 cm	5.150 g	1	28
Balanza Ballstep Group	440490	wood with red	89x43x14 cm	5.250 g	1	28
Balanza Ballstep XXL	440421	wood with red	180x60x15 cm	16.000 g	1	29
Balanza Circle	440450	wood with red	40x7 cm	1.600 g	1	29
Balanza Kids Seesaw	440500	wood with red	120x50x27 cm	6.000 g	1	29
Balanza Physiowippe	440430	wood with red	48x48x7 cm	2.990 g	1	29
Ball Bowl	930000	black, silver-grey		610 g	4	78
Ball with grip	474000	red		400 g	12	64
Ball with grip	476000	red		600 g	12	64
Ball with grip	478000	yellow		800 g	12	64
Bantoo in a set of 2	470680	red	11x5 cm	50 g	15	42
Bantoo Roller	470690	red	11x4,5 cm	55 g	10	43
Bike Balance Board	440510	wood with red	86x57x28 cm	9.000 g	1	30
N Bike Balance Board pro	440530	wood with red	86x57x28 cm	8.000 g	1	30
N Bike Balance Board easy	440540	wood with red	60x48x17 cm	7.000 g	1	30
Blackroll	400048	black	30 x 15 cm	150 g	6	49
Blackroll soft	410040	white/grey	30 x 15 cm	150 g	6	50
Blackroll Ball 8cm	410010	black	8 cm	15 g	10	50
Blackroll Ball 12cm	410020	black	ca. 12 cm	50 g	12	50
Blackroll DuoBall 8cm	410050	black	8 cm	60 g	12	50
N Blackroll DuoBall 12cm	410060	black	12 cm	73 g	10	50
Blackroll mini	410030	black	15x5,5 cm	22 g	16	51
Blackroll Set	805044	black		390 g	1	51
Bodybone	410430	silver-grey	15x6,5 cm	430 g	3	43
Bodybone XL	410440	silver-grey	26x14 cm	600 g	2	43
Bodyroll in a set of 2	460200	red, blue, amethyst	13x6 cm	300 g	10	43
Bodyroll Senso in a set of 2	460350	red, blue, black	13x6 cm	300 g	10	44
Bonito	400000	red, blue		2.350 g	4	70
Brasil set of 2 in polybag	470636	green		540 g	10	58
Brasil Aqua set of 2	470666	green		540 g	10	58
Brasil Base	470637	green	60x40 cm	1.330 g	4	42,58
Brasil Base mit Brasil in a set of 2	805054	green	60x40 cm	1.870 g	4	42
Brasil Base mit Brasil in a set of 2+DVD	805055	green	60x40 cm	1.900 g	4	42
N Brasil Base Plus	470639	green	38x11 cm	1.330 g	1	31
Brasil Bewegungsprofi Set	805034	green		550 g	10	58
Brasil bulk	470626	green		270 g	20	58
C						
CD Fiesta do Brasil	939552			100 g	10	78

