TOGU®

Move healthy - experience more



Health & Fitness
Medical Devices
Animal: Training & Therapy for Animals

QUALITY
Made in Germany



Our Philosophy

We are passionate manufacturers.

Since 1956, our family business, now in its third generation, has developed and manufactured outstanding products for training, rehabilitation, therapy, fitness, wellness, sports and play.

TOGU products are unique. They offer distinctive solutions that encourage movement and support an active, healthy life: improving well-being, restoring physical function, enhancing performance and enjoying life.

Our versatile range includes play and sports equipment for kindergartens and schools; training and therapy equipment for home, fitness studios and rehabilitation; and products for injury prevention and athletic training in elite sports.

Our Responsibility

Producing durable, sustainable, high-quality products Made in Germany at our production site in Prien am Chiemsee is important to us. This helps reduce the use of raw materials and energy.

TOGU stands for quality and functionality, reliability and innovation, flexibility and speed in implementing new developments.

We design and develop our production and printing machines in-house. TOGU operates its own toolmaking facility, including surface finishing. Short transport routes from regional suppliers are another component of our sustainability approach, helping conserve resources.

Areas of Application

Medical devices
Fitness and sports equipment
Play balls

Early development – Children
Learning and developing skills

Everyday life
Staying healthy and preventing injuries

Pilates, yoga and wellness
Enjoy healthy movement, relaxation and a balanced life

Athletic performance
Improve performance and efficiency while preventing injuries

Successful rehabilitation
Regain full function and prevent recurrent injuries

Healthy aging
Maintain mobility and quality of life; prevent falls and injuries



Innovation and Tradition: Our Milestones

- Company founded; first seamless play ball
- First bouncing ball launched
- Development of an air-filled medicine ball
- First large exercise balls for active sitting, therapy and training
- Moonhopper® – bouncing-ball game, still popular worldwide
- Dynair® Ballkissen® – the space-saving alternative to the large exercise ball
- ABS® – development of anti-burst material for exercise balls with burst protection
- Powerball® Extreme ABS® for elite sports and athletic training; Aero-Step®
- TOGU Jumper® & Brasil® Workout – effective training equipment combined with powerful movement programs
- Introduction of the Balanza® range: the intelligent combination of ball and wood
- Balanza Vario – a complete balance training station for practices and gyms
- PAB® – Power and Balance – bringing strength and coordination together for your benefit
- TOGU® – 70 years of ball manufacturing at Chiemsee



Actiball®

COLOR / TYPE	
black	465310

Technical specifications:
Size: approx. 9 cm diameter / M
Weight: approx. 0.105 kg
Material: hardened Ruton



Air-filled recovery tool for self-massage. With a diameter of approx. 9 cm, it is easy to use and space-saving. Using your own body weight during massage can help release adhesions and tension. It may also promote blood circulation throughout the body.

Actiball® Grip

COLOR / TYPE	
black	465440

Technical specifications:
Size: approx. 9 cm diameter / M
Weight: approx. 0.105 kg
Material: hardened Ruton



Air-filled recovery tool for self-massage. With a diameter of approx. 9 cm, it is easy to use and space-saving. Using your own body weight during massage can help release adhesions and tension. It may also promote blood circulation throughout the body.

Actiball® Relax

COLOR / TYPE	
S (6 cm)	465417
M (8 cm)	465427
L (12 cm)	465437
Set of 3	805092

Technical specifications:
Size: approx. 6, 8 and 12 cm diameter
Weight, size S: approx. 70 g
Weight, size M: approx. 100 g
Weight, size L: approx. 150 g
Maximum load: approx. 150 kg
Material: hardened Ruton



Actiball® Relax is an individually adjustable self-massage ball for fascia treatment in three sizes. The massage balls are available individually in diameters of 6, 8 and 12 cm, or as a set of three. The three different sizes complement each other perfectly, allowing more targeted or broader massage depending on the area of application.

Actiball® Relax Thermo

COLOR / TYPE	BN
L (10 cm)	410142



Technical specifications:
Size: 10 cm
Material: Ruton with thermo-gel filling
Maximum load: approx. 150 kg

Thermal massage ball with a special thermo-gel filling. The comfortable material adapts to the contours of the body during use. Warm it up for easy, effective massage and relaxation, or use it chilled as a cold ball. Ideal after a long day at work or for a relaxing break.

Actiroll® Rumble M

COLOR / TYPE	BN
red	465332
black	465335
green	465336

Actiroll® Geprüft & empfohlen AGR BdR

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Dimensions: approx. 30 x 13 cm
Maximum load: approx. 200 kg
Material: hardened Ruton

Air-filled fascia roller for self-massage, relaxation and recovery. The supplied hand pump allows easy, continuous adjustment of firmness. Ideal for adapting the intensity of your workout or massage to individual needs. The air filling allows myofascial structures to be massaged comfortably, even when rolling over joints and vertebrae.

Actiroll® Wave S

COLOR / TYPE	BN
red	465352
black	465355
green	465356



Technical specifications:
Size S: approx. 14.5 cm long, 6.5 cm diameter
Maximum load: approx. 200 kg
Material: Ruton

Air-filled mini fascia roller for self-massage, relaxation and recovery. The air filling allows myofascial structures to be massaged comfortably, even when rolling over joints and vertebrae.

Actiroll® Wave M

COLOR / TYPE	BN
red	465362
black	465365
green	465366



Technical specifications:
Dimensions: approx. 30 cm long, 11.5 cm diameter
Material: Ruton (incl. hand pump for continuous adjustment of firmness)
Maximum load: approx. 200 kg

Air-filled fascia roller for self-massage, relaxation and recovery. The supplied hand pump allows easy, continuous adjustment of firmness to meet individual needs. The air filling helps you reach myofascial structures comfortably, including when rolling over joints and vertebrae.

Aero-Roll® Half Roller

COLOR / TYPE	BN
black	400025
silver	400021



Technical specifications:
Dimensions: 50 x 7.5 cm
Weight: approx. 950 g
Maximum load: approx. 200 kg

Air-filled fascia roller for self-massage, relaxation and recovery. The supplied hand pump allows easy, continuous adjustment of firmness to meet individual needs. The air filling helps you reach myofascial structures comfortably, including when rolling over joints and vertebrae.

Aero-Roll® 15 cm

COLOR / TYPE	BN
black	400075
silver	400071



Technical specifications:
Dimensions: 50 x 15 cm / 50 x 20 cm
Weight: approx. 1,400 g / 1,850 g
Maximum load: approx. 200 kg

Air-filled roller with a needle valve. Can be used as a dynamic support surface during exercise. Available in two diameters.

Aero-Roll® 20 cm

COLOR / TYPE	BN
black	400085
silver	400081



Technical specifications:
Dimensions: 50 x 15 cm / 50 x 20 cm
Weight: approx. 1,400 g / 1,850 g
Maximum load: approx. 200 kg

Air-filled roller with a needle valve. Can be used as a dynamic support surface during exercise. Available in two diameters.

AREAS OF USE

- Muscle tension in the back, neck and shoulders
- Tired or heavy legs
- Limited mobility
- Recovery after physical activity
- Balance and coordination training
- Body awareness



Example: Actiroll Wave M

DID YOU KNOW?

Regular self-massage can help relax tight muscles, stimulate circulation and improve mobility.

Even a few minutes a day may improve body awareness and support recovery after exercise or a long working day.



Example: Actiroll Wave M

PRODUCT TIP

Roll slowly and evenly over your muscles while breathing calmly.

Slow movements often feel more comfortable and intense.

Just 5–10 minutes a day can complement exercise, stretching and an active lifestyle.



Example: Actiroll Wave M

Aero-Step® One - Level 1

COLOR / TYPE	BN
red	400552



Technical specifications:
Dimensions: 38 x 21 x 6 cm
Weight: approx. 1,200 g
Maximum load: approx. 150 kg
Material: Ruton

More dynamic than a balance pad and more stable than a balance cushion. Easily train strength, balance, coordination and mobility throughout the day. It can also help improve sensorimotor skills and body awareness and address muscular imbalances. Aero-Step One offers added flexibility and versatility. Available in two difficulty levels: Level 1 (red) and Level 2 (anthracite).

Aero-Step® One - Level 2

COLOR / TYPE	BN
anthracite	400555



Technical specifications:
Dimensions: 38 x 21 x 6 cm
Weight: approx. 1,200 g
Maximum load: approx. 150 kg
Material: Ruton

More dynamic than a balance pad and more stable than a balance cushion. Easily train strength, balance, coordination and mobility throughout the day. It can also help improve sensorimotor skills and body awareness and address muscular imbalances. Aero-Step One offers added flexibility and versatility. Available in two difficulty levels: Level 1 (red) and Level 2 (anthracite).

Aero-Step®

COLOR / TYPE	BN
red	400422
blue	400425
green	400426



Technical specifications:
Dimensions: 46 x 32 x 8 cm
Weight: approx. 2,100 g
Maximum load: approx. 200 kg
Material: Ruton

The classic air-filled balance cushion. Developed by TOGU with a comprehensive sensorimotor training concept. Wobbling is encouraged, even for young children and small feet. Training helps develop balance, reactions and reflexes, posture and concentration. The air-filled two-chamber system makes exercise with the Aero-Step varied and enjoyable.

Aero-Step® free

COLOR / TYPE	BN
anthracite	400455
blue	400454
red	400452



Technical specifications:
Contents: set of 2 with instructions and ball pump

Aero-Step® free offers extra movement to help you stay healthy or regain fitness. Short exercise programs developed by sports scientists and medical professionals are easy to integrate into your daily routine. The Aero-Step® free can also enhance many other exercise programs. Discover TOGU healthy training exercises and take the first step toward a healthier lifestyle.

Aero-Step® Pro

COLOR / TYPE	BN
silver	400541
red	400542
blue	400544
black	400545



Technical specifications:
Dimensions: 52 x 40 x 8.5 cm
Weight: approx. 3,600 g
Maximum load: approx. 200 kg
Material: Ruton

More dynamic, larger and more versatile. The Aero-Step Pro can be used on both sides (2-in-1), is easy to clean and can be stacked for storage. Its proven two-chamber air system creates an unstable support surface for highly effective proprioceptive training.

Aero-Step® XL

COLOR / TYPE	BN
silver gray	400511
red	400512
blue	400514
black	400515
green	400516



Technical specifications:
Dimensions: 51 x 37 x 8 cm
Weight: approx. 2,800 g
Maximum load: approx. 200 kg
Material: Ruton

The classic air-filled balance cushion, developed by TOGU with a comprehensive sensorimotor training concept. Train balance, reactions, reflexes, posture and concentration. Includes an individually adjustable two-chamber air system and textured nodules on the upper surface.

