



Your Brand for Health and Fitness

Magazine



since 1956



Dear customers,

Here it is: the new TOGU magazine!

people are in motion throughout their entire life: from childhood to old age, from the untrained to the high-performance athletes. We are convinced that movement is the medicine of the 21st century. Since 1956 our drive and passion is to develop and manufacture outstanding products in premium quality and excellent functionality.

From the initial idea, the applied design and raw materials, to the manufacturing at our own production site in Prien/Germany: compliance with our high premium quality standards is of major importance. With TOGU, you choose durable products that are 100% recyclable hence protecting natural resources and our environment. As an owner run business now in the third generation with a team of about 100 employees, we are aware of the responsibility towards our employees, society and the environment. We work continuously with users and experts in science and medicine thus developing a comprehensive range of health products for more well-being in all stages of life.

The best way to experience and feel the benefits of our products is to try them yourself. In line with the slogan „try it - love it“ we provide this opportunity on many trade shows and congresses at our TOGU booth. In addition, numerous training and educational events are conducted by our cooperation partners and supported by our extensive and popular pool product service with TOGU equipment.

Meet us and experience our products personally! You will find current dates at www.togu.de and www.facebook.com/togu.de

We are looking forward to your visit.

Vera und Giovanni Angelini



Trade shows and congresses 2019

PSI	– The leading European Tradeshow of the Promotional Product Industry Düsseldorf / Germany	08.01 – 10.01
Arab Health	– Dubai / UAE	28.01 – 31.01
Therapie	– Trade Fair with Congress for Therapy, Medical Rehabilitation and Prevention Leipzig / Germany	07.03 – 09.03
Expolife	– International Trade Fair for specialist stores providing medical supplies, rehabilitation orthopaedic technology and orthopaedic shoe technology fair, Kassel / Germany	28.03 – 30.03
FIBO	– The world’s biggest trade show for fitness, wellness and health, Köln / Germany	04.04 – 07.04
TOGU Day	– Frankfurt / Germany	18.05
WCPT	– World Confederation for Physical Therapy, Genf / Switzerland	10.05 – 13.05
Medica	– World Forum for Medicine, Düsseldorf / Germany	18.11 – 21.11

P.S.: find more interesting information on the topic health, movement and coordination in our blog on www.togu.de/blog



Made in Germany - seit 1956

“Our drive and passion is to develop and manufacture outstanding products in premium quality and with excellent functionality.”



Milestones

- **1956:** Foundation of the ball factory by Toni and Gust Obermaier with the invention of the world's first seamless playball made in one piece
- **1964:** The hopping ball is born – until today a toy with fun guaranteed
- **1970:** Development of the first air-filled, and therefore bouncing medicine ball
- **1983:** The large gymnastics balls are discovered for therapy and training
- **1995:** Invention of the Dynair® Ballkissen®: the practical and popular space-saving alternative to the large gymnastic ball
- **1998:** ABS®: TOGU invents the world's first and only guaranteed “burst-proof“ gymnastic ball with anti-burst material (Pat. No. 4434889.4, U.S.Pat.No. 5766707).
- **2000:** Powerball Extreme ABS® – the world's safest exercise ball – and burst proof up to 1.000 kg / 2.200 lbs
- **2000:** Launch of the Aero-Step®: the first air-filled device for balance and coordination training quickly enters physical therapy, professional and health sports. The first educational concept about sensori motor training for trainers and therapists is created.
- **2008:** Development and launch of the TOGU Jumper® multifunctional training device. The patented (European Patent No. 2092964) device is used by international sports stars in prevention and training.
- **2008:** Same year, the popular Brasil® Workout is introduced on the health & fitness market.
- **2013:** The Balanza® product series is a perfect combination of dynamic balls and a stable wooden panel: a new dimension in sensori motor training.
- **2015:** Relaunch of the famous Redondo® Ball with a new size: Redondo Ball Plus creates new challenge in health & fitness training.
- **2017:** Jacaranda® - The brand-new training concept combines elements of physiotherapy, fitness and yoga.
- **2018:** Balanza® Vario - the future of sensorimotor training for rehabilitation centers and physiotherapy practice. All forms of balance and coordination training combined in one product.

ABS® - The original: things worth knowing about a gymnastic ball



Guaranteed safe training with a ABS® Powerball® from TOGU®

It is a well known fact that a large exercise ball, which is also known as a sit ball, swiss ball or fitness ball, is ideal for training the back and trunk muscles as well as for back-friendly sitting in everyday life.

Gymnastic balls can burst:

It is less well known however, that all conventional gymnastic balls can burst suddenly when damaged during use. There is a significant risk of injury for the user of such balls.

Not all gymnastic balls are alike:

Unfortunately, this also often applies to so-called anti-burst balls, which are carelessly advertised as being safe from bursting.

Anti-Burst - guaranteed, or not?

The term anti-burst or anti-burst system is not protected. It is therefore often misleadingly used by manufacturers who are not producing guaranteed burst proof balls in the true sense. Their balls can still burst in case of a damage during use which is dangerous not only to the user's health, but also to the owner of the studio, rehabilitation center or clinic.

Prevailing case law:

Prevailing case law delegates the explicit responsibility to the professional user to use burst proof gymnastic balls for his customers or patients (in the verdict designated as "berstsicher") (see liability issue <https://openjur.de/u/354693.html>).