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Chiming Medicine Ball	420850	blue	21cm	800 g	20	64	
Chiming Medicine Ball	421050	red	21cm	1.000 g	20	64	
Chiming Medicine Ball	421550	brown	28cm	1.500 g	8	64	
Chiming Medicine Ball	422050	brown	28cm	2.000 g	8	64	
Chiming Medicine Ball	423050	blue	28cm	3.000 g	8	64	
Chiming Medicine Ball	424050	green	34cm	4.000 g	4	64	
Chiming Medicine Ball	425050	red	34cm	5.000 g	4	64	
Colibri Supersoft Mini	487900	yellow, green	12 cm	100 g	10	68	
Colibri Supersoft Basketball	487800	yellow, green	22 cm	400 g	10	68	
Colibri Supersoft Dribbling Football	487700	yellow, green	22 cm	420 g	10	68	
Colibri Supersoft Football	487600	yellow, green	22 cm	300 g	10	68	
Colibri Supersoft Giant	487100	yellow, green	28 cm	420 g	6	68	
Colibri Supersoft Gymnastics Ball	487400	yellow, green	16 cm	300 g	10	68	
Colibri Supersoft Handball Ladies	487500	yellow, green	16 cm	300 g	10	69	
Colibri Supersoft Handball Men	487200	yellow, green	18 cm	400 g	10	69	
Colibri Supersoft Volleyball	487300	yellow, green	21 cm	200 g	10	69	
Colibri-Aero-Ball f. Gymnastics	482020	red	16 cm	300 g	20	69	
Colibri-Beachhandball F	482010	red	16 cm	320 g	20	69	
Colibri-Volleyball	482000	red	22 cm	280 g	10	69	
Covers:							
N	Cover for Airgo Sitring	930800	black		5	78	
	Cover for Ballkissen 33cm	930300	black	33 cm	30 g	5	78
	Cover for Ballkissen XL 36cm	930360	black	36 cm	30 g	5	78
	Comfort-Cover for Airgo Active Back Cushion	930600	black		160 g	5	78
	Comfort-Cover for Airgo Active Seat Cushion	930400	black		100 g	5	78
	Comfort-Cover for Dynair Premium Wedge Ballkissen	930700	black		100 g	5	78
D	Diving block	645600	black		5.000 g	2	61
	Diving ball	645700	black		5.000 g	2	61
	Diving Ring	645000			140 g	60	61
	Diving Ring	645500	black		5.000 g	2	61
	DVD Bodystyling mit Brasil (german language)	939620				10	79
	DVD Perfect Shape Aero-Step XL functional	939510			100 g	10	79
	DVD Perfect Shape Dynair XXL	939530			100 g	10	79
	DVD Perfect Shape Multiroll functional	939520			100 g	10	79
	DVD Perfect Shape Jumper	939540			100 g	10	79
	DVD Perfect Shape Powerball (german language)	939500			100 g	10	79
	DVD Feel Redondo (german language)	939590			100 g	10	79
	DVD Reaktiv Training (Raktor, german language)	939554			100 g	10	79
	Dynair-A	400320	blue	3x36 cm	3.000 g	1	31
	Dynair Balance Seat	400090	red, blue	36x28 cm	2.500 g	1	70
	Dynair Ballkissen Kids	400170	red, green, blue, raspberry, turquoise	30 cm	600 g	5	15
	Dynair Ballkissen Kids Marble	400190	marble	30 cm	600 g	5	15
	Dynair Ballkissen	400200	red, green, blue, blue-purple, black, terra, turquoise	33 cm	850 g	5	15
	Dynair Ballkissen Marble	400150	marble	33 cm	850 g	5	15
	Dynair Ballkissen Senso	400270	red, green, blue, blue-purple, black, terra, turquoise, sea-grass, misty-mountain, aubergine, basalt	33 cm	850 g	5	15
	Dynair Ballkissen XL	400300	red, green, blue, blue-purple, black, terra, turquoise	36 cm	1.150 g	4	15
	Dynair Ballkissen XL Marble	400350	marble	36 cm	1.150 g	4	15
	Dynair Ballkissen XL with actisan	420400	anthracite	36 cm	1.150 g	4	19
	Dynair Ballkissen Senso XL	400370	red, green, blue, blue-purple, black, terra, turquoise, sea-grass, misty-mountain, aubergine, basalt	36 cm	1.150 g	4	15
	Dynair Ballkissen Plus	400900	red, green, blue, blue-purple, black, terra, sea-grass, misty-mountain, aubergine, basalt	39 cm	1.450 g	4	15
	Dynair Ballkissen XXL Level III	400404	blue	50 cm	2.500 g	2	32
	Dynair Ballkissen XXL Level IV	400406	black	50 cm	2.500 g	2	32
	Dynair Ballkissen XXL Meditation	400402	dark-red	50 cm	2.500 g	2	74
	Dynair Ballkissen XXL with actisan	420410	anthracite	50 cm	2.500 g	2	19
	Dynair Cardo Ballkissen	400390	black, blue, dark-blue, dark-red, terra	36 cm	1.000 g	5	16,32
	Dynair Comfort Wedge-Ballkissen	400720	blue, anthracite	36x37 cm	1.100 g	4	16
	Dynair Extreme	400408	purple	80 cm	6.000 g	1	33
	Dynair Golf Pro in a set of 2	410350	green	each 36x18 cm	4.560 g	1	33
	Dynair Pro	410360	orange	36x10 cm	2.000 g	2	33
	Dynair Senso Mini in a set of 4	465400	red, yellow, blue, green	16 cm	800 g	4	34
	Dynair Senso Mini in a set of 4	465600	red, yellow, blue, green	20 cm	1.700 g	4	34
	Dynair Twist 2er-Set	510140	red with black	20 cm	800 g	1	34
	Dynair Walker Comfort (a pair)	465900	black with red	40x14x8 cm	2.200 g	2	34