Aero-Step® XL functional

COLOR / TYPE	BN
silver gray	400591
red	400592
black	400595



Technical specifications:
Dimensions: 51 x 37 x 8 cm
Weight: approx. 2,800 g
Maximum load: approx. 200 kg
Material: Ruton

The classic air-filled balance cushion. Developed by TOGU with a comprehensive sensorimotor exercise concept. Train balance, reflexes, posture and concentration with the individually adjustable two-chamber air system.

Airgo® Active Seat Cushion

COLOR / TYPE	BN
silver	401100



Technical specifications:
Dimensions: approx. 40 x 28 cm
Weight: approx. 820 g
Maximum load: approx. 200 kg

This air-filled lumbar support cushion encourages healthy, dynamic sitting. Small, subtle movements help keep your spine and intervertebral discs moving without requiring extra time. It can provide comfort and relief during prolonged sitting, such as while traveling, at the movies or in a stadium. Turn static sitting into active, dynamic sitting.

Airgo® Active Seat Cushion with Standard Cover

COLOR / TYPE	BN
black	401120



Technical specifications:
Dimensions: approx. 40 x 28 cm
Weight: approx. 820 g
Maximum load: approx. 200 kg

This air-filled lumbar support cushion encourages healthy, dynamic sitting. Small, subtle movements help keep your spine and intervertebral discs moving without requiring extra time. It can provide comfort and relief during prolonged sitting, such as while traveling, at the movies or in a stadium. Turn static sitting into active, dynamic sitting.

Airgo® Active Seat Cushion Comfort

COLOR / TYPE	BN
● black	401300



Technical specifications:
Dimensions: approx. 40 x 28 cm
Weight: approx. 970 g
Maximum load: approx. 200 kg
Cover: washable at 40°C (special delicate cycle)

This air-filled lumbar support cushion encourages healthy, dynamic sitting. Small, subtle movements help keep your spine and intervertebral discs moving without requiring extra time. It can provide comfort and relief during prolonged sitting, such as while traveling, at the movies or in a stadium. Turn static sitting into active, dynamic sitting.

Airgo® Active Back Cushion

COLOR / TYPE	BN
● black	510000



Technical specifications:
Dimensions: approx. 40 x 29 cm
Weight: approx. 530 g
Maximum load: approx. 200 kg
Cover: 100% polyester

This air-filled lumbar support cushion encourages healthy, dynamic sitting. Small, subtle movements help keep your spine and intervertebral discs moving without requiring extra time. It can provide comfort and relief during prolonged sitting, such as while traveling, at the movies or in a stadium. Turn static sitting into active, dynamic sitting.

Airgo® Active Back Cushion Comfort

COLOR / TYPE	BN
● black	510100



Technical specifications:
Dimensions: approx. 40 x 29 cm
Weight: approx. 580 g
Maximum load: approx. 200 kg
Cover: washable at 40°C (special delicate cycle)

This air-filled lumbar support cushion encourages healthy, dynamic sitting. Small, subtle movements help keep your spine and intervertebral discs moving without requiring extra time. It can provide comfort and relief during prolonged sitting, such as while traveling, at the movies or in a stadium. Turn static sitting into active, dynamic sitting.

Airgo® Wheelchair Seat Cushion

COLOR / TYPE	BN
black	401400



Technical specifications:
Dimensions: approx. 40 x 28 cm
Weight: approx. 970 g
Maximum load: approx. 200 kg
Made in Germany
Cover: washable at 40°C (special delicate cycle)

This air-filled lumbar support cushion encourages healthy, dynamic sitting. Small, subtle movements help keep your spine and intervertebral discs moving without requiring extra time. It can provide comfort and relief during prolonged sitting, such as while traveling, at the movies or in a stadium. Turn static sitting into active, dynamic sitting.

Airgo® Wheelchair Back Cushion

COLOR / TYPE	BN
black	510200



Technical specifications:
Dimensions: approx. 40 x 29 cm
Weight: approx. 580 g
Maximum load: approx. 200 kg
Cover: washable at 40°C (special delicate cycle)

This air-filled lumbar support cushion encourages healthy, dynamic sitting. Small, subtle movements help keep your spine and intervertebral discs moving without requiring extra time. It can provide comfort and relief during prolonged sitting, such as while traveling, at the movies or in a stadium. Turn static sitting into active, dynamic sitting.

Airgo® Seat Ring

COLOR / TYPE	BN
blue	400644
black	400645



Technical specifications:
Dimensions: approx. 46 x 42.5 x 8 cm
Weight: approx. 1,900 g
Maximum load: approx. 200 kg

Unlike conventional foam seat rings, the Airgo Seat Ring is air-filled. Its needle valve allows the air level and firmness to be adjusted easily. The durable material is hygienic, washable and easy to clean. It can provide relief from temporary or chronic discomfort while sitting.

Airgo® Seat Ring with Cover

COLOR / TYPE	BN
black	400648



Unlike conventional foam seat rings, the Airgo Seat Ring is air-filled. Its needle valve lets you adjust the air level and firmness. The material is robust, durable, hygienic, and easy to wipe clean. It can relieve temporary or chronic discomfort when sitting. Includes a durable, washable cover.

Air Parcours Small

COLOR / TYPE	BN
assorted colors	805009

Contents:
2 x Senso Balance Bar, blue
1 x Dynair Ballkissen 30 cm
2 x Senso Balance Hedgehog, green
1 x Jumper mini, red



The Air Parcours is a balance set of air-filled TOGU equipment that adds movement and dynamic challenges to exercise sessions. It makes training fun while developing coordination, mobility and concentration. Durable and easy to wipe clean, it is ideal for preschools, schools and clubs. Small set: 2 blue Senso Balance Bars, 1 assorted Dynair Kids, 2 green Senso Balance Hedgehogs and 1 red Jumper mini.

Air Parcours Large

COLOR / TYPE	BN
assorted colors	805010

Contents:
2 x Senso Balance Bar, blue
2 x Dynair Ballkissen 30 cm
2 x Senso Balance Hedgehog, green
1 x Jumper mini, red
4 x Dynair Mini 20 cm



The Air Parcours is a balance set of air-filled TOGU equipment that adds movement and dynamic challenges to exercise sessions. It makes training fun while developing coordination, mobility and concentration. Durable and easy to wipe clean, it is ideal for preschools, schools and clubs. Large set: 2 blue Senso Balance Bars, 2 assorted Dynair Kids, 2 green Senso Balance Hedgehogs, 1 red Jumper mini and 4 assorted Dynair Minis (20 cm).

Anti-Stress Ball

COLOR / TYPE	BN
blue	464104
ruby red	464102
anthracite	464105



Technical specifications:
Dimensions: approx. 6.5 cm diameter
Material: foamed Ruton
Very hygienic, 100% recyclable, extremely durable
Made in Germany

A pleasantly soft Anti-Stress Ball, made in Germany, for squeezing, kneading and strengthening the muscles of the fingers and hands. Available in three colors. The needle valve allows you to adjust air volume, pressure and size to your preference.

Anti-Stress Ball in a 12-Piece Display Box

COLOR / TYPE	BN
assorted colors	805056



The pleasantly soft Anti-Stress Ball, made in Germany, comes in a display box of 12 assorted colors.

AREAS OF APPLICATION

- Stress and restlessness
- Tension from prolonged computer use
- Hand and finger strength training
- Concentration and relaxation exercises
- Everyday life, work and travel



DID YOU KNOW?

Just a few minutes of mindful squeezing can help reduce tension and keep your hands active.

It also supports finger strength and mobility - a simple break at the office or at home.



PRODUCT TIP

Use the Anti-Stress Ball regularly for 2-5 minutes.

Alternate gentle and firm squeezes, or roll the ball in your palm.

This activates the hand muscles and provides a mindful pause during the day.



Agility Dot Set of 8

COLOR / TYPE	BN
assorted colors	805363



These practical floor markers comprise eight discs in blue, red, green and yellow. They are suitable for all kinds of exercises and movement games. At 14 cm in diameter, their convenient size and low weight make them easy for children and adults to use. They can be placed on different flat floors without leaving residue.

Balance Board - Level 1

COLOR / TYPE	BN
black with red	410402

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Material: high-quality glass-fiber-reinforced PP
Maximum load: approx. 120 kg (all three levels)

Available in three difficulty levels: red, green and blue. Different radii reduce the board's contact area with the floor. The specially hardened material provides high durability and effective training, with focused floor contact even under high pressure.

Balance Board - Level 2

COLOR / TYPE	BN
black with green	410406

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Material: high-quality glass-fiber-reinforced PP
Maximum load: approx. 120 kg (all three levels)

Available in three difficulty levels: red, green and blue. Different radii reduce the board's contact area with the floor. The specially hardened material provides high durability and effective training, with focused floor contact even under high pressure.

Balance Board - Level 3

COLOR / TYPE	BN
black with blue	410404

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Material: high-quality glass-fiber-reinforced PP
Maximum load: approx. 120 kg (all three levels)

Available in three difficulty levels: red, green and blue. Different radii reduce the board's contact area with the floor. The specially hardened material provides high durability and effective training, with focused floor contact even under high pressure.

Balance Pad Premium

COLOR / TYPE	BN
anthracite	400620



Technical specifications:
Material: special foam
Dimensions (L x W x H): approx. 50 x 40 x 6 cm
Dirt-repellent and easy to clean

The TOGU Balance Pad Premium is ideal for beginners in coordination, balance and sensorimotor training. Its slightly unstable surface requires constant adjustments and stabilization, engaging the deep muscles and sensorimotor system. This fitness pad is easy to store and can be used almost anywhere.

Balanza®

COLOR / TYPE	BN
wood/red	410410



Balance and coordination training with TOGU Balanza is full-body training across multiple planes. Beneath the specially designed board is an extremely robust air-filled ball. Its dynamic instability challenges the deep muscles. Unlike a conventional wobble board, the standing surface is suspended in a floating configuration.

Balanza® Ballstep

COLOR / TYPE	BN
wood/red	440420

Technical specifications:
Dimensions: approx. 89 x 43 x 14 cm
Weight: approx. 5,150 g
Maximum load: approx. 150 kg



The Balanza Ballstep provides stability and dynamic movement. Four robust air-filled balls beneath the specially designed wooden board allow users at any fitness level to begin and progress with sensorimotor training. Training also challenges body awareness, sensory processing and stability.