A promotional claim alone does not provide you with any protection. The liability risk remains with you even after the damage has been settled with your insurance. The insurance still can recourse several years after the settlement, if evidently no burst proof ball was used.

Play safe:

Make sure to get this proof through our guarantee and the use of an Original ABS® Exercise Ball from TOGU®.

Safe gymnastic balls for more than 20 years:

TOGU invented the burst proof gymnastic ball with a special material mix (Pat. No.4434889.4, U.S.Pat.No.5766707) under the brand name ABS® already in 1998 and further developed it for all areas of use, ranging from the play equipment to the training device for top athletes.

The difference: :

TOGU guarantees burst proof safety as the only provider of the safest alternative on the market.

How you profit twice:

You protect the health of your customers while we assume the liability risk for you as a manufacturer located in Germany at the same time.

For intensive and permanent use we recommend to you to replace the balls after 2 years maximum. It is best to mark your balls with the date of first use.



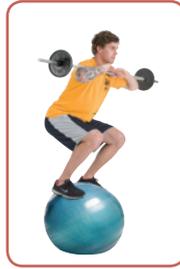
Extrem load capacity!

**ABS® Powerballs from TOGU:
Your safety guarantee
against sudden bursting
caused by damage.**



Our longterm experience in manufacturing burst proof balls leads us to the development of the safest ball of the world: the Powerball® Extreme ABS®

Powerball® Extreme ABS®



Powerball Extreme ABS

Original ABS® safety made in Germany - The airbag for your gym ball.
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 *****

The burst proof fitness ball: Powerball ABS - the original made in Germany. The great physical barrier guaranteed. The special material ABS is latex-free, odorless and with an extremely high load capacity. The safety system functions similarly to an airbag system in the car: in the event of damage to the ball by e.g. Sharp edges, needles, glass splitter, scissors, etc., the Crylon safety material prevents the ball-skin from tearing open. The air passes slowly through the hole. A bursting is excluded and injuries caused by an unexpected fall are avoided. We guarantee this as a manufacturer. Follow the instructions for use.

Colour:	blue-transparent
Size:	55 -70 cm - one size fits all
Max. load:	3000 kg (1000 kg ABS guarantee)

SAFETY-CATEGORIES

Product	Categorie	TOGU® Safety Guarantee: Product is guaranteed NOT TO BURST when damaged, even during heavy use!
ABS® Powerball®	4 ★★★★★	Up to 90 kg incl. additional weights*
ABS® Powerball® Premium	5 ★★★★★	Up to 170 kg incl. additional weights* (for 75 cm Ø up to 120 kg)
ABS® Powerball® Challenge	6 ★★★★★★	Up to 500 kg incl. additional weights* for special power training
ABS® Powerball® Extreme	7 ★★★★★★★	Up to 1000 kg incl. additional weights* for extraordinary power training

*= Please read and follow the accompanying instructions for use! ABS® is the safety system from TOGU® with the special material composition Crylon® (Patent No. P 44 34 889.4; U.S. Pat. No. 57 66 707).

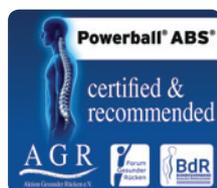


TIPP:

Powerball® Premium ABS® Pregnancy:

During pregnancy it is a good feeling to know you do your prenatal exercises at home on a guaranteed safe and burst proof ball.

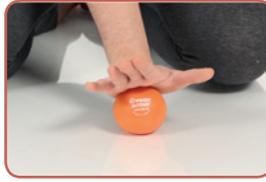
Protect your health as well as the health of your unborn child: trust in our Powerball Premium ABS Pregnancy.



more information: www.agr-ev.de

The Original ABS® balls are the only gymnastic balls with the AGR seal of approval: tested and recommended by the Forum: Gesunder Rücken – besser leben e.V. and the Federal Association of German Back Schools (BdR) e.V.

Actiball® Relax



Actiball Relax

The Actiball Relax massage balls - made in Germany - improve your flexibility and agility with little time effort and simple exercises. The application is easy to integrate into everyday life and allows to regenerate and relax musculature and fascia. So you can release tensions, improve blood circulation and increase your well-being.

Actiball Relax has got an absorbing effect due to the air filling. Therefore it is also allowed to roll and move even on joints and vertebral bodies. The massage effect is gentle and uniform thanks to the pleasant and skin-friendly material.

The massage balls are available individually with 6, 8 and 12 cm diameter as well as a set of 3.

Colour:	orange
Size:	ca. 6 cm Ø (Size S); ca. 8 cm Ø (Size M); ca. 12 cm Ø (Size L)
Max. Load:	up to ca. 150 kg

Aero-Step Pro

Aero-Step® Pro



actisan

The new Aero-Step Pro 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.

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

Colour:	blue, silver-grey, red, black, anthracite (with actisan)
Size:	52 x 40 x 8,5 cm
Max. Load:	ca. 200 kg
Specials:	AGR-Certificate; also available with actisan material

Aero-Step One

Aero-Step® One



The new Aero-Step one - made in Germany - is an air-filled and individually adjustable balance training device. It is available in two difficulty levels: Level 1 (red) and Level 2 (anthracite). Train your strength, balance, coordination and your agility in everyday life. It also helps to improve your sensorimotor system and body awareness.