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Dynair Wedge Ballkissen Kids	400140	red, green, blue, turquoise	29x29 cm	700 g	4	16
Dynair Wedge Ballkissen Premium	400340	black, blue, dark-blue,dark-red, terra, sea-grass, misty-mountain, aubergine, basalt	36x37 cm	1.150 g	4	16
Dynair Wedge Ballkissen Plus	400160	black, blue, dark-blue,dark-red, terra, sea-grass, misty-mountain, aubergine, basalt	37x40 cm	1.450 g	4	16
Dynamic Drums Ball	426650	red	65 cm	1.150 g	4	57
Dynamic Drums Ball	426750	red	75 cm	1.400 g	4	57
Drums Ball bowl	930005	black, silver-grey		1.500 g	2	57
Dynamic Drums sticks	930007	wooden	40 cm	84 g	10	57
Dynanza Surf	440480	wood with red	160x40x18 cm	11.500 g	1	35
Dynaswing	440470	wood with red	85x20 cm	13.200 g	1	35
E						
Earthball	600000	without decoration	100 cm	3.400 g	1	64
Earthball	600500	with decoration	100 cm	3.400 g	1	64
Earthball	605000	without decoration	200 cm	12.000 g	1	64
Earthball	605500	with decoration	200 cm	12.000 g	1	64
F						
FT-Corner	902020			75.000 g	1	80
G						
Gymnasticball Standard 300 g, unlacquered	430400	new in gold and orange	16 cm	300 g	20	52
Gymnasticball Best Quality 300g, unlacquered	430000	new in gold and orange	16 cm	300 g	20	52
Gymnasticball Best Quality 300g, lacquered	430500	new in gold and orange	16 cm	300 g	20	52
Gymnasticball Standard 420 g, unlacquered	445400	new in gold and orange	19 cm	420 g	15	52
Gymnasticball FIG Best Quality 420g, unlacquered	445100	new in gold and orange	19 cm	420 g	15	52
Gymnasticball FIG Best Quality 420g, lacquered	445500	new in gold and orange	19 cm	420 g	15	52
Gymnasium Putting Hot Shot	631000	black		1.000 g	2	59
Gymnasium Putting Hot Shot	631500	black		1.500 g	2	59
Gymnasium Putting Hot Shot	632000	black		2.000 g	2	59
Gymnasium Putting Hot Shot	632500	black		2.500 g	2	59
Gymnasium Putting Hot Shot	633000	black	11 cm	3.000 g	2	59
Gymnasium Putting Hot Shot	634000	black	11 cm	4.000 g	2	59
Gymnasium Putting Hot Shot	635000	black	12,5 cm	5.000 g	2	59
Gymnasium Putting Hot Shot	636000	black	13,5 cm	6.000 g	2	59
Gymnasium Putting Hot Shot	637200	black	13,5 cm	7.250 g	2	59
Gymnasium Putting Hot Shot	660080	black	13,5 cm	8.000 g	2	59
Gymnasium Putting Hot Shot	660090	black	13,5 cm	9.000 g	2	59
H						
happyback Ballkissen	400210	blue, anthracite	33 cm	950 g	5	17
happyback Ballkissen	400310	blue, anthracite	36 cm	1.122 g	4	17
happyback Fitnessball	427450	spring green	45 cm	950 g	4	53
happyback Fitnessball	427550	spring green	55 cm	1.050 g	4	53
happyback Fitnessball	427650	spring green	65 cm	1.150 g	4	53
happyback Fitnessball	427750	spring green	75 cm	1.400 g	4	53
happyback Relax-Nex	400500	blue, ruby-red	23,5x11 cm	360 g	16	63
J						
Jumper	410200	red, blue	52x24 cm	4.400 g	2	36
Jumper double 2er-Set	805069	red and green	2 x 36x18cm	4.560 g	1	37
Jumper with actisan	420420	anthracite	52x24 cm	4.400 g	2	19
Jumper Perfect Shape Set incl. DVD	410212	red	52x24 cm	4.500 g	2	36
Jumper Pro	410320	red, blue	52x24 cm	5.050 g	2	36
Jumper Pro actisan	410310	anthracite	52x24 cm	5.050 g	2	36
Jumper Pro plate	949530	black	50x7 cm	650 g	4	36
Jumper mini	410302	red	36x18 cm	2.280 g	2	36
Jumper mini with actisan	410330	anthracite	36x18 cm	2.280 g	2	19
N JumpStep	440550	wood with red	78x78x27 cm		1	37
K						
Kangaroo-Ball Junior ABS	310600	blue, ruby-red, turquoise	45 cm	600 g	10	71
Kangaroo-Ball Super ABS	360600	blue, ruby-red, turquoise	60 cm	900 g	10	71
Knobbed Ball Classic	462500	orange	6 cm (2,5")	40 g	100	44
Knobbed Ball Classic	463000	yellow	8 cm (3")	70 g	100	44
Knobbed Ball Classic	463500	red	9 cm (3,5")	130 g	50	44
Knobbed Ball Classic	464000	blue	10 cm (4")	170 g	50	44
Knobbed Ball Classic in a set of 2	462501	orange	6 cm (2,5")	80 g	36	44
Knobbed Ball Classic in a set of 2	463001	yellow	8 cm (3")	140 g	36	44
Knobbed Ball Classic in a set of 2	463501	red	9 cm (3,5")	260 g	32	44
Knobbed Ball Classic in a set of 2	464001	blue	10 cm (4")	340 g	36	44
Knobbed ball long	470700	red, blue, green, purple, pink, silver	7 x 4 cm	20 g	50	45
Knobbed ball long	470800	red, blue, green, purple, pink, silver	11 x 5 cm	50 g	30	45
Knobbed Ball Trend	463300	apple	8 cm (3")	70 g	100	44
Knobbed Ball Trend	463008	amethyst	8 cm (3")	70 g	100	44
Knobbed Ball Trend	463350	pink	9 cm (3,5")	130 g	50	44
Knobbed Ball Trend	463508	amethyst	9 cm (3,5")	130 g	50	44
Knobbed Ball Trend	464008	amethyst	10 cm (4")	170 g	50	44