Balanza® Ballstep® with Non-Slip Pad

COLOR / TYPE	BN
wood / red	440422



Technical specifications:
Dimensions: approx. 89 x 43 x 14 cm
Weight: approx. 5,150 g
Maximum load: approx. 150 kg

The Balanza Ballstep offers greater stability and dynamic movement. Four durable, air-filled balls beneath the specially designed wooden board let users of all fitness levels get started with sensorimotor training and gradually progress. Training engages the deep stabilizing muscles while developing body awareness, sensory processing and stability.

Balanza® Ballstep Group

COLOR / TYPE	BN
wood / red	440490



Technical specifications:
Dimensions: 89 x 43 x 14 cm
Weight: 5,250 g
Maximum load: approx. 150 kg

The Balanza Ballstep Group provides additional stability for group exercise. With four durable, air-filled balls beneath the specially designed wooden board, users of all fitness levels can start sensorimotor training and gradually increase the challenge.

Balanza® Ballstep mini

COLOR / TYPE	BN
wood / red	440560



Technical specifications:
Dimensions: approx. 64 x 34 x 14 cm
Weight: approx. 3,720 g
Maximum load: approx. 200 kg

The TOGU Balanza Ballstep mini balance board is even more compact and dynamic than its larger counterpart, the Balanza Ballstep. Four balls beneath the wooden board allow users of all fitness levels to begin sensorimotor training and progressively increase the challenge. Balance, coordination and strength can all be trained.

Balanza® Ballstep XXL

COLOR / TYPE	BN
wood / red	440421



Technical specifications:
Dimensions: approx. 180 x 60 x 15 cm
Weight: 16 kg
Maximum load: approx. 200 kg

The Balanza Ballstep XXL is an oversized, 180 cm balance board designed for sensorimotor partner training. Two people can train balance, coordination and strength at the same time.

Balanza® Freeride

COLOR / TYPE	BN
wood / red	440410

Technical specifications:
Dimensions: approx. 100 x 30 x 14 cm
Weight: approx. 3,400 g
Maximum load: approx. 200 kg



The Balanza board is for anyone who wants varied, effective strength, coordination and balance training. Unlike conventional balance boards, its specially designed standing platform is suspended on air-filled balls. A balancing board that builds fitness. Ideal for board sports and freeride enthusiasts preparing for the next season.

Balanza® Kids Rocker

COLOR / TYPE	BN
wood / red	440500

Technical specifications:
Dimensions: approx. 100 x 30 x 14 cm
Weight: approx. 3,400 g
Maximum load: approx. 200 kg



A portable rocker for use indoors, in the garden or at daycare centers. Its engaging design encourages children to play while developing coordination and balance. The innovative base with durable balls creates three-dimensional rocking movement that trains stability and rhythm.

Balanza® Balance Disc

COLOR / TYPE	BN
wood / red	440450

Technical specifications:
Dimensions: approx. 40 x 7 cm
Weight: approx. 2,150 g
Maximum load: approx. 200 kg



The Balanza for beginners: its smaller ball diameter provides greater stability for people with limited mobility. It can also be used during training to build strength and improve coordination.

Balanza® Vario

COLOR / TYPE	BN
wood / red	808203



Balanza Vario is a multifunctional training station. It combines balance and coordination training on various dynamic surfaces in one system, going far beyond a conventional balance board. With just one device, you can create countless training variations and levels of difficulty, from easy to challenging and from stable to unstable.

Balanza® Rocker

COLOR / TYPE	BN
wood / red	440430

Technical specifications:
Dimensions: approx. 48 x 48 x 7 cm
Weight: 2,990 g
Maximum load: 200 kg



The two-ball Balanza for beginners: the smaller ball diameter provides greater stability for people with limited mobility. It can also be used for strength building and coordination training.

Single Ball Net

COLOR / TYPE	BN
white	920500



Ball Base

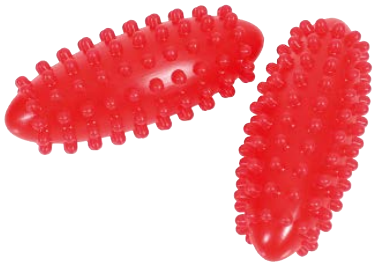
COLOR / TYPE	BN
black	930000



Durable ball base for large exercise and sitting balls.

Bantoo® Set of 2

COLOR / TYPE	BN
red	470680



Technical specifications:
Dimensions: 11 x 5 cm
Weight: approx. 60 g per Bantoo
Maximum load: approx. 150 kg
Material: hardened Ruton

Bantoo consists of two textured rollers. The material is odorless and highly durable. Rolling with Bantoo stimulates and invigorates the body through reflex zones and may help improve circulation.

Bantoo® Roller

COLOR / TYPE	BN
red	470690



Technical specifications:
Size: approx. 11 x 4.5 cm
Weight: approx. 90 g
Material: hardened Ruton

The Bantoo Roller is a small, easy-to-hold massage roller for relaxation and well-being. Its specially hardened material is odorless and extremely durable. Massage stimulates and invigorates the body through the reflex zones and may support circulation and mobility.

Airgo® Active Back Cushion Comfort Cover

COLOR / TYPE	BN
● black	930600



Technical specifications:
Dimensions: approx. 40 x 29 cm
Cover washable at 40°C (special delicate cycle)
Material: 100% polyester

Airgo® Active Seat Cushion Comfort Cover

COLOR / TYPE	BN
● black	930400



Technical specifications:
Dimensions: approx. 40 x 28 cm
Material: 100% polyester
Cover washable at 40°C (special delicate cycle)

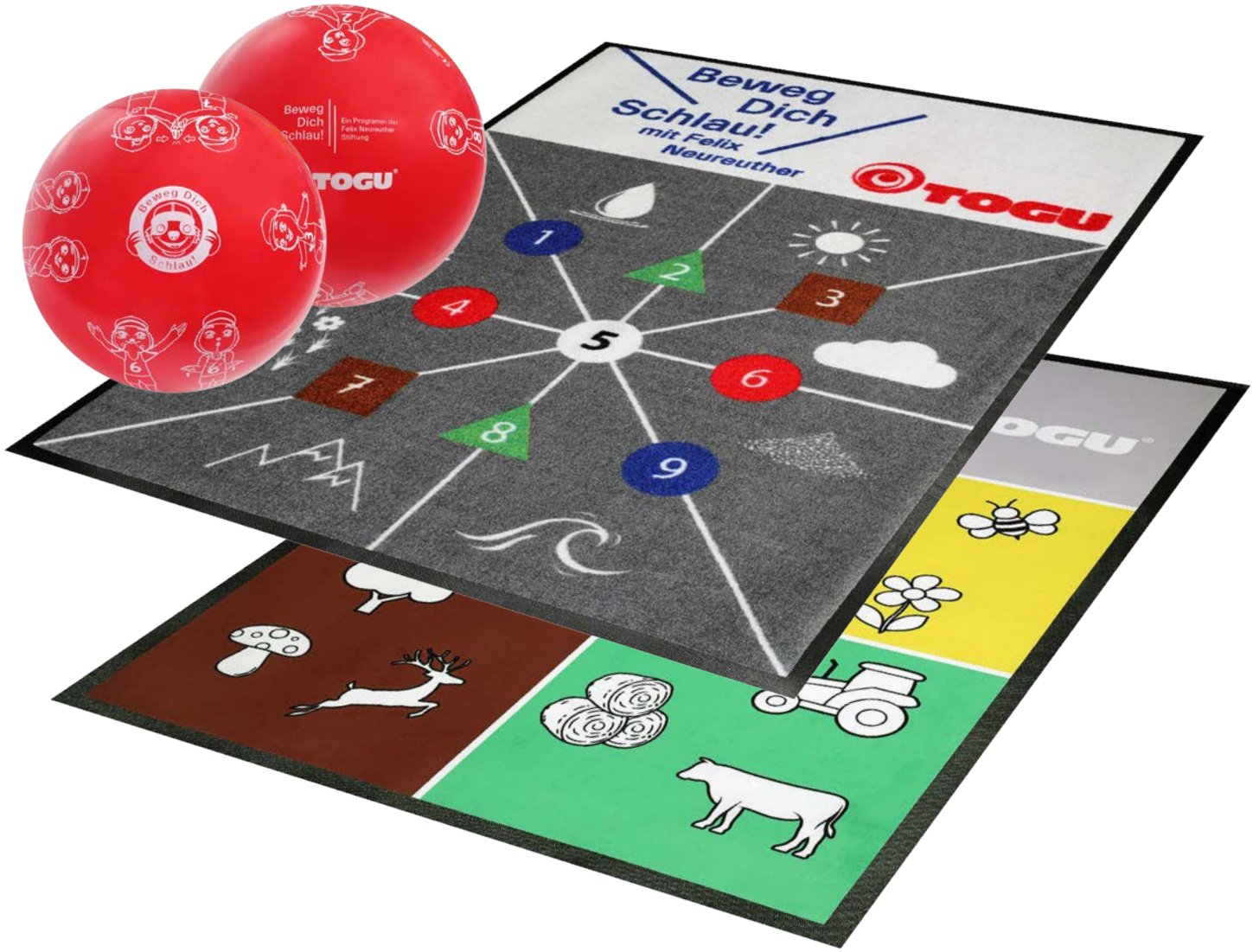
Airgo® Active Seat Cushion Standard Cover

COLOR / TYPE	BN
● black	930640



Technical specifications:
Dimensions: approx. 40 x 28 cm
Cover washable at 30°C
Material: polyester

Beweg dich schlau



Beweg dich schlau Ball

COLOR / TYPE	BN
red	981502



Beweg dich schlau Mat

COLOR / TYPE	BN
multicolor	981302



Beweg dich schlau Mat U3

COLOR / TYPE	BN
multicolor	981402



Airgo® Seat Ring Standard Cover

COLOR / TYPE	BN
● black	930800

Technical specifications:
Dimensions: approx. 46 x 42.5 x 8 cm
Cover washable at 30°C
Material: polyester



Ballkissen® 33 cm Standard Cover

COLOR / TYPE	BN
● black	930300

Technical specifications:
Covers washable at 30°C
Cover material: 100% polyester



Ballkissen® 36 cm Standard Cover

COLOR / TYPE	BN
● black	930360

Technical specifications:
Covers washable at 30°C
Cover material: 100% polyester



Wedge Ballkissen® Comfort Cover

COLOR / TYPE	BN
black	930700



Technical specifications:
Cover washable at 30°C
Cover material: 100% polyester

Bike Balance Board classic

COLOR / TYPE	BN
wood finish with red	440510



Technical specifications:
Dimensions: approx. 86 x 57 x 28 cm
Features: board with handlebar, 4 small balls
Material: Ruton, birch wood and aluminum
Max. load: approx. 150 kg

Dynamic balancing with flow: On the Bike Balance Board, you move as you would on your bike while balancing on a ball. Improve your mobility on the bike and learn to adjust to its movements faster and more precisely. You also practice using your body to control your bike.