The Aero-Step one offers you even more flexibility and versatility in training and therapy. It is space-saving, easy to clean and stack. The Aero-Step one is the ideal, complementary device for occupational health promotion and physiotherapy for ankle, knee and hip rehabilitation. The concentration, e.g. in the workplace is promoted by short training units. As a dynamic work surface, it allows maximum training, particularly for foot and leg axis training. Suitable for therapy and rehabilitation, fitness or at home. The material is odorless, very durable, and has a maximum weight limit of 150kg.

Colour:	red (level 1); anthracite (level 2)
Size:	ca. 38 cm x 21 cm x 6 cm
Max. load:	ca. 150 kg

Balanza® Ballstep® mini



Balanza® Vario



Balanza Ballstep & Balanza Ballstep mini

1

The new **Balanza Ballstep** for more stability and dynamics. With 4 balls attached 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.

1

The new **Balanza Ballstep mini** – made in Germany – even more compact and dynamic than its big brother Balanza Ballstep. With 4 balls attached below the wooden board it allows active people at every fitness level and age, to step into sensorimotor function training and increase their capabilities.

Colour:	birch wood with red balls
Size:	ca. 89 x 43 x 14 cm; Balanza Ballstep Mini: ca. 64 x 33 x 13 cm
Contents:	in a box with instructions and pump

Balanza Vario, Balanza Vario Carbon, Balanza Vario Pro Station

(1) **Balanza Vario** - made in Germany - is the future of sensorimotor training for rehabilitation centers and physiotherapy. The new multifunctional training and therapy station from TOGU revolutionizes balancing and coordination training on dynamic surfaces and is more than just a simple balance board. It offers the unique ability to produce countless variations and degrees of difficulty from easy to difficult, from stable to unstable, with just one device.

5 connecting adaptors under the balance plate allow the variable attachment of different elements. The elements are partly filled with air and can additionally be individually adjusted by changing the air filling to the requirements of the user. This allows patients in rehabilitation as well as high-performance athletes to benefit from Balanza Vario. It is possible to enter into the training program on every fitness level.

Balanza Vario is the ideal multifunctional solution as a balance trainer for all fitness studios, training and therapy centers.

Content:

Balanza Vario Board; 4 x Balanza balls L; 4 x Balanza balls M; 4 x Balanza balls S; 4 x Stabilizer pointed; 4 x Stabilizer flat; 1 x Jumper mini adaptor; 1 x Ball pump for needle valve;

(2) Additional available version: **Balanza Vario Carbon**

Balanza Vario Carbon is equipped with an optimized anti-slip coating and also sets new visual standards.

Optionally there is the possibility to use **Balanza Vario** in combination with other devices like the **Theragym Pro Set** and with the **TOGU Wall**.

(3) **Balanza Vario Pro Station** - made in Germany - is the future of sensorimotor training for rehabilitation centers and physiotherapy. The new multifunctional training and therapy station from TOGU - combined with an intelligent wall solution - revolutionizes balancing and coordination training on dynamic surfaces and is more than just a simple balance board. It offers the unique ability to produce countless variations and degrees of difficulty from easy to difficult, from stable to unstable, with just one device. In addition to the article Balanza® Vario, the scope of supply includes a 200x60cm TOGU Wall, which can be easily and simply mounted on any solid wall. Thanks to special magnetic mounting plates, the individual elements of the Balanza® Vario system can be stored in a space-saving and effective way. Also included in the set is a practical handle, which is used in particular in rehabilitation.

Balanza Vario Pro Station is the ideal multifunctional solution for sensorimotor training in all fitness gyms, training, therapy and rehabilitation centers.

Content:

TOGU Wall 200 x 60 cm; 4 magnetic mounting plates; 1 handle grip; Balanza Vario Board; 4 x Balanza balls L; 4 x Balanza balls M; 4 x Balanza balls S; 4 x Stabilizer pointed; 4 x Stabilizer flat; 1 x Jumper mini adaptor; 1 x Ball pump for needle valve;

Optionally you can use **Balanza Vario** in combination with **Theragym Pro Set**.

Colour:	brown with red balls; Carbon-Version: black with red balls
Size:	ca. 80 x 80 cm; height 8,5 - 23 cm; TOGU Wall 200 x 60 cm
Max. load:	ca. 100 kg static load; Carbon-Version: ca. 160 kg static load

Blackroll® Block



Blackroll Block

is a multipurpose tool, which has an open flapside in which you can practically store your Blackroll mini or Blackroll Duoball & Ball 8cm. As a practical storage option for Blackroll products (these are not included) to take away when traveling or to keep order in the training room.

Use as self myofascial release tool: the Blackroll Block serves as a higher deck for pinpoint massage using a Blackroll Duoball or Blackroll Ball (8 cm) or Blackroll mini (calves/achilles), targeting muscle groups that are otherwise hard to reach. Also usable as functional training tool and yoga block: for extension, support and easier balance in poses - suited for elevated seating during meditation as well.

Colour: black

Size: 30 x 15 cm

Material: EPP

Blackroll Set Booster Slim

The Blackroll® Set Booster Slim will give you two powerful tools in one. The combination of the Blackroll Slim with the Booster is perfect for anyone who seeks to benefit from intense vibrations combined with classic fascia training. The Booster's continuously adjustable vibrations from 12-56 Hz intensify the effects of the massage, loosen tight muscles and may reduce pain. Combined with the travel-friendly Blackroll Slim, the Booster can be used anywhere and is extremely effective.