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Knobbed Ball Trend in a set of 2	463301	apple	8 cm (3")	140 g	36	44
Knobbed Ball Trend in a set of 2	463003	amethyst	8 cm (3")	140 g	36	44
Knobbed Ball Trend in a set of 2	463351	pink	9 cm (3,5")	260 g	32	44
Knobbed Ball Trend in a set of 2	463503	amethyst	9 cm (3,5")	260 g	32	44
Knobbed Ball Trend in a set of 2	464003	amethyst	10 cm (4")	340 g	36	44
Knobbed cushion	460400	silver, amethyst	23 cm	960 g	5	65
Knobbed Ring	466000	yellow	16 cm	145 g	50	72
Knobbly Catch Training Ball	465100	red, yellow, blue	22 cm	420 g	10	71
Knobbly Sound Ball	467100	blue	10 cm	190 g	10	65
L						
Leo	400060	warm-orange		3.000 g	4	70
M						
Massage Nex	400490	blue, amethyst	20x10,5 cm	350 g	15	62
Mat Premium Easy	971200	blue	140x58x0,9 cm	350 g	4	80
Medicine Ball classic	420500	red	21cm	500 g	20	59
Medicine Ball classic	420800	blue	21cm	800 g	20	59
Medicine Ball classic	421000	red	21cm	1.000 g	20	59
Medicine Ball classic	421500	brown	28cm	1.500 g	8	59
Medicine Ball classic	422000	brown	28cm	2.000 g	8	59
Medicine Ball classic	423000	blue	28cm	3.000 g	8	59
Medicine Ball classic	424000	green	34cm	4.000 g	4	59
Medicine Ball classic	425000	red	34cm	5.000 g	4	59
Medicine ball with actisan	420540	black	21 cm	500 g	20	20,59
Medicine ball with actisan	420550	black	21 cm	800 g	20	20,59
Medicine ball with actisan	420480	black	21 cm	1.000 g	20	20,59
Medicine ball with actisan	420560	black	28 cm	1.500 g	8	20,59
Medicine ball with actisan	420490	black	28 cm	2.000 g	8	20,59
Medicine ball with actisan	420510	black	28 cm	3.000 g	8	20,59
Medicine ball with actisan	420520	black	34 cm	4.000 g	4	20,59
Medicine ball with actisan	420530	black	34 cm	5.000 g	4	20,59
Mini-dumbbell	670250	spring green	13x4,5 cm	250 g	20	60
Mini-dumbbell	670500	pink	19x7,5 cm	500 g	10	60
Mini-dumbbell	670100	blue	19x7,5 cm	1.000 g	6	60
Moonhopper	666600	blue with pink	up to 70 kg	960 g	5	71
Moonhopper	666800	green with pink	up to 70 kg	960 g	5	71
Moonhopper	666900	blue with red	up to 70 kg	960 g	5	71
Moonhopper Sport	666700	blue with black	up to 110 kg	960 g	5	37
Multiroll – storage aid	400070	black, silver	50x15 cm	1.400 g	4	62
Multiroll – storage aid with cover	400078	dark blue	50x15 cm	1.400 g	4	62
Multiroll – storage aid	400080	black, silver	50x20 cm	1.850 g	4	62
Multiroll functional	400010	black, silver, red	80x18 cm	1.800 g	4	37
Multiroll Half-Roll – storage aid	400020	black, silver	50x7,5 cm	950 g	4	62
Multiroll Half-Roll – storage aid with cover	400028	dark blue	50x7,5 cm	950 g	4	62
MyBall	414600	silver, red, green, blue, turquoise, transparent, blue-transparent	45 cm	950 g	4	53
MyBall	415600	silver, red, green, blue, turquoise, transparent, blue-transparent	55 cm	1.000 g	4	53
MyBall	416600	silver, red, green, blue, turquoise, transparent, blue-transparent	65 cm	1.100 g	4	53
MyBall	417600	silver, red, green, blue, turquoise, transparent, blue-transparent	75 cm	1.300 g	4	53
MyBall Marble	414650	marble	45 cm	950 g	4	53
MyBall Marble	415650	marble	55 cm	1.000 g	4	53
MyBall Marble	416650	marble	65 cm	1.100 g	4	53
MyBall Marble	417650	marble	75 cm	1.300 g	4	53
MyBall 55 cm with actisan	420430	anthracite	55 cm	1.000 g	4	20
MyBall 65 cm with actisan	420440	anthracite	65 cm	1.100 g	4	20
MyBall Soft	418450	pearl-white, ruby-red, anthracite	45 cm	950 g	4	53
MyBall Soft	418550	pearl-white, ruby-red, anthracite	55 cm	1.000 g	4	53
MyBall Soft	418650	pearl-white, ruby-red, anthracite	65 cm	1.100 g	4	53
MyBall Soft	418750	pearl-white, ruby-red, anthracite	75 cm	1.300 g	4	53
N						
Nex – Neckrest	400440	blue, amethyst	20x10,5 cm	350 g	15	63
O						
Octositz	400700	red, green, blue	32 cm	1.850 g	4	72
OS Roller Premium	400057	anthracite	44x15 cm	250 g	6	51
OS Roller Premium 90 cm	400067	anthracite	90x15 cm	670 g	6	51
P						
PAB (Pressure Air Biofeedback) Basic Set	805070	set			1	20,38
PAB (Pressure Air Biofeedback) Basic Device	921800				1	20,38
PAB pressure air biofeedback Pro Set	805071	set			1	20,38
PAB pressure air biofeedback Pro (Device)	921900				1	20,38