Bike Balance Board pro

COLOR / TYPE	BN
wood finish with red	440530



Technical specifications:
Features: board with handlebar and HPL strips
Weight: 8.5 kg
Material: Ruton, birch wood and aluminum
Max. load: approx. 150 kg

Dynamic balancing with flow: On the Bike Balance Board, you move as you would on your bike while balancing on a ball. Improve your mobility on the bike and learn to adjust to its movements faster and more precisely. You also practice using your body to control your bike.

Bike Balance Board Black + Ball

COLOR / TYPE	BN
black with red	440515



Technical specifications:
Dimensions: approx. 65 x 52 x 76 cm
Features: board with handlebar, 4 small Balanza balls and 1 kg medicine ball; optional additional roller
Material: Ruton, painted birch wood and aluminum
Max. load: approx. 150 kg

Dynamic balancing with flow: On the Bike Balance Board, you move as you would on your bike while balancing on a ball. Improve your mobility on the bike and learn to adjust to its movements faster and more precisely. You also practice using your body to control your bike.

Blackroll

COLOR / TYPE	BN
black	400048

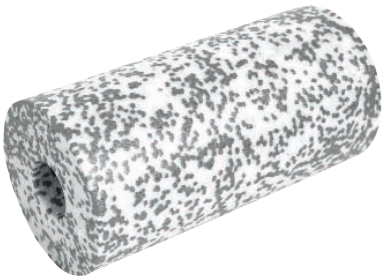


Technical specifications:
Dimensions: approx. 30 x 15 cm
Material: EPP

The familiar fascia roller, made in Germany, in a co-branded version with the TOGU logo. Various products are available.

Blackroll soft

COLOR / TYPE	BN
white with gray	410040



Technical specifications:
Dimensions: approx. 30 x 15 cm
Material: EPP

The familiar fascia roller, made in Germany, in a co-branded version with the TOGU logo. Various products are available.

Blackroll Ball 8 cm

COLOR / TYPE	BN
● black	410010



Technical specifications:
Size: approx. 8 cm diameter
Material: EPP

The familiar fascia massage ball, made in Germany, in a co-branded version with the TOGU logo.

Blackroll Ball 12 cm

COLOR / TYPE	BN
● black	410020



Technical specifications:
Size: approx. 12 cm diameter
Material: EPP

The familiar fascia massage ball, made in Germany, in a co-branded version with the TOGU logo.

Blackroll Small Duoball 8 cm

COLOR / TYPE	BN
● black	410050



Technical specifications:
Size: approx. 8 cm diameter
Material: EPP

The familiar double fascia massage ball, made in Germany, in a co-branded version with the TOGU logo.

Blackroll Ball 12 cm

COLOR / TYPE	BN
● black	410060



Technical specifications:
Size: approx. 12 cm diameter
Material: EPP

The familiar double fascia massage ball, made in Germany, in a co-branded version with the TOGU logo.

Blackroll mini

COLOR / TYPE	BN
● black	410030

Technical specifications:
Size: approx. 15 x 5.5 cm
Material: EPP



The familiar fascia roller, made in Germany, in a co-branded version with the TOGU logo. Various products are available.

Blackroll mini Flow

COLOR / TYPE	BN
● black	410290

Technical specifications:
Dimensions: 15 x 5 cm
Weight: 0.02 kg



The familiar fascia roller, made in Germany, in a co-branded version with the TOGU logo. Various products are available.

Blackroll Set

COLOR / TYPE	BN
● black	805044

Technical specifications:
Material: EPP
Contents: 2 Blackrolls; 1 Blackroll mini;
1 Blackroll Ball 8 cm; 1 Blackroll Ball 12 cm



Blackroll Compact Set

COLOR / TYPE	BN
● black	805080

Technical specifications:
Material: EPP
Contents: 1 TOGU Blackroll Standard; 1 TOGU Blackroll mini;
1 TOGU Blackroll Ball 8 cm; 1 TOGU Blackroll Duoball 8 cm



Blackroll Slim

COLOR / TYPE	BN
black	410220



Technical specifications:
Dimensions: 30 x 10 x 10 cm
Weight: 0.086 kg

The familiar fascia roller, made in Germany, in a co-branded version with the TOGU logo. Various products are available.

Bodybone®

COLOR / TYPE	BN
silver-gray	410431
red	410432



Technical specifications:
Dimensions: approx. 15 x 6.5 cm
Weight: 430 g
Maximum load: approx. 200 kg

Bodybone is an anatomically shaped massage roller designed to target tension and restrictions throughout the spine. Its special weighted filling helps promote relaxation and well-being.

Bodybone® XL

COLOR / TYPE	BN
silver-gray	410440



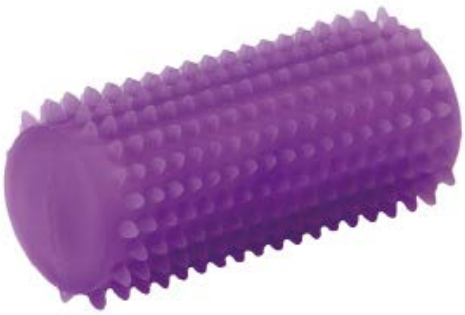
Technical specifications:
Dimensions: approx. 26 x 14 cm
Weight: 600 g
Maximum load: approx. 200 kg

Bodybone is an anatomically shaped massage roller designed to target tension and restrictions throughout the spine. Its special weighted filling helps promote relaxation and well-being.

Bodyroll Set of 2

COLOR / TYPE	BN
red	460202
blue	460204
amethyst	460208

MADE IN GERMANY
30-Jahre-Garantie



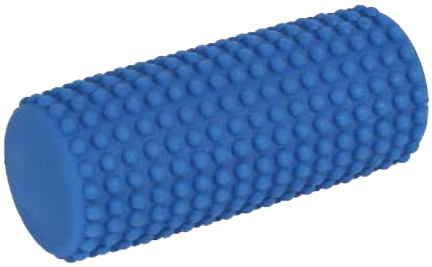
Technical specifications:
Dimensions: 13 x 6 cm
Weight: approx. 300 g
Maximum load: approx. 150 kg

Roll and relax. Simple and effective. A full-body massage roller with soft, gentle nubs. Ideal for reflexology foot massage. The wide contact surface provides an effective massage.

Bodyroll Senso® Set of 2

COLOR / TYPE	BN
red	460352
blue	460354
black	460355

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Dimensions: 13 x 6 cm
Weight: 300 g
Maximum load: approx. 150 kg

Roll and relax. Simple and effective. A full-body massage roller with soft, gentle nubs. Ideal for reflexology foot massage. The wide contact surface provides an effective massage.

Bonito® Hopping Animal

COLOR / TYPE	BN
red	400002
blue	400004



Technical specifications:
Dimensions: 50 x 27.5 cm (seat height)
Weight: approx. 2,350 g
Maximum load: approx. 60 kg

Movement on the air-filled, dynamic Bonito hopping animal supports muscle development and spinal stability. As a motor-skills toy, it encourages children's creativity and mobility in a playful way. It is both a toy and a training device. Recommended for children aged approximately 3 and up (follow the instructions for use).

Brasil® Set of 2

COLOR / TYPE	BN
green	470636
berry	444112
black	470696

TOGU® Brasil® Geprüft & empfohlen AGR BdR

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Weight: 2 x approx. 200 g
Included: Set of 2 with instructions

The TOGU Brasil Workout is an effective approach to deep-muscle training. The special air and weight filling provides targeted movement feedback (a shaking effect), supported by extensive exercise instructions. This compact, water-resistant deep-muscle trainer for back health and body conditioning can help strengthen deep muscles and tone tissues.

Brasil® Aqua Set of 2

COLOR / TYPE	BN
green	470666

Technical specifications:
Weight: 2 x approx. 200 g
Included: Set of 2 with instructions

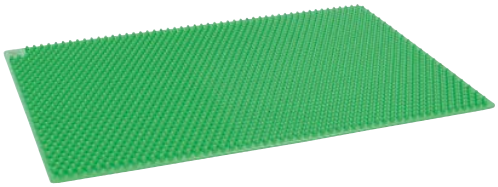


The TOGU Brasil Workout is an effective approach to deep-muscle training. The special air and weight filling provides targeted movement feedback (a shaking effect), supported by extensive exercise instructions. This compact, water-resistant deep-muscle trainer for back health and body conditioning can help strengthen deep muscles and tone tissues.

Brasil® Base

COLOR / TYPE	BN
green	470637

Technical specifications:
Dimensions: 60 x 40 cm
Weight: approx. 1,330 g
Material: Ruton
Included: Brasil Base (mat)

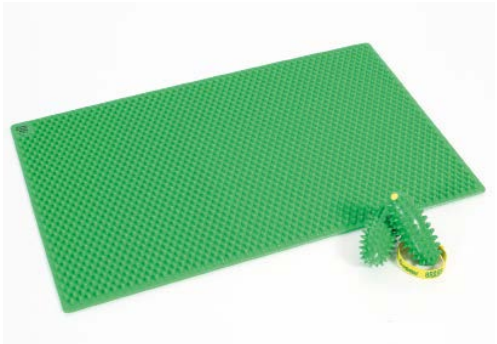


The Brasil Base is designed for Brasil workouts in clubs, gyms and at home. This special 60 x 40 cm mat has numerous soft nubs, serving as both a defined exercise space and a massage mat. Bring the Senso effect into your workout safely and easily.

Brasil® Base with Brasil® Set of 2

COLOR / TYPE	BN
green	805054

Technical specifications:
Dimensions: 60 x 40 cm
Weight: approx. 1,330 g
Material: Ruton
Included: Brasil Base (mat)
Brasil Set of 2:
Tested and recommended by Forum: Gesunder Rücken - besser leben e.V. and Bundesverband deutscher Rückenschulen (BdR) e.V.



The Brasil Base is designed for Brasil workouts in clubs, gyms and at home. This special 60 x 40 cm mat has numerous soft nubs, serving as both a defined exercise space and a massage mat. Bring the Senso effect into your workout safely and easily.

Brasil® Base Plus

COLOR / TYPE	BN
green	470639



Technical specifications:
Size / weight: approx. 1,330 g / approx. 38 x 11 cm
Color: green with black plate
Included: individual box with instructions for use
Material: Ruton

As an air-filled exercise device, Brasil Base Plus meets the requirements for effective balance and coordination training and modern back and health training. It provides responsive movement feedback while being gentle on the joints. This air-filled training surface is both a balance trainer and a wobble board.