Scope of supply:

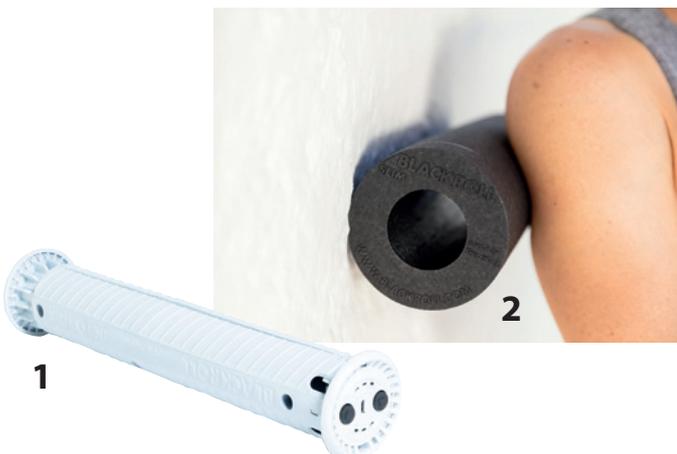
1x Blackroll Booster core – white - with practical screw mechanism (1)

1x Micro-USB charger / cable

1x Blackroll Slim – black (2)

1x Blackroll Booster Booklet A6 incl. instructions

Blackroll® Set Booster Slim

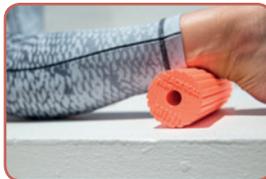


Colour: white/black

Size: 30,6 x 24,5 x 10,1 cm

Material: EPP

Blackroll® Flow Standard & Blackroll® mini Flow



Blackroll Flow Standard & Blackroll mini Flow

The Blackroll Flow Standard and Blackroll Flow mini combine contrasting effects into a harmonious whole: smooth rolling and powerful stimulation. The effects multiply: The fascia are rehydrated and the blood circulation of the tissue specifically stimulated. Faster rolling also generates a feeling of vibration, which is particularly useful for activation before exercise.

Blackroll Flow is ideal for any ambitious athlete who wants to maximize the effects of rolling for activation and recovery. The Blackroll Flow is entirely intuitive to use. The foam roller is a real allround training device and delivers fast results.

Colour:	black
Size:	30 x 15 cm (Standard); 15 x 6 cm (Mini)
Material:	EPP

Blackroll Groove

The Blackroll Groove Standard has the same density level as the Blackroll Standard, so it addresses a wide spectrum of applications. During fast rolling, the additional grooves on the surface cause a slight vibration effect, providing additional support for blood circulation of the tissues while warming up and stimulating the receptors in the connective tissues and muscles.

The Blackroll Groove Standard is particularly useful in performance and professional sports.

Colour:	black
Size:	30 x 15 cm
Material:	EPP

Blackroll Groove Pro

The Blackroll Groove Pro has got a 50 % harder density than the Blackroll Groove Standard, so it addresses a wide spectrum of applications. Due to the very high degree of hardness it should be taken into account that the Pro is only suitable for experienced users or pain-insensitive persons. It noticeably increases the elasticity and performance of the muscles with little effort and simple exercises. Regular practice with the Blackroll Groove Pro causes a long lasting relaxing effect. During fast rolling, the additional grooves on the surface cause a slight vibration effect, providing additional support for blood circulation of the tissues while warming up and stimulating the receptors in the connective tissues and muscles.

The Blackroll Groove Pro is used especially in performance and high-performance sports.

Colour:	azure, orange, grey
Size:	30 x 15 cm
Material:	EPP

Blackroll® Groove



Blackroll® Groove Pro



Blackroll® micro



Blackroll micro

The Blackroll is now available in a convenient Micro format. You can always take our smallest regeneration tool with you – it fits into any bag. The Blackroll Micro is especially well suited to massage the palms of your hands, the wrist, the back of your hand and your fingers. To do so, place the micro on a hard surface such as a desk and move your hand and fingers over it in a rolling motion. If you place the roll into the palm of your hand, you can also roll it over your forehead and jaw with light pressure to relieve tension.

Colour: black

Size: 6 x 3 cm

Material: EPP

Blackroll Pro

The Blackroll Pro foam roller is 50% harder than the Blackroll Standard, and palpably increases muscular elasticity and performance with little effort and simple exercises. Due to its extreme hardness, however, it should be noted that the Pro is only the right roller for experienced users or those with high pain tolerance. Regular exercise with the Blackroll Pro will allow its relaxing effects to last longer. Functional exercises can also be varied and intensified with the Blackroll Pro. Ideal for pro athletes and people less sensitive to pain

Colour: orange

Size: 30 x 15 cm

Material: EPP

Blackroll Slim

The Blackroll Slim packs all the advantages of the Blackroll Standard into a convenient format. The length remains the same at 30 centimeters but the circumference has been reduced. This makes the Blackroll Slim perfect for traveling. The smaller contact surface allows for a more intense massage with the effects of a sports massage. The exercises with the Blackroll Slim support the specific regeneration of the muscles and can improve your performance

Colour: black

Size: 30 x 10 cm

Material: EPP

Blackroll® Pro



Blackroll® Slim



Blackroll® Needleroller



Blackroll® Releazer



Blackroll® Deep Releazer Set of 3



Blackroll Needleroller

The stimulation of surface fascia with the Blackroll Needleroller has a variety of effects. The nerve endings in the skin and upper layers of the fascia are stimulated. For chronic pain, this can break the pain feedback loops. The tissues will be optimally prepared for subsequent therapeutic treatments. The tingling, perfusion-supporting effect is felt immediately, and pain sensitivity is significantly reduced after just a short period of use. In combination with treatment of deeper layers of tissue, the Blackroll Needleroller can regulate the production of collagen and elastin.