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Pendel Ball	400409	purple	55-70 cm	6.000 g	1	54
Pendel Ball with actisan	420450	anthracite	55-70 cm	6.000 g	1	21,54
Pendel Ball light with actisan	420460	anthracite	45-55 cm	3.000 g	1	21,54
N Physio Tower single	980010	wood/metal	225x35x2 cm	6.300 g	1	66
N Physio Tower double	980020	wood/metal	225x35x2 cm	6.500 g	1	66
Pilates Ball Power Pilates	492100	blue	26 cm	160 g	25	74
Pilates Ballance Ball	492000	blue	30 cm	400 g	25	74
Pilates Circle Premium	493500	black	35 cm	650 g	10	75
Pilates Foamroller Premium	400047	purple	90x15 cm	670 g	6	75
Pilates Multiroll	400030	black, silver, red	80x18 cm	1857 g	4	75
N Posturedo	440440	Birch wood/anthrazite	72x67x13 cm	9.500 g	1	38
Powerball ABS	406360	red, green, blue, silver, terra	35 cm	650 g	4	54
Powerball ABS	406450	red, green, blue, silver, terra	45 cm	1.100 g	4	54
Powerball ABS	406550	red, green, blue, silver, terra	55 cm	1.250 g	4	54
Powerball ABS	406650	red, green, blue, silver, terra	65 cm	1.530 g	4	54
Powerball ABS	406750	red, green, blue, silver, terra	75 cm	1.600 g	4	54
Powerball ABS marble	407460	marble	45 cm	1.100 g	4	54
Powerball ABS marble	407560	marble	55 cm	1.250 g	4	54
Powerball ABS marble	407660	marble	65 cm	1.530 g	4	54
Powerball ABS marble	407760	marble	75 cm	1.600 g	4	54
Powerball Premium ABS	400460	red, green, blue, silver, orange	45 cm	1.400 g	4	55
Powerball Premium ABS	400560	red, green, blue, silver, orange	55 cm	1.500 g	4	55
Powerball Premium ABS	400660	red, green, blue, silver, orange	65 cm	1.650 g	4	55
Powerball Premium ABS	400760	red, green, blue, silver, orange	75 cm	1.750 g	4	55
Powerball Premium ABS Maternity	401560	silver	55 cm	1.500 g	4	55
Powerball Premium ABS Maternity	401660	silver	65 cm	1.650 g	4	55
Powerball Premium ABS Maternity	401760	silver	75 cm	1.750 g	4	55
Powerball Challenge ABS	407750	silver-grey	55-65 cm	3.500 g	4	55
Powerball Extreme ABS	416000	blue-transparent	55-70 cm	5.000 g	2	56
Pumps:						
Ball Pump	904400	white	15 cm	40 g	50	80
Powerball Pump	966600	white	30 cm	85 g	10	81
TOGU Double Way Pump	965550	white	20 cm	60 g	24	80
Pumping set for Special Sportballs	910000			130 g	10	81
R						
N Raktor set of 2	493600	transparent with black/red	2x 26x6cm	550 g	10	60
N Raktor set of 2, refill pack microsteel pearls	970100			1.050 g	1	60
Redondo Ball 18 cm	491300	anthracite	18 cm	150 g	16	76
Redondo Ball 22 cm	491000	blue	22 cm	150 g	16	76
Redondo Ball XL 26 cm	491100	ruby-red	26 cm	160 g	16	76
Redondo Ball 18 cm with actisan	420600	anthracite	18 cm	150 g	16	21,76
Redondo Ball 22 cm with actisan	420470	anthracite	22 cm	150 g	16	21,76
Redondo Ball Touch 18 cm	493000	anthracite	18 cm	150 g	16	76
Redondo Ball Touch 22 cm	493100	blue	22 cm	150 g	16	76
Redondo Ball Touch 26 cm	493200	Ruby-red	26 cm	160 g	16	76
Redondo „Feel Redondo“ 26 cm	491600	green	26 cm	160 g	16	77
Redondo „Feel Redondo“ Set+DVD	491608	green	26 cm	260 g	16	77
Redondo Ball Plus	491400	green	38 cm	500 g	12	56,77
Relax Nex	400470	silver-grey, amethyst	23,5x11 cm	360 g	16	63
N Relax Nex Thermo	400630	red	23,5x11 cm	1.300 g	1	63
S						
Sales Support:						
Deco-set – price upon request						
TOGU Manual	960000					
End user booklet - Healthy Training	960002					
N End user booklet - Healthy Sitting	960500					
TOGU Trainings Chart	980601		DIN A3		1	
Semi knobby ball	463200	red, blue	8x4 cm	45 g	50	45
Semi Bodyroll	460500	red, blue	13x3 cm	220 g	20	45
Senso Balance Bar	410100	red, green, blue	50x7,5 cm	1.242 g	4	39
Senso Balance hedgehog in a set of 2	465150	red, yellow, blue, green, pink, purple, black	16 cm	760 g	6	39
Senso Balance hedgehog XL in a set of 2	465170	red, yellow, blue, green, pink, purple, black	18,5 cm	1.000 g	6	39
Senso Balance hedgehog Geo in a set of 2	465180	red, yellow, blue, blue-purple, green, pink	16 cm	760 g	6	39
Senso Balance hedgehog XL Geo in a set of 2	465190	red, yellow, blue, blue-purple, green, pink	18,5 cm	1.100 g	6	39
Senso Balance hedgehog Pro (single piece)	465260	rot mit schwarz	20 cm	933 g	1	40
Senso Balance Cushion in a set of 2	410490	red with black	16 cm	700 g	6	40
Senso Balance Cushion XL in a set of 2	410500	red, yellow, blue, green, pink, purple, black	20 cm	960 g	6	40
Senso Balance Pad in a set of 2	410510	red, yellow, blue, green, pink, purple, black	16 cm	360 g	10	40
Senso Balance Pad XL in a set of 2	410520	red, yellow, blue	20 cm	490 g	10	40
Senso Ball Mini	465300	red, yellow, blue	9 cm	135 g	50	46
Senso Ball Mini	465500	red, blue	11 cm	140 g	50	46