Brasil® Bewegungsprofi Set

COLOR / TYPE	BN
green / berry	805034



Technical specifications:
Weight: approx. 400 g
Included: Bewegungsprofi exercise guide
Tested and recommended by Forum: Gesunder Rücken - besser leben e.V. and Bundesverband deutscher Rückenschulen (BdR) e.V.

Developed in Germany by KNS instructors and Gabi Fastner, a certified gymnastics instructor and developer of TOGU Brasil, the Bewegungsprofi concept was designed especially for schools. Its 10- to 15-minute active break engages students physically and mentally, helping improve concentration and motivation. TOGU Brasil are central to the concept and are also used in neuroathletic training. The two different colors provide even more possibilities for exercise tasks.

CD Jacaranda®

BN
939642



Technical specifications:
Running time: approx. 63 minutes

Challenge Disc 2.0

COLOR / TYPE	BN
anthracite / red	410407



Technical specifications:
Dimensions: approx. 44 cm diameter
Weight: approx. 3,900 g
Static load: max. 120 kg
Material: base/platform made of MDF wood; anti-slip surface: PVC
Battery: CR2032 coin cell battery not included
Base/platform: MDF wood
Anti-slip surface: PVC
Traded product: made in Austria
Manufacturer: MFT Bodyteamwork GmbH
WEEE registration no.: DE 65255934 (ElektroG)

The multi-axis platform enables responsive training for all ages and fitness levels. Its built-in motion sensor communicates with devices via Bluetooth 4.0 and a free app. The sturdy base and standing platform have an anti-slip surface for the necessary stability.

AREAS OF APPLICATION

- Improving balance and coordination
- Training deep muscles and core stability
- Improving body awareness
- Prevention and stabilization exercises in daily life and sport
- Training for every ability level, from beginners to competitive athletes



Fig.: Challenge Disc 2.0

DID YOU KNOW?

Well-developed balance is the basis for safe movement in everyday life and sport.

Regular coordination and stability training can improve body control, activate the deep muscles, and strengthen communication between muscles and the nervous system.

The Bodyteamwork app also provides direct feedback so you can track your training progress at any time.



Fig.: Challenge Disc 2.0

PRODUCT TIP

The free Bodyteamwork app makes balance and coordination training an interactive experience.

Alongside structured workouts, varied games make training motivating while playfully improving balance, reactions, and body control.

This keeps training varied and enjoyable over time, for all ages.



Fig.: Challenge Disc 2.0

Colibri® Supersoft Mini

COLOR / TYPE	N
yellow	487903
green	487906
pink	487901



Technical specifications:
Weight: 100 g
Size: approx. 12 cm
Material: Ruton

The trusted Colibri ball in an extra-soft Supersoft version. A special material blend makes it even softer than the standard Colibri ball, easier to grip, and pleasantly dynamic when bouncing. Equipped with a needle valve and available in nine variants.

Colibri® Supersoft Basketball

COLOR / TYPE	N
yellow	487803
green	487806
pink	487801



Technical specifications:
Weight: approx. 400 g
Size: approx. 22 cm
Material: Ruton

The trusted Colibri ball in an extra-soft Supersoft version. A special material blend makes it even softer than the standard Colibri ball, easier to grip, and pleasantly dynamic when bouncing. Equipped with a needle valve and available in nine variants.

Colibri® Supersoft Dribbling Soccer Ball

COLOR / TYPE	N
yellow	487703
green	487706
pink	487701



Technical specifications:
Weight: approx. 420 g
Size: 22 cm
Material: Ruton

The trusted Colibri ball in an extra-soft Supersoft version. A special material blend makes it even softer than the standard Colibri ball, easier to grip, and pleasantly dynamic when bouncing. Equipped with a needle valve and available in nine variants.

Colibri® Supersoft Soccer Ball

COLOR / TYPE	N
yellow	487603
green	487606
pink	487601



Technical specifications:
Weight: 300 g
Size: approx. 22 cm
Material: Ruton

The trusted Colibri ball in an extra-soft Supersoft version. A special material blend makes it even softer than the standard Colibri ball, easier to grip, and pleasantly dynamic when bouncing. Equipped with a needle valve and available in nine variants.

Colibri® Supersoft Giant

COLOR / TYPE	N
yellow	487103
green	487106
pink	487101



Technical specifications:
Size: approx. 28 cm
Weight: 420 g
Material: Ruton

The trusted Colibri ball in an extra-soft Supersoft version. A special material blend makes it even softer than the standard Colibri ball, easier to grip, and pleasantly dynamic when bouncing. Equipped with a needle valve and available in nine variants.

Colibri® Supersoft Exercise Ball

COLOR / TYPE	N
yellow	487403
green	487406
pink	487401



Technical specifications:
Size: approx. 16 cm
Weight: 300 g
Material: Ruton

The trusted Colibri ball in an extra-soft Supersoft version. A special material blend makes it even softer than the standard Colibri ball, easier to grip, and pleasantly dynamic when bouncing. Equipped with a needle valve and available in nine variants.

Colibri® Supersoft Women's Handball

COLOR / TYPE	N
yellow	487503
green	487506
pink	487501



Technical specifications:
Weight: 300 g
Size: approx. 16 cm
Material: Ruton

The trusted Colibri ball in an extra-soft Supersoft version. A special material blend makes it even softer than the standard Colibri ball, easier to grip, and pleasantly dynamic when bouncing. Equipped with a needle valve and available in nine variants.

Colibri® Supersoft Men's Handball

COLOR / TYPE	N
yellow	487203
green	487206
pink	487201



Technical specifications:
Weight: 400 g
Size: 18 cm
Material: Ruton

The trusted Colibri ball in an extra-soft Supersoft version. A special material blend makes it even softer than the standard Colibri ball, easier to grip, and pleasantly dynamic when bouncing. Equipped with a needle valve and available in nine variants.

Colibri® Supersoft Volleyball

COLOR / TYPE	N
yellow	487303
green	487306
pink	487301



Technical specifications:
Weight: 200 g
Size: approx. 21 cm
Material: Ruton

The trusted Colibri ball in an extra-soft Supersoft version. A special material blend makes it even softer than the standard Colibri ball, easier to grip, and pleasantly dynamic when bouncing. Equipped with a needle valve and available in nine variants.

Colibri®-Beach Handball F

COLOR / TYPE	BN
red	482010



Technical specifications:
Size: approx. 16 cm diameter
Weight: approx. 320 g
Material: Ruton

The popular, proven Colibri ball is a compact, durable training ball for physical education, kindergarten and children's sports clubs. Its special material blend makes it highly responsive and exceptionally durable. Fitted with a needle valve; available in three versions: handball, volleyball and exercise ball.

Colibri® Volleyball

COLOR / TYPE	BN
red	482000



Technical specifications:
Size: approx. 22 cm diameter
Weight: approx. 280 g
Material: Ruton

The popular, proven Colibri ball is a compact, durable training ball for physical education, kindergarten and children's sports clubs. Its special material blend makes it highly responsive and exceptionally durable. Fitted with a needle valve; available in three versions: handball, volleyball and exercise ball.

AREAS OF APPLICATION

- Ball games and coordination training
- Movement for children and adults
- Reaction, catching and throwing exercises
- Hand-eye coordination and dexterity
- Group and team games



Fig.: Colibri Supersoft balls

DID YOU KNOW?

Ball games do far more than improve fitness. They build coordination, reaction speed, balance and hand-eye coordination. Playing together also strengthens focus, communication and team spirit – and makes movement fun.



Fig.: Colibri Supersoft Dribbling Soccer Ball

PRODUCT TIP

The soft surface of Colibri® balls provides a comfortable feel and makes catching and throwing easier.

From soccer and volleyball to handball and other ball sports, the different Colibri® versions offer a suitable ball for almost every application.



Fig.: Colibri Supersoft Basketball

DVD Body Styling with Brasil®

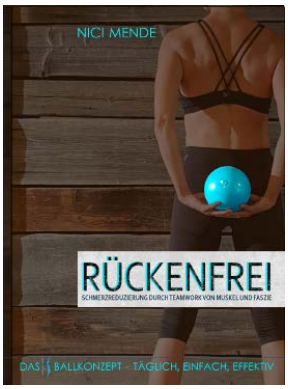
BN
939620



DVD contents:
Introduction and using the Brasil® (3:30 min)
Full workout (52:30 min)
SHORT PROGRAMS:
Cardio Brasil® (10 min)
Strengthening (15 min)
Balance & strength (16 min)
Relaxation (11:30 min)
BONUS: Office exercises (9 min)

DVD Fascial Coach Rückenfrei

BN
939556



DVD contents:
INTRODUCTION: Theoretical basics of movement-related pain
NECK: Common neck tension and solutions in theory and practice
CHEST & SHOULDERS: Common issues (impingement) and practical solutions
LOWER BACK: Common issues (lumbar fascia) and practical solutions
HIPS & BUTTOCKS: Common issues (sciatica) and practical solutions
5-MINUTE BALL CONTACT: Daily rolling routine
FINAL TIPS: Practical advice for reducing pain

TOTAL DVD RUN TIME: 64:00 min

DVD Feel Redondo®

BN
939590

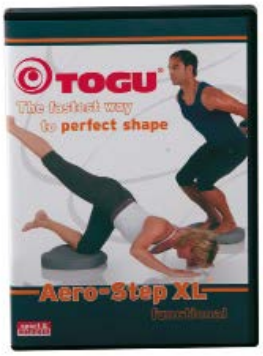


Details:
Languages: German / English
Running time: approx. 60 min

DVD Perfect Shape Aero-Step®

BN
939510

Details:
Languages: German / English
Running time: 60 min



DVD Perfect Shape Dynair® XXL

BN
939530

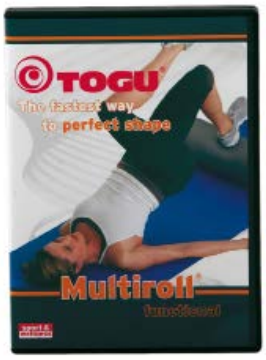
Details:
Languages: German / English
Running time: approx. 60 min



DVD Perfect Shape Multiroll functional

BN
939520

Details:
Languages: German / English
Running time: approx. 60 min



DVD Perfect Shape Jumper®

BN
939540

Details:
Languages: German / English
Running time: approx. 60 min



DVD Perfect Shape Powerball®

BN
939500



Details:
Languages: German / English
Running time: approx. 60 min

DVD Redondo® Ball Plus Workout

BN
939630



Dynair® Balance Stool

COLOR / TYPE	BN
red	400092
blue	400094



Technical specifications:
Size: approx. 36 cm diameter, max. height 29 cm
Material: high-quality Ruton
Maximum load: 200 kg

For active sitting, balancing and training. In kindergarten, it can also be used playfully as an oversized building block. Suitable for seating groups, waiting rooms and home use.