Colour: black-brown

Size: 26 x 9 x 6,5 cm

Blackroll Releazer

The stimulation of surface fascia with the Blackroll Needleroller has a variety of effects. The nerve endings in the skin and upper layers of the fascia are stimulated. For chronic pain, this can break the pain feedback loops. The tissues will be optimally prepared for subsequent therapeutic treatments. The tingling, perfusion-supporting effect is felt immediately, and pain sensitivity is significantly reduced after just a short period of use. In combination with treatment of deeper layers of tissue, the Blackroll Needleroller can regulate the production of collagen and elastin.

Colour: brown

Size: 60 x 3,7 x 5 cm

Blackroll Deep Releazer Set of 3

The Blackroll Deep Releazer is the smart extension (accessory) of the Blackroll Releazer. In addition to the pressure massage across the various edges, the rubberized nubs of the Blackroll Deep Releazer enable the deeply effective treatment of hardened or tense areas of the body. The Blackroll Deep Releazer, with its three degrees of hardness, is suitable for use on the lower back, hips, thighs and neck. The soft attachment serves as a start-up attachment when first used and for lower muscle pain. After some applications, the middle attachment can be used next. Eventually as a further enhancement for an even more intensive application the hard nubs can be used.

Colour: black, green, grey

Size: 18,5 x 15,5 x 4,5 cm

Blackroll® Twister



Blackroll Twister

The Blackroll Twister is your new secret weapon in fascial training, adding a new training tool to our line of foam rollers for the effective treatment of fascial adhesions. The Twister is relatively small and easy to transport, so it can be with you every day. The special knobby surface of the Twister and its ergonomically precise convex shape make the new, point-by-point stimulation of the tissue and fascial adhesion possible. The combination of pressure and rotation with the Blackroll Twister releases fascial adhesions and stimulates trigger points and connective tissue. The Blackroll Twister is perfect for deep stimulation of targeted points.

Colour:	black
Size:	7 x 5 cm
Material:	EPP

Actiball® Grip



Actiball Grip

Actiball® Grip – the half-ball for self-massage

The Actiball® Grip - made in Germany - is the ideal self-massage tool for regular use. Increase your blood circulation with little time effort, increase your flexibility and agility. The self-massage, which can be easily integrated into everyday life, allows regeneration and relaxation of the musculature and the fascia. So you can ensure the permanent release of painful tensions and you increase your wellbeing. Ideal for selective application:

- for self-massage, in particular the upper body, the upper and lower extremities
- Use on a table, wall or floor
- made in Germany - durable material 100% recyclable
- no material fatigue compared to foam
- Hygienic, easy to clean
- odorless and water resistant

Use the new Actiball Grip in active regeneration, self-massage and for relaxation exercises. The Actiball Grip is always there: the handy size allows you to use it in your everyday life, e.g. when traveling, in the office or at home.

Colour:	black
Size:	ca. 9 cm Ø

Bodybone®



Bodybone

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.

Colour:	silver-grey, red
Material Bodybone:	Ruton with special weight-filling
Size:	ca. 15 x 6,5 cm / ca. 430 g
Max. load:	ca. 200 kg (ca. 220 lbs)

Actiroll® Wave



Actiroll® Wave

The Actiroll Wave – made in Germany – is a new air-filled regeneration tool for self-massage and myofascial release and relaxation. Compared to foam rolls, there is no material fatigue. It can be adjusted easily by using the attached hand pump to a 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 Rulon is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable. Application: at home, rehabilitation and therapy
Inflate and deflate: To de- or inflate the Actiroll please use the attached original TOGU ball pump for needle valves (Art.nr. 904400). Important: Moisten the needle and insert the needle straight and carefully into the valve.

Colour: black, green, red; Size L only black
Size ca.: 15 x 6,5 cm Ø (S); 30 x 11,5 cm Ø (M); 53 x 23 cm Ø (L)
Max. load: ca. 200 kg
Specials: AGR-Certificate; different hardness is adjustable

Dynair® Ballkissen® Senso®

The Original!

2 in 1



NEW!



30 cm Ø

33 cm Ø

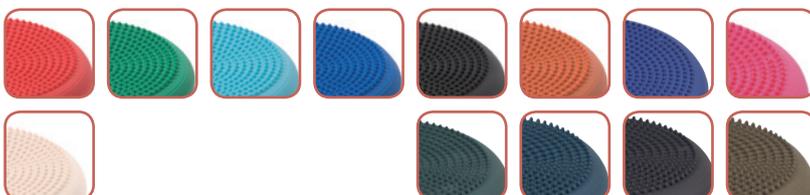
36 cm Ø

39 cm Ø



MADE IN GERMANY
30-Jahre-Garantie

Available in 4 sizes!
NEW: Ø 30cm



Dynair Ballkissen Senso

It has proven itself millions of times: The Original Dynair Ballkissen Senso - made in Germany - is an air-filled seat cushion for active-dynamic sitting. It is also a tool for sensorimotor and proprioceptive training and therapy. As a simple and space-saving alternative to the large exercise ball, it is used for many different exercises while sitting, standing or lying. Dynamic sitting and exercising is facilitated through the air charge and the particular, prime material. Minimal movements are constantly and directly transmitted to the body. This can incidentally activate the deeper back muscles and the sensorimotor system. The training of balance on the Dynair Ballkissen is also strength training. Not only do you train your ability to balance, you also train the muscles and fascia that provide flexibility and stability to the joints.