Order details 2016

Article	Art.-No.	Colours	Size ca.	Weight	Packing	Page
Senso Ball	410090	red, blue, amethyst	23 cm	420 g	10	46
Senso Ball	410110	red, blue	28 cm	420 g	10	46
Senso Ball Geo	465130	red, blue, green, pink	9 cm	120 g	12	72
Senso Ball Geo XL	465120	red, blue, green, pink	16 cm	500 g	10	72
Senso Hand Trainer light	470510	red, blue, green, violet, pink		20 g	50	46
Senso Hand Trainer plus	470610	red, blue, green, violet, pink		250 g	30	46
Senso Massage Pad	410530	silver-grey, red	13,5x7 cm	125 g	10	46
Senso Mat	400413	blue, amethyst	120x60 cm	4.000 g	4	47
Senso Mat mini	400420	blue, amethyst	60x40 cm	1.330 g	4	47
Senso Vein Trainer	400430	red, blue-purple	34x33 cm	860 g	4	41
Senso Walking Trainer light in a set of 2	470500	red, blue, green, purple, pink, silver		50 g	20	47
Senso Walking Trainer plus in a set of 2	470600	red, blue, green, purple, pink, silver		530 g	10	47
Sitzball ABS	408460	blue, silver	45 cm	1.330 g	4	17,56
Sitzball ABS	408560	blue, silver	55 cm	1.430 g	4	17,56
Sitzball ABS	408660	blue, silver	65 cm	1.550 g	4	17,56
Sitzball ABS	408760	blue, silver	75 cm	1.600 g	4	17,56
Ski Trainer	440520	red	40x40x12 cm	3.840 g	1	41
Slow Motion Ball, pumped	481000	red, blue	35 cm	300 g	8	73
Slow Motion Ball, without air	481007	red, blue	35 cm	300 g	30	73
Soft Ball	560900	yellow	9 cm	RG 65	200	72
Soft Ball grooved in a set of 2	560720	yellow	7 cm	RG 65	200	72
Soft Tennisball grooved	560700	yellow	7 cm	RG 65	400	72
Soft Trainingsball	561900	yellow	19 cm	RG 65	18	72
Soft Trainingsball	562100	yellow	21 cm	RG 65	14	72
Soft Trainingsball without grooves	580700	yellow	7 cm	RG 85	400	72
Spirit-Ball	491200	ruby-red	18 cm	120 g	20	77
Stacking Aid	930500	transparent		1050 g	1	81
Stonies – The Toning ball in a decobox	638051	silver-grey, red, yellow, blue, green	7 cm	500 g	4	60
Stonies – The Toning ball in a decobox	638101	silver-grey, red, yellow, blue, green	7 cm	1.000 g	4	60
Stonies – The Toning ball in a decobox	638151	silver-grey, red, yellow, blue, green	8 cm	1.500 g	4	60
Stonies – The Toning ball in a decobox	638201	silver-grey, red, yellow, blue, green	9,5 cm	2.000 g	2	60
Stonies – The Toning ball in a decobox	638251	silver-grey, red, yellow, blue, green	9,5 cm	2.500 g	2	60