Dynair® Balance Master

COLOR / TYPE	BN
red / black	440520



Technical specifications:
Dimensions: 40 × 40 × 12 cm
Weight: approx. 3,840 g
Maximum load: approx. 200 kg

Dynamic, versatile training equipment for coordination and strength training on an unstable surface. Usable on both sides, easy to clean and stack. Enables highly effective training that challenges deep muscles while improving body awareness, sensory processing and stability.

Dynair® Ballkissen® 30 cm

COLOR / TYPE	BN
red	400172
green	400176
blue	400175
black	400195
turquoise	400178
pink	400174
yellow	400173
marble	400190



Technical specifications:
Diameter: approx. 30 cm
Weight: approx. 600 g
Maximum load: approx. 200 kg

The first air-filled balance cushion, invented by TOGU: the Dynair Ballkissen brand stands for active, dynamic sitting and training. An essential and versatile training aid, and in its medical device version also used in rehabilitation and physical therapy. A convenient, space-saving alternative to a large exercise ball, it provides a dynamic surface for back and fitness exercises while sitting, standing or lying down. Available in many designs, sizes and colors.

Dynair® Ballkissen® 33 cm

COLOR / TYPE	BN
red	400202
terra	400203
blue-purple	400204
green	400206
turquoise	400208
blue	400209
black	400205
pink	400207
marble	400150



Technical specifications:
Diameter: approx. 33 cm
Weight: approx. 850 g
Maximum load: approx. 200 kg

Dynair® Ballkissen® 36 cm

COLOR / TYPE	BN
red	400302
green	400306
blue	400304
turquoise	400308
black	400305
terra	400303
blue-purple	400309
pink	400307
marble	400350



Technical specifications:
Diameter: approx. 36 cm
Weight: approx. 1,150 g
Maximum load: approx. 200 kg

Dynair Ballkissen Senso 30 cm

COLOR / TYPE	BN
red	400872
green	400876
blue	400874
blue-purple	400879
black	400875
terra	400873
turquoise	400878
sea-grass	401876
misty-mountain	401874
aubergine	401872
basalt	401878
pink	400877



Technical specifications:
Diameter: approx. 30 cm
Weight: approx. 600 g
Maximum load: approx. 200 kg

The first air-filled balance cushion, invented by TOGU: the Dynair Ballkissen brand stands for active, dynamic sitting and training. An essential and versatile training aid, and in its medical device version also used in rehabilitation and physical therapy. A convenient, space-saving alternative to a large exercise ball, it provides a dynamic surface for back and fitness exercises while sitting, standing or lying down. Available in many designs, sizes and colors.

Dynair® Ballkissen® Senso® 33 cm

COLOR / TYPE	BN
red	400272
green	400276
blue	400274
turquoise	400278
black	400275
terra	400273
blue-purple	400279
pink	400277
sea-grass	401166
misty-mountain	401164
aubergine	401162
basalt	401168



Technical specifications:
Diameter: approx. 33 cm
Weight: approx. 850 g
Maximum load: up to 200 kg

Dynair® Ballkissen® Senso® 36 cm

COLOR / TYPE	BN
red	400372
green	400376
blue	400374
turquoise	400378
black	400375
terra	400373
blue-purple	400379
pink	400377
sea-grass	401186
basalt	401188
misty-mountain	401184
aubergine	401182



Technical specifications:
Diameter: approx. 36 cm
Weight: approx. 1,150 g
Maximum load: approx. 200 kg

Dynair® Ballkissen® Senso® 39 cm

COLOR / TYPE	BN
blue-purple	400909
blue	400904
green	400906
red	400902
black	400905
terra	400903
turquoise	400908
sea-grass	401196
misty-mountain	401194
aubergine	401192
basalt	401198



Technical specifications:
Diameter: approx. 39 cm
Weight: approx. 1,450 g
Maximum load: up to 300 kg

Dynair® Ballkissen® XXL - Level III

COLOR / TYPE	BN
red	400404

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Diameter: 50 cm
Colors:
Level III = blue and red (Meditation)
Level IV = black
Weight: approx. 2,500 g
Maximum load: approx. 200 kg

The original Dynair Ballkissen XXL Level III in blue, Level III Meditation and Level IV offer significantly more dynamic movement than smaller Dynair Ballkissen cushions thanks to their greater volume. They also provide soft, gentle support for exercises performed lying down. The XXL models combine challenging exercise and recovery, offering stability and dynamic movement for advanced coordination training.

Dynair® Ballkissen® XXL - Level IV

COLOR / TYPE	BN
black	400406

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Diameter: 50 cm
Colors:
Level III = blue and red (Meditation)
Level IV = black
Weight: approx. 2,500 g
Maximum load: approx. 200 kg

Dynair® Ballkissen® XXL Meditation

COLOR / TYPE	BN
dark red	400402



Technical specifications:
Size: 50 cm diameter
Color:
Level III = blue and red (Meditation)
Level IV = black
Weight: approx. 2,500 g
Maximum load: approx. 200 kg

APPLICATION AREAS

- Encouraging upright, active sitting posture
- Training balance, coordination and body awareness
- Activating deep muscles and stabilizing the core
- Supporting flexibility and mobility exercises
- Exercises while sitting, standing and moving
- Suitable for all ages and fitness levels



Fig.: Dynair Ballkissen

DID YOU KNOW?

Our bodies are made to move – even while sitting.

Sitting still for long periods can cause important muscles to become less active.

The air filling in TOGU® Ballkissen creates natural compensating movements that can encourage active posture and improve body awareness.

Regular movement throughout the day is an important part of a healthy lifestyle.

Simple exercises turn the Ballkissen into a versatile training tool that brings enjoyable movement into everyday life.



Fig.: Dynair Ballkissen Senso

PRODUCT TIP

At the office, at home or during training: a TOGU® Ballkissen makes sitting active and varied. Its unstable surface gently challenges balance and core tension, turning everyday situations into short movement sessions.

The cushion also supports numerous exercises, from simple balance and mobility activities to more demanding strength and coordination training.

This makes movement a fun, motivating part of daily life for people of all ages.



Dynair® Ballkissen® Cardo

COLOR / TYPE	BN
black	400395
blue	400393
dark red	400392
dark blue	400394
terra	400397



Technical specifications:
Size: approx. 36 cm diagonally
Weight: approx. 1,000 g
Maximum load: 200 kg

The adaptable air cushion allows controlled dynamic sitting thanks to its square shape. It is particularly suitable for beginning back exercises and strengthening the core. Similar to the Dynair Ballkissen, but much less unstable – ideal for beginners and seniors.

Dynair® Extreme

COLOR / TYPE	BN
anthracite	401408
lilac	400408



Technical specifications:
Size: approx. 80 cm diameter × 18 cm
Maximum load: approx. 200 kg
Material: Ruton with plug valve

Move and feel: With a diameter of 80 cm, this is the largest balance cushion. At approx. 18 cm high, it offers many uses for children and adults – training, play and relaxation. Ideal as a meditation or seat cushion. It immediately absorbs gentle movements and transmits them to the spine. Constant small balancing movements provide additional training for the spinal and core stabilizing muscles, without requiring extra time.

Dynair® Golf Pro Set of 2

COLOR / TYPE	BN
green	410350



Technical specifications:
Size: approx. 36 × 10 cm each
Weight: approx. 2,000 g each
Maximum load: approx. 150 kg each
Contents: set of 2 with pump, boxed
Material: Ruton with needle valve

The evolution of Dynair technology for golfers, designed to meet the needs of modern golf techniques. Dynair Golf Pro helps you find a neutral stance and improve stability and precision. Train balance and coordination at home, indoors or outdoors on the course. Usable on both sides: different positions simulate changing ground conditions.

Dynair® Keil Ballkissen® Comfort

COLOR / TYPE	BN
blue	400724
anthracite	400725

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Size: approx. 35 × 35 cm (L × W)
Weight: 1,100 g
Maximum load: approx. 150 kg

The seating classic for the office, home and travel, made from softer material with an effective pressure-relief zone. This Dynair offers a stable sitting sensation with a balance effect. The ergonomically shaped, adaptable air cushion promotes active sitting, challenges balance and strengthens the back muscles. Its wedge shape also supports upright posture. It combines the benefits of a Ballkissen and a wedge cushion.

Dynair® Keil Ballkissen® Kids

COLOR / TYPE	BN
red	400142
green	400146
blue	400144
turquoise	400148
pink	400147
yellow	400143
coral	400158
lavender	400157
pistachio	400156

MADE IN GERMANY 30-Jahre-Garantie



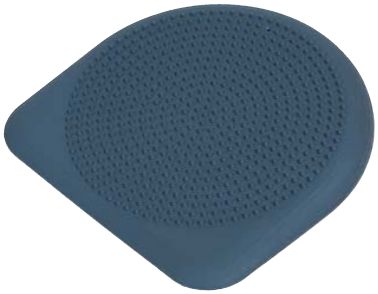
Technical specifications:
Size: approx. 29 × 29 cm (L × W)
Weight: approx. 700 g
Maximum load: approx. 200 kg

Active, dynamic sitting for the office, school, home and travel. A stable sitting sensation with a balance effect. This ergonomically shaped, adaptable air cushion helps strengthen the back muscles and supports upright posture. Even pressure distribution supports the thighs while helping minimize venous pressure. It combines the advantages of a Ballkissen and a wedge cushion.

Dynair® Keil Ballkissen® Premium

COLOR / TYPE	BN
black	400345
blue	400343
dark red	400342
dark blue	400344
terra	400347
pink	400357
sea-grass	401136
basalt	401138
misty-mountain	401134
aubergine	401132

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Size: approx. 35 × 35 cm (L × W)
Weight: approx. 1,150 g
Maximum load: approx. 200 kg

Dynair® Keil Ballkissen® Plus

COLOR / TYPE	BN
red	400162
blue	400163
dark blue	400164
black	400165
terra	400167
sea-grass	401146
basalt	401148
misty-mountain	401144
aubergine	401142

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Size: approx. 36 × 38 cm (L × W)
Weight: approx. 1,450 g
Maximum load: 300 kg

Dynair® Pro

COLOR / TYPE	BN
orange	410360

Technical specifications:
Dimensions: approx. 36 x 10 cm
Weight: approx. 2,000 g
Maximum load: approx. 150 kg



The first balance cushion combined with a sturdy platform - two devices in one, as it can be used on both sides. This provides even more options for sensorimotor and coordination training. Featuring an extra non-slip surface, the Dynair Pro can be used in pairs or arranged in a row for sport-specific training, such as soccer, golf, tennis, and skiing.