The Dynair Ballkissen can be used everywhere - at home, in the office or while traveling.

It allows for training without spending additional time. The aim is a better balance, a healthy, strong back and a stable body center. One side has a velvety smooth surface, the other features soft Senso knobs.

The Dynair Ballkissen is available in four different sizes and numerous colors.

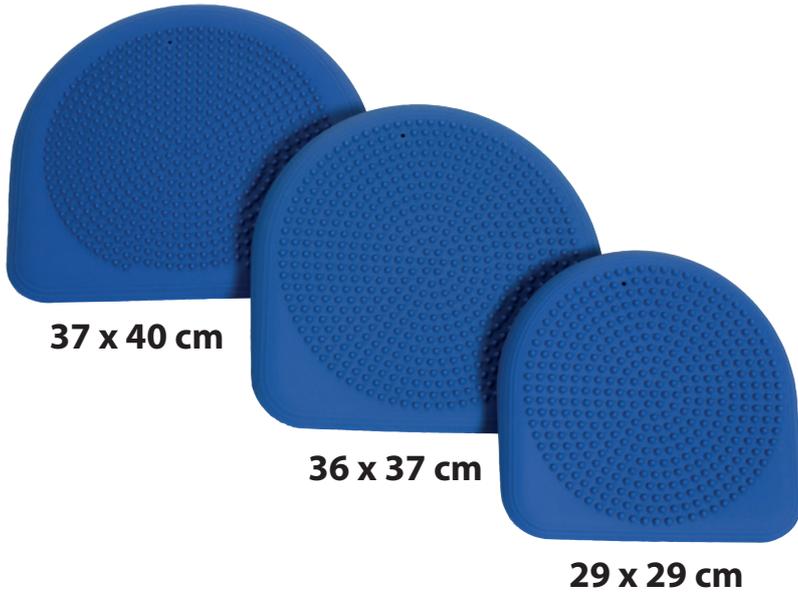
Colours:	Size ca. Ø:
red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, yellow	30 cm
red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, sea-grass, misty-mountain, aubergine, basalt	33 cm, 36 cm, 39 cm
Max. load:	ca. 200 kg (ca. 300 kg for ca. 39 cm Ø)
Specials:	AGR-Certificate

Dynair® Wedge Ballkissen®

The Original!



2 in 1



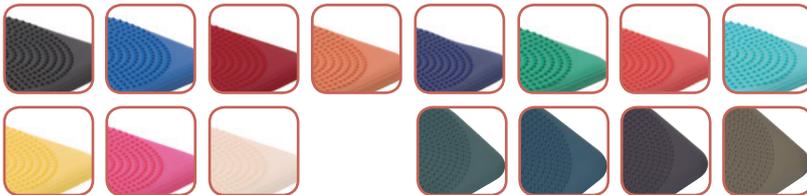
37 x 40 cm

36 x 37 cm

29 x 29 cm

Available in 3 sizes!

MADE IN GERMANY
30-Jahre-Garantie



Dynair® Extreme



ca. 80 cm Ø

2 in 1



NEW!



MADE IN GERMANY
30-Jahre-Garantie

Dynair Wedge Ballkissen

The Dynair Wedge Ballkissen is an ergonomically shaped and air-filled seat cushion for active and dynamic sitting.

It is particularly suitable for long periods of sitting, for example in the office, and the perfect combination of the original Dynair Ballkissen and a wedge pillow in one product.

The air filling creates many small, fine movements that are transmitted to the back muscles and the spine through constant balancing. The back muscles are thus activated while sitting and back pain can be alleviated. The back is effectively and simply relieved. The intervertebral discs are gently kept moving and the posture can be constantly varied while sitting.

Concentration and attention, for example on a busy and long day of work or school, can be sustained longer.

In addition, the even pressure distribution provides a better, vein-optimized support of the thighs.

Can be used on both sides, the softly nubby side additionally allows a foot and back massage and ensures air circulation while sitting.

Eu Patentno. 1616506

Colours:	Size ca.:
red, green, blue, turquoise, pink, pearl, yellow	29 x 29 cm
black, blue, dark-red, terra, dark-blue, pink, pearl, sea-grass, misty-mountain, aubergine, basalt	36 x 37 cm;
	37 x 40 cm
Max. load:	ca. 200 kg (ca. 300 kg for 37 x 40 cm)

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.

Colours:	purple, anthracite
Size:	ca. 80 cm
Max. load:	ca. 200 kg
Specials:	AGR-Certificate; also suitable for children

Fascial Coach Deep Ring



Fascial Coach Deep Ring

The Fascial Coach Deep Ring is an innovative sensorimotor training device that activates your Deeper muscles. The special weighted and moving filling inside the Ring activates your endogenous power, caused by rotations and movements by acceleration.