T						
N TheraFloss Band red 2m x 50mm x 1,02mm	650240	red	2m x 50mm x 1,02mm		10	66
N TheraFloss Band black 2m x 50mm x 1,5mm	650260	black	2m x 50mm x 1,5mm		10	66
Theragym Ball ABS	400850	azure blue	85 cm	3.000 g	1	57
Theragym Ball ABS	400950	ruby-red	95 cm	3.250 g	1	57
Theragym Ball ABS	401000	ruby-red	100 cm	3.300 g	1	57
Theragym Ball	401200	orange	120 cm	3.500 g	1	57
Theragym Ball Senso ABS	411000	ruby-red	100 cm	3.000 g	1	57
Theragym Ball Senso ABS	410850	orange	85 cm	2.500 g	1	57
Theragym Loop - light	650810	yellow	31x5 cm	12 g	10	67
Theragym Loop - middle	650820	green	29x5 cm	18 g	10	67
Theragym Loop - strong	650830	blue	28x5 cm	23 g	10	67
Theragym Loop - extra strong	650840	black	27x5 cm	30 g	10	67
Theragym Band – light with Clip	650100	green	120x7,5 cm	40 g	10	66
Theragym Band – strong with Clip	650120	violet	120x7,5 cm	50 g	10	66
Theragym Band – extra strong with Clip	650130	red	120x7,5 cm	60 g	10	66
Theragym Band – light with Clip	650200	green	120x15 cm	40 g	10	66
Theragym Band – middle with Clip	650210	pink	120x15 cm	50 g	10	66
Theragym Band – strong with Clip	650220	violet	120x15 cm	60 g	10	66
Theragym Band – extra strong with Clip	650230	red	120x15 cm	70 g	10	66
Theragym Band – light	650560	green	240x7,5 cm	120 g	10	66
Theragym Band – strong	650510	violet	240x7,5 cm	140 g	10	66
Theragym Band – extra strong	650520	red	240x7,5 cm	180 g	10	66
Theragym Band – light	650660	green	240x15 cm	160 g	10	66
Theragym Band – middle	650610	pink	240x15 cm	190 g	10	66
Theragym Band – strong	650670	violet	240x15 cm	230 g	10	66
Theragym Band – extra strong	650620	red	240x15 cm	300 g	10	66
Theragym Band – light	650300	green	500x7,5 cm	120 g	10	66
Theragym Band – strong	650320	violet	500x7,5 cm	140 g	10	66
Theragym Band – extra strong	650330	red	500x7,5 cm	180 g	10	66
Theragym Band – light	650350	green	500x15 cm	160 g	10	66
Theragym Band – middle	650360	pink	500x15 cm	190 g	10	66
Theragym Band – strong	650370	violet	500x15 cm	230 g	10	66
Theragym Band – extra strong	650380	red	500x15 cm	300 g	10	66
Theragym Tube light	980023	yellow	122 cm		1	67
Theragym Tube medium	980022	green	122 cm		1	67
Theragym Tube heavy	980024	blue	122 cm		1	67
Theragym Tube very heavy	980026	black	122 cm		1	67