Dynair® Senso® Mini Set of 4 (16 cm)

COLOR / TYPE	BN
red, blue, green, yellow	465400

Technical specifications:
Material: high-quality Ruton
Size: 16 cm
Colors: red, blue, green, yellow
Contents: set of 4



An unstable balance surface for little feet and curious hands in kindergarten, physical education, and recreational movement courses. Available in two different sizes.

Dynair® Senso® Mini Set of 4 (20 cm)

COLOR / TYPE	BN
red, blue, green, yellow	465600

Technical specifications:
Material: high-quality Ruton
Size: 20 cm
Colors: red, blue, green, yellow
Contents: set of 4



An unstable balance surface for little feet and curious hands in kindergarten, physical education, and recreational movement courses. Available in two different sizes.

Dynair® Twist Set of 2

COLOR / TYPE	BN
red with black	510140



Technical specifications:
Size: 20 cm
Weight: 800 g
Material: Ruton with plate

The Dynair Twist comes as a pair. A curved plate on the underside challenges the muscles surrounding the joints to counterbalance movement and return to a level position. Targeted joint rotation exercises are also possible. Ideal for weight-bearing exercises involving the shoulder joint and lower extremities. Suitable for use lying face down, on the back, or standing.

Drums Alive Ball

COLOR / TYPE	BN
spring green	429650



Technical specifications:
Size: 65 cm
Weight: 1,150 g

The Drums Alive® fitness ball is designed for a unique fitness and wellness program. Soft yet durable, it is an ideal companion for drumming to the beat of music. It can also be used for strength and balance exercises or as a sitting ball.

Drums Alive Ball

COLOR / TYPE	BN
spring green	429750



Technical specifications:
Size: 75 cm
Weight: 1,400 g

The Drums Alive® fitness ball is designed for a unique fitness and wellness program. Soft yet durable, it is an ideal companion for drumming to the beat of music. It can also be used for strength and balance exercises or as a sitting ball.

Dynamic Drums Ball Holder

COLOR / TYPE	BN
black	930005

Technical specifications:
Dimensions: 45 x 21 cm
Weight: approx. 1,500 g



Drums Alive Sticks (1 Pair)

COLOR / TYPE	BN
wood	930007

Technical specifications:
Size: approx. 40 cm
Weight: 84 g



Dynaswing®

COLOR / TYPE	BN
red with wood	440470



The Dynaswing combines a balance trainer and a dynamic fitness ball in one. Its sturdy wooden base provides stability and enables new exercise variations on a dynamic surface. Movements and oscillations are transmitted between the body and the device, providing direct feedback.

Dynanza® Surf

COLOR / TYPE	BN
red with wood	440480



Technical specifications:
Dimensions: approx. 160 x 40 x 18 cm
Weight: approx. 12,200 g
Maximum load: approx. 150 kg

The Dynanza Surf Board is an ideal balance trainer for board sports enthusiasts. A wide variety of exercises also helps train strength, coordination, and endurance. It can be used for supplemental training during the season or to prepare for a favorite sport.

Earth Ball

COLOR / TYPE	BN
without print	600000

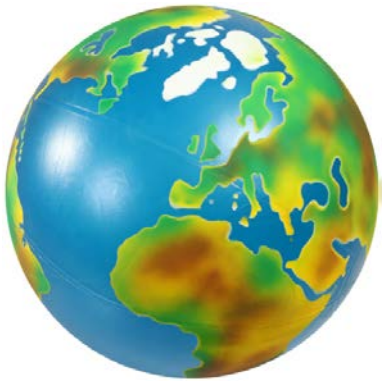


Technical specifications:
Size: 100 cm
Weight: 3,400 g
Maximum load: approx. 70-80 kg at 100 cm
Material: Ruton

The Earth Ball is a classic large ball, available in diameters of 1 or 2 meters. Choose a globe design or a plain version. This eye-catching ball encourages group activities and can also be used for games or as decoration at events.

Earth Ball

COLOR / TYPE	BN
with print	600500



Technical specifications:
Size: 100 cm
Weight: 3,400 g
Maximum load: approx. 70-80 kg at 100 cm
Material: Ruton

Earth Ball

COLOR / TYPE	BN
without print	605000



Technical specifications:
Diameter: 200 cm
Weight: 12,000 g
Maximum load: approx. 70-80 kg at 100 cm
Material: Ruton

Earth Ball

COLOR / TYPE	BN
with print	605500



Technical specifications:
Diameter: 200 cm
Weight: 12,000 g
Maximum load: approx. 70-80 kg at 100 cm
Material: Ruton

Catch Training Ball, Vented

COLOR / TYPE	BN
red	481002
blue	481004

Technical specifications:
Diameter: 35 cm
Weight: approx. 300 g



Ideal preparation for volleyball, handball, and basketball training. Thanks to their large diameter and low weight, the catch-training balls have a slower flight path.

Fascial Coach Ball

COLOR / TYPE	BN
turquoise	430612

Technical specifications:
Diameter: approx. 16 cm
Material: Ruton
Made in Germany
Includes pump



The air-filled Fascial Coach Ball can help release fascial adhesions and tension. Its firmness can be adjusted by adding or releasing air to suit individual needs and different body areas. It is flexible, elastic, and comfortable to hold. Its easy, versatile use and gentle pressure on blood vessels make it suitable for home use and group sessions, including health, back exercise, senior fitness, and general fitness classes.

Fascial Coach Ball incl. Pump and DVD

COLOR / TYPE	BN
turquoise	430614

Technical specifications:
Diameter: approx. 16 cm
Material: Ruton
Made in Germany
Includes pump

TOTAL DVD RUNNING TIME: 64:00 min.



The air-filled Fascial Coach Ball can help release fascial adhesions and tension. Its firmness can be adjusted by adding or releasing air to suit individual needs and different body areas. It is flexible, elastic, and comfortable to hold. Its easy, versatile use and gentle pressure on blood vessels make it suitable for home use and group sessions, including health, back exercise, senior fitness, and general fitness classes.

Fascial Coach deepRING

COLOR / TYPE	BN
turquoise	410471

Technical specifications:
Diameter: approx. 30 cm
Weight: approx. 1,500 g
Material: Ruton, filled with stainless steel balls



The Fascial Coach deepRING is an innovative sensorimotor training device that activates deep muscles. During rotations and movements, the ring's special free-flowing filling builds momentum and activates the body's strength potential. Its many uses provide varied training challenges and motivation. The included exercise chart shows a range of exercises for studio and home use.

Fascial Fitness Ball Set of 3

COLOR / TYPE	BN
red	805097

Technical specifications:
Fascial Fitness Ball XS: approx. 4 cm diameter
Fascial Fitness Ball S: approx. 6.5 cm diameter
Fascial Fitness Perineum Egg Ball: approx. 12 x 5 cm
Made in Germany



Fascial Fitness Ball XS

COLOR / TYPE	BN
red	510300

Technical specifications:
Fascial Fitness Ball XS: approx. 4 cm diameter
Made in Germany



Fascial Fitness Ball S

COLOR / TYPE	BN
red	510310

Technical specifications:
Fascial Fitness Ball S: approx. 6.5 cm diameter
Made in Germany



Fascial Fitness Perineum Egg Ball

COLOR / TYPE	BN
red	510320



Technical specifications:
Fascial Fitness Perineum Egg Ball: approx. 12 x 5 cm
Made in Germany

Fascial Fitness Medicine Ball 2 kg

COLOR / TYPE	BN
red	422002



Technical specifications:
Features: Needle valve; suitable for bouncing
Material: high-quality Ruton®
Surface: textured, easy-grip surface with segmented design and needle valve
Maximum load: 150 kg
Made in Germany

Mini Fascia Ball

COLOR / TYPE	BN
green	465456



Technical specifications:
Diameter: approx. 4 cm
Weight: approx. 25 g
Made in Germany

The Mini Fascia Ball is ideal for tense muscles and body massage before and after training. Its compact size helps you target areas of tension precisely. It is also suitable for reflexology massage of tired, tense feet. Using the ball can stimulate blood circulation. Stretch your fascia after yoga, Pilates, or fitness training.

FASZIO® Ball allround

COLOR / TYPE	BN
blue	465380



Technical specifications:
Diameter: approx. 10 cm
Weight: approx. 105 g
Material: Ruton
Made in Germany

Healthy fascia stimulation for everyone! The air-filled FASZIO Ball, made in Germany, helps release fascial adhesions and tension, stimulates metabolism, and is gentle on the vascular system while helping prevent excessive strain on tissues. Its specially developed material compound is firm yet flexible, allowing the ball to adapt locally to the shape of the fascia while applying appropriate pressure.

FASZIO® Ball local

COLOR / TYPE	BN
blue	465450



Technical specifications:
Diameter: approx. 4 cm
Weight: approx. 25 g
Made in Germany

Healthy fascia stimulation for everyone! The air-filled FASZIO Ball, made in Germany, can effectively help release fascial adhesions and tension, stimulate metabolism, remain gentle on the vascular system, and protect tissues from excessive strain. Its specially developed material is firm yet flexible, allowing the ball to adapt to the local contours of the fascia while applying appropriate pressure.

FASZIO® Ring 1.5 kg

COLOR / TYPE	BN
pink	465551



Technical specifications:
Diameter: approx. 30 cm
Weight: approx. 1,500 g

Available in weights of 1.5, 2.5, or 3.5 kg, this weighted ring fits comfortably in the hand. Its yielding material invites playful activity. The weighted filling helps develop strength and mobility. With fascia-focused handling and versatile applications, the ring is an ideal tool for the FASZIO® movement concept.

FASZIO® Ring 2.5 kg

COLOR / TYPE	BN
blue	465550



Technical specifications:
Diameter: approx. 30 cm
Weight: approx. 2,500 g

FASZIO® Ring 3.5 kg

COLOR / TYPE	BN
misty-mountain	465552

Technical specifications:
Diameter: approx. 30 cm
Weight: approx. 3,500 g



FASZIO® Neuro Ball

COLOR / TYPE	BN
berry	465382

Technical specifications:
Diameter: approx. 10 cm
Weight: approx. 105 g
Material: Ruton
Made in Germany



The FASZIO® Neuro Ball promotes interaction between motor skills and cognition. Its compact size, comfortable grip, and elastic structure make it ideal for throwing, gripping, balancing, and releasing movements, both dynamically and with control. Its pliable surface works deep into the tissue, activates the fascial system, and is suited to warm-up, recovery, and sensory stimulation.