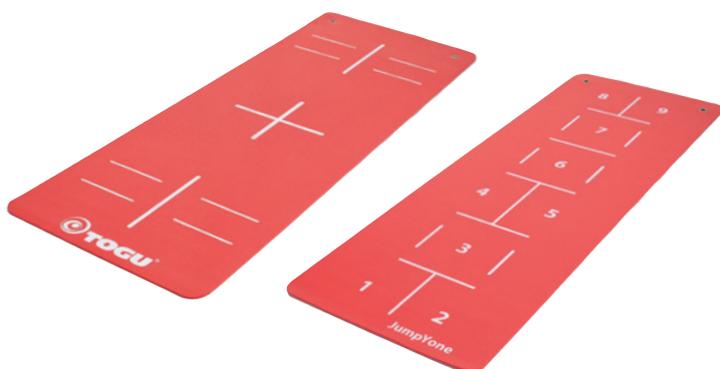
The Fascial Coach Deep Ring challenges and supports all your senses. It inspires and motivates you through the diversified applications and varied challenges in training.

The enclosed training chart shows you different exercises for use in the studio or at home. The Fascial Coach Deep Ring - made in Germany - is about 30 cm in diameter with a weight filling of about 1.500 grams. The material Ruton is extremely durable, washable and robust and can be recycled multiple times.

Colour:	turquoise
Size:	ca. 30 cm Ø
Weight:	ca. 1500 g
Specials:	stainless steel balls inside

Gymnastics Mat TOGU® JumpYone®

Gymnastics Mat TOGU® JumpYone®



The gymnastics mat TOGU JumpYone is the ideal training partner for functional training, fascia fitness and health sports.

With dimensions of approx. 180 x 66 x 0.5 cm, the fitness mat can be used for many exercises such as sit-ups, push-ups and even yoga sessions. The mat is printed with functional markings on both sides. This makes exercises with many jumping and running variations possible. The elastic material ensures optimal cushioning and an anti-slip top and bottom. It is rolled, easy to transport and stow away to save space.

JumpYone - The innovative movement concept provides motivation and variety: Get fit with the „Hüpfekästchen“ or „Heaven and Hell“ game!

The well-known children's game can now be used perfectly at any age. Thus, you can compensate for both motoric and physical inactivity and prevent osteoporosis with a lot of fun.

Colour:	red/white
Size:	ca. 180 x 66 x 0,5 cm
Specials:	printed on both sides

Jacaranda®



Jacaranda

Smart and Clever. Jacaranda® - modern back training by TOGU.

Experience the gentle challenge of the air and weighted filling move inside the Jacaranda. This movement creates vibrations which transfer to your body, allowing you to train your deep lying muscles, help stabilize your body, while at the same time keeping it flexible and upright.

The autochthonous back muscles, which stabilize the spine, and the muscles of the abdomen, pelvic floor and diaphragm, can be trained by holding, moving and controlling the Jacaranda.

The Jacaranda creates a lively and exciting work out, with multiple exercises, all from a ball.

With a weight of just 400 grams, and with free moving stainless steel balls inside, the Jacaranda is particularly easy on joints during training, yet at the same time challenges many of our body senses.

Develop your flexibility, strength and coordination with just one work out.

Colour:	yellow
Size:	ca. 14 cm Ø
Weight:	ca. 400 g
Specials:	stainless steel balls inside

K-Active Tape Classic



Kruser Fascia Tools



K-Active Tape Classic

K-Active Tape is a water-resistant, elastic and adhesive Kinesiological Tape which can be worn on the skin for several days. It consists of a cotton fabric and acrylic adhesive coating which will be activated by friction after application. After removal it does not leave any residue and it does not contain latex. Trust the Original. K-Active Tape Classic.

Colour: beige, black, blue, green, pink
Size: 5 m x 5 cm; 17 m x 5 cm

Kruser Fascia Tools

The Kruser are innovative fascia tools developed by the well-known sports physiotherapist Swen Kruse. The method according to Swen Kruse does not use additional preparations, e.g. Creams or oil. The tools have been specially devised for this application in device-based fascia treatment.

- Use of the Kruser fascia tools for:
- a supple and healthy fascia network
 - better blood circulation in the tissue
 - the loosening of adhesions in the connective tissue
 - an improvement in mobility

The Kruser Fascia Tools made of surgical stainless steel are extremely durable, uncomplicated and hygienic in use.

(1) Kruser P

The Kruser P has 2 rounded ends. One side of the Kruser P is modeled on the shape of the human thumb. The other side of the fascia tool replaces the index finger and can relieve it. The Kruser P is also perfectly suitable for the use in trigger point therapy and acupressure.

(2) Kruser S

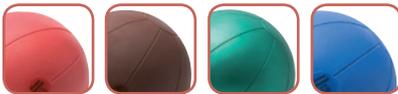
The Kruser S has 2 rounded ends. One side of the Kruser S is modeled based on the shape of the human thumb. The other side of the fascia tool is designed to replace the index finger. The center part of the tool has an enlarged diameter which can be used to roll over the body surface. The Kruser S is also excellent for use in the trigger point therapy and acupressure.

(3) Kruser R

Compared to the other Kruser products, the Kruser R features several rounded edges. The tool has a concave and a convex side. As a result, it can be applied almost on the entire body surface. When using the Kruser R in fascial therapy, the fascia in the deep layers of the body can be treated very efficiently.

Colour: silver
Size: Kruser P: 14,5 cm x 2 cm Ø; Kruser R: 18,5 cm x 0,5 cm x 3 cm; Kruser S 16 cm x 3,5 cm Ø
Material: surgical stainless steel

Medicine Ball



TOGU® Challenge Disc 2.0



Medicine Ball

The **Medicine ball** – made in Germany by TOGU:

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.