Order details 2016

Article	Art.-No.	Colours	Size ca.	Weight	Packing	Page
Theragym Tube Loop light	980013	yellow	70 cm		1	67
Theragym Tube Loop medium	980012	green	70 cm		1	67
Theragym Tube Loop heavy	980014	blue	70 cm		1	67
Theragym Tube Loop very heavy	980015	black	70 cm		1	67
Throwing Ball	450450	yellow		45 g	100	73
Throwing Ball	450650	yellow		65 g	100	73
Throwing Ball	450800	yellow		80 g	100	73
Throwing Ball	451500	yellow		150 g	50	73
Throwing Ball	452000	yellow		200 g	25	73
Throwing Ball	452500	yellow		250 g	25	73
Throwing Ball	453000	yellow		300 g	25	73
Throwing Ball	454000	yellow		400 g	25	73
Throwing Ring	640000	blue, green, yellow, red	18 cm	180 g	40	73
Topanga 3kg	647000	green	39 cm	3.000 g	4	61
Topanga 4kg	646000	anthracite	39 cm	4.000 g	4	21,61
Touch Ball	460080	yellow	8 cm	60 g	100	47
Touch Ball	460090	red	9 cm	100 g	50	47
Touch Ball	460100	blue	10 cm	125 g	50	47
Touch Ball	461620	red, blue, yellow	16 cm	300 g	20	47
Touch Ball	461800	pink, purple	18 cm	300 g	15	47
Trimpact set of 2	470646	blue	17,5x5,5 cm	860 g	1	61
W						
N Wall	902030	walnut appearance	2 x 2 m		1	81
Workplace Health Promotion Set	805037				1	41
Y						
Yoga Balance Kissen	400290	purple	40x40x35 cm	1.495 g	4	77

All TOGU® made articles (except especially marked) are made of high quality material Rulon®

Packing = packing units valid for wholesale

Subject to modifications and amendments during the term of validity.

Errors excepted.

30-Year-Warranty for selected articles

Declaration of Warranty by TOGU® GmbH:

30-years-guarantee: As manufacturer we give a 30-years-guarantee according deficiencies (starting with buying date) in addition to any dealer guarantee. This declaration of Warranty is valid only for consumers, this means the private end customer.

Content of Warranty: Within this guarantee we repair or replace defected products caused by material or production failures. The guarantee can be called upon in every country this product is distributed by an authorized dealer. To make use of your Warranty you have to send back the enclosed Warranty-Card to TOGU® GmbH, Atzinger Str. 1, 83209 Prien-Bachham or to register online on www.togu.de within three months from date of purchase. The hereby given informations have to be complete and correct. To comply with the three month's time limit the date of dispatch is sufficient.

Excepted are: defects caused by inappropriate use, especially if directions of the instructions for use are not observed, normal abrasion as well as failures which affect the value or use of the product insignificantly. In case of ran out of the product we reserve the right to replace the product with a comparable product. In case of guarantee please send the product with original sales receipt within three months time after discovery of the defect to TOGU® GmbH, Atzinger Str. 1 83209 Prien-Bachham, +49 (0)8051/90 38 0. For this Warranty german right is applied. Only the German version shall apply.



* selected articles are marked with the 30-year-warranty logo in our manual and will be delivered with the 30-year-warranty card.



TOGU® products „made in Germany“ are manufactured in compliance with valid EU norms, are free of forbidden phthalates (2005/84/EG) and free of any heavy metals. All TOGU® made articles (except especially marked) are made of high quality material Rulon®

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Registergericht Traunstein HRB 23064

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AGR-Seal marked products:
Geprüft und empfohlen vom Forum: Gesunder Rücken - besser leben e.V. und dem Bundesverband der deutschen Rückenschulen (BdR) e.V. Weitere Infos bei: AGR e.V., Pf. 103, 27443 Selsingen, Tel. 04284/92 69 990, www.agr-ev.de



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