Medicine Ball actisan: Classic medicine ball now available also as self-desinfecting training tool. For hygienic use in group training.

NEW: Fascial Fitness Medicine ball in 2kg in red developed for Fascial Fitness educational concept.

Colour:	ca. Size:	ca. Weight:
red, black (actisan)	21 cm Ø	0,5 kg
blue, black (actisan)	21 cm Ø	0,8 kg
red, black (actisan)	21 cm Ø	1 kg
brown, black (actisan)	28 cm Ø	1,5 kg
brown, red (Fascial Fitness), black (actisan)	28 cm Ø	2 kg
blue, black (actisan)	28 cm Ø	3 kg
green, black (actisan)	34 cm Ø	4 kg
red, black (actisan)	34 cm Ø	5 kg

Specials: with needle valve, rebound

TOGU® Challenge Disc 2.0

The multiaxial patented (EU-Patent Nr. 2081651) platform provides training for all performance levels and ages. The built-in motion sensor transfers measurement data to end-devices using Bluetooth 4.0. The stable base plate and stand plate with anti-slip coating on the surface provide the necessary safety.

Features of the Challenge Disc app

- The Challenge Disc app allows you to perform selective exercises – systematically, efficiently and in a targeted manner
- The app offers innovations in coordination training for fitness enthusiasts, athletes, therapists and trainers
- The first coordination/balance test and training app with Bluetooth 4.0 sensor technology for Win, Mac, Android and iOS
- Scientifically proven standard values and training programmes
- Multiaxial patented (EU-Patent Nr. 2081651) platform provides training for all performance levels and ages

Patients and athletes can train independently with the Challenge Disc. They are motivated without needing a trainer to be present and instructing them. The Challenge Disc App takes over the coaching task and permits targeted coordination training for legs, back and core.

Colour: anthracite/red

Size: ca. 44 cm Ø

Virus Equilibrium



Virus Equilibrium

The revolution in Functional Core Training - manufactured by ski and snowboard specialist Virus Snowsports in cooperation with TOGU.

Improve sensorimotor function and proprioception and promote horizontal and vertical stabilization with one training device.

Ideal for professional users in the gym as well as in the home fitness area for shoulder and arm muscles, abdominal muscles, lower back and buttock musculature and thigh muscles.

The Virus Equilibrium Board is available in four different versions in four colors each:

VIRUS Equilibrium HOME basic

The Equilibrium Basic Kit consists of plate incl. 1 pair of resistance bands with grips + 1 band adjustment belt, pressure adjustment pump and intensity + training manual

VIRUS Equilibrium HOME basic +

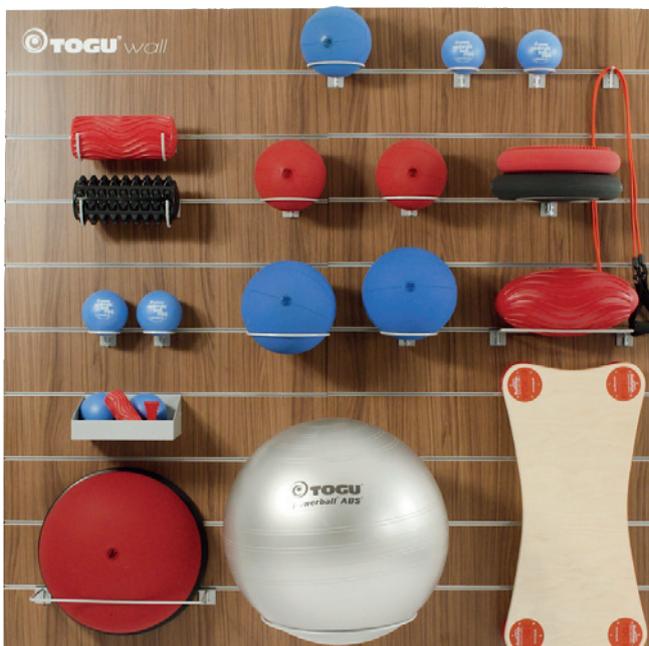
The Equilibrium Basic Kit consists of plate incl. 1 pair of resistance bands with handles + 1 deflection kit for band adjustment, pump for adjusting the pressure and intensity + short training manual + weight bag 10 KG

Colours: fire, grey, lime

Packing unit: ca. 128 cm x 48 cm x 12 cm

Max. load: ca. 150 kg

TOGU® Wall



example of use

TOGU Wall

The new **TOGU Wall** is an intelligent combination of a presentation space and storage aid for all TOGU 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 2 m (height) x 1 m (width) (Walnut optics).

The optional shelves and brackets can be ordered as a set or individually according to the needs in each 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.

TOGU Wall is also available as customized product with various colours upon request. The material is very robust, durable and easy to clean.

TOGU Wall mirror

The new model of TOGU Wall in mirror optics consists of one element of 1.20 m width and 2 m height. It is an intelligent combination of a presentation space and storage aid for all TOGU training and therapy tools. The system can be used in a modular way.

The optional shelves and brackets can be ordered as a set or individually according to the needs in each 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.

TOGU Wall is also available as customized product with various colours upon request. The material is very robust, durable and easy to clean.

Colour: walnut, mirror

Size: 1,2 m x 2 m x 1 cm; 2 m x 2 m x 1 cm

Specials: 2 Version available: TOGU Wall; TOGU Wall with 18 hangers

Material: MDF



 **QUALITY**
Made in Germany

 **TOGU**®

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