FASZIO® Neuro Focus Quartet, set of 4

COLOR / TYPE	BN
multicolored	465221

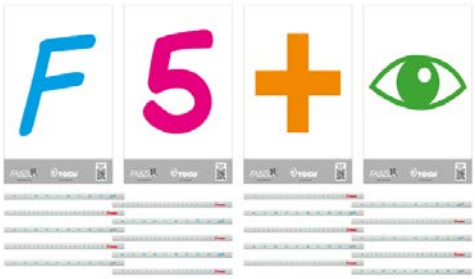
Technical specifications:
Diameter: approx. 30 cm
Weight: approx. 1,500 g



The TOGU® Focus Quartet complements the FASZIO® Neuro concept, which was developed specifically to stimulate the visual system. The boards can be used in many ways. Exercises can be adapted for group classes or individual training to promote body awareness, neurofascial integration, and precise movement control.

FASZIO® Neuro Group Set Basic (Sticks and Focus Quartet)

COLOR / TYPE	BN
pink	805369



Technical specifications:
20 × FASZIO® Neuro Sticks
1 × FASZIO® Focus Quartet

This set combines sticks and the Focus Quartet for group training. Ideal for stimulating the visual system, balance, coordination, and neurofascial integration.

FASZIO® Neuro Group Set All-Inclusive (Sticks, Balls and Focus Quartet)

COLOR / TYPE	BN
pink	805370



Technical specifications:
20 × FASZIO® Neuro Sticks
10 × FASZIO® Neuro Balls
1 × FASZIO® Focus Quartet

The All-Inclusive Set combines sticks, balls, and the Focus Quartet for group training. Ideal for stimulating the visual system, balance and coordination, neurofascial integration, and motor-cognitive connections.

FASZIO® Neuro Stick

COLOR / TYPE	BN
white	465220



The TOGU® FASZIO Neuro Stick is a compact tactile neuro-training tool specifically designed to stimulate the visual system. In group classes, visual tasks help improve balance, coordination, concentration, and movement quality. In individual training, exercises can be adapted to promote body awareness, neurofascial integration, and precise movement control. It also connects visual stimuli with movement and perception tasks to help strengthen neural connections.

FASZIO® Tuning Ball Set

COLOR / TYPE	BN
blue	805232



The practical FASZIO massage set comes in retail packaging and includes a pump and detailed instructions for use.

Flexvit Mini Band - Light

COLOR / TYPE	BN
yellow	650103



Technical specifications:
Size: 31 × 6 cm
Color: yellow
Resistance: light
Weight: 24 g
Material: elastic textile, washable at 60°C
Traded product*: made in Germany

Unlike conventional mini bands, the TOGU FLEXVIT Mini fitness band is made from textile-covered rubber. Its innovative material feels exceptionally comfortable against the skin. This resistance band offers a wide range of applications, from simple everyday exercises to sport-specific athletic training.

Flexvit Mini Band - Medium

COLOR / TYPE	BN
red	650102



Technical specifications:
Size: 31 × 6 cm
Color: red
Resistance: medium
Material: elastic textile, washable at 60°C
Traded product*: made in Germany

Flexvit Mini Band - Heavy

COLOR / TYPE	BN
anthracite	650105



Technical specifications:
Size: 31 × 6 cm
Color: anthracite
Resistance: heavy
Material: elastic textile, washable at 60°C
Traded product*: made in Germany

Flexvit Mini Band Set of 3

COLOR / TYPE BN	
yellow, red, anthracite	805239



Technical specifications:
Size: 31 x 6 cm each
Colors: yellow, red, anthracite
Resistance: set of three: light, medium, heavy
Material: elastic textile, washable at 60°C
Traded product*: made in Germany

Flexvit Multi Band

COLOR / TYPE BN	
anthracite	650101



Technical specifications:
Color: gray
Size: approx. 240 x 3 cm
Material: elastic textile, washable at 60°C
Traded product*: made in Germany

Unlike conventional fitness bands, the TOGU FLEXVIT Multi Band is made of textile-covered rubber. This versatile fitness band stands out for its unique, durable, resilient and even washable material. Multiple loops provide a wide range of grip and holding positions.

APPLICATION AREAS

- Strengthening the entire muscular system
- Improving stability, coordination and body control
- Functional training for everyday life, sports and prevention
- Mobility and flexibility exercises
- Activating deep muscles and core stability
- Suitable for beginners, advanced users and competitive athletes


Fig.: Flexvit mini

DID YOU KNOW?

Resistance training with elastic bands is a particularly joint-friendly way to build strength and stability. Unlike training with fixed weights, resistance adapts to the movement and enables controlled functional loading.
The wide range of exercises can target virtually every muscle group. At the same time, coordination, movement quality and body awareness can improve - essential foundations for an active, healthy lifestyle.


Fig.: Flexvit Multi Band

PRODUCT TIP

TOGU® Flexvit bands enable flexible, varied functional training. Just a few exercises are enough for an effective full-body workout.

Different resistance levels allow exercises to be tailored individually. Combined with varied movement patterns, they create a motivating workout that unites strength, stability and mobility.


Fig.: Flexvit Multi Band

Flow Perfect®

COLOR / TYPE BN	
black/red	440511



Technical specifications:

Dimensions: approx. 80 x 80 x 14 cm
Weight: approx. 8,850 g (with front wheel support: 11,450 g)
Maximum load: 150 kg
Material: birch wood and Ruton®
Front wheel support: approx. 24 x 24 x 11.5 cm

Flow Perfect® - more than a rocker plate. Combine smart indoor cycling with effective core workouts. Flow Perfect combines a rocker plate with a premium balance trainer. Train your whole body like the professionals. Enjoy greater freedom of movement on your bike and a completely new riding sensation on your smart trainer.

Flow Perfect® with Front Wheel Support

COLOR / TYPE BN	
black/red	805316



Technical specifications:

Dimensions: approx. 80 x 80 x 14 cm
Weight: approx. 8,850 g (with front wheel support: 11,450 g)
Maximum load: 150 kg
Material: birch wood and Ruton®
Front wheel support: approx. 24 x 24 x 11.5 cm

Flow Perfect® - more than a rocker plate. Combine smart indoor cycling with effective core workouts. Flow Perfect combines a rocker plate with a premium balance trainer. Train your whole body like the professionals. Enjoy greater freedom of movement on your bike and a completely new riding sensation on your smart trainer.

APPLICATION AREAS

- Balance, coordination and body control training
- Improving mobility and joint stability
- Neuromuscular training for faster reactions
- Additional full-body training beyond cycling
- For ambitious recreational athletes through to competitive sports



Fig.: Flow Perfect with front wheel support / Flow Perfect

DID YOU KNOW?

When cycling indoors, the stationary bike lacks the natural dynamics of riding on the road. Flow Perfect® compensates with innovative air-buffer technology, allowing controlled movement in every direction for a more realistic cycling experience.
The dynamic base activates the core, improves body control and supports efficient pedaling - for stronger performance on the bike.



PRODUCT TIP

TOGU® Flow Perfect® creates an entirely new indoor cycling experience. Innovative rocker-plate technology allows natural movements similar to riding outdoors and supports efficient pedaling. Individually adjustable air buffers let you tailor the riding sensation. Using Flow Perfect® as a premium balance trainer specifically trains core stability, coordination and deep muscles.



Gymnastics Ball 300 g Standard, Unlacquered

COLOR / TYPE	BN
gold	430420
white	430401
yellow	430403
orange	430407
hot pink	430416
pink	430411
anemone	430408
red	430402
purple	430413

COLOR / TYPE	BN
plum	430410
blue	430404
ice blue	430419
turquoise	430412
green	430406
apple	430415
pearl green	430418
black	430405



Technical specifications:
Diameter: 16 cm
Weight: approx. 300 g
Maximum load: 200 kg

A high-quality exercise ball for school and recreational gymnastics. The 300 g ball offers excellent bounce, good elasticity, and antistatic properties. The Best Quality version features a special material blend for even better bouncing performance.

Gymnastics Ball 300 g Best Quality, Unlacquered

COLOR / TYPE	BN
gold	430020
white	430001
yellow	430003
orange	430007
hot pink	430016
pink	430011
anemone	430008
red	430002
purple	430013

COLOR / TYPE	BN
plum	430010
blue	430004
ice blue	430019
turquoise	430012
green	430006
apple	430015
pearl green	430018
black	430005



Technical specifications:
Diameter: 16 cm
Weight: approx. 300 g
Maximum load: approx. 200 kg

A high-quality exercise ball for school and recreational gymnastics. The 300 g ball offers excellent bounce, good elasticity, and antistatic properties. The Best Quality version features a special material blend for even better bouncing performance.

Gymnastics Ball 300 g Best Quality, Lacquered

COLOR / TYPE	BN
gold	430520
yellow	430503
orange	430507
hot pink	430516
pink	430511
anemone	430508
red	430502
purple	430513

COLOR / TYPE	BN
plum	430510
blue	430504
ice blue	430519
turquoise	430512
green	430506
apple	430515
pearl green	430518
black	430505



A high-quality exercise ball for school and recreational gymnastics. The 300 g ball offers excellent bounce, good elasticity, and antistatic properties. The Best Quality version features a special material blend for even better bouncing performance.

Gymnastics Ball 420 g Standard, Unlacquered

COLOR / TYPE	BN
gold	445420
white	445401
yellow	445403
orange	445407
hot pink	445416
pink	445411
anemone	445408
red	445402
purple	445413

COLOR / TYPE	BN
plum	445410
blue	445404
ice blue	445419
turquoise	445412
green	445406
apple	445415
pearl green	445418
black	445405



Technical specifications:
Diameter: 19 cm
Weight: approx. 420 g
Maximum load: 200 kg

A high-quality exercise ball for school and recreational gymnastics. The 420 g ball offers excellent bounce, good elasticity, and antistatic properties. The Best Quality version features a special material blend for even better bouncing performance.

Gymnastics Ball 420 g Best Quality, unlacquered

COLOR / TYPE	BN
gold	445220
white	445201
yellow	445203
orange	445207
hot pink	445216
pink	445211
anemone	445208
red	445202
purple	445213

COLOR / TYPE	BN
plum	445210
blue	445204
ice blue	445219
turquoise	445212
green	445206
apple	445215
pearl green	445218
black	445205



Technical specifications:
Diameter: 19 cm
Weight: approx. 420 g
Maximum load: approx. 200 kg

A high-quality gymnastics ball for use at school and for recreational exercise. Weighing 420 g, it offers excellent bounce, good elasticity and antistatic properties. The Best Quality version is made from a special material blend for even greater bounce.

Gymnastics Ball 420 g Best Quality, lacquered

COLOR / TYPE	BN
gold	445320
orange	445307
red	445302
yellow	445303
hot pink	445316
pink	445311
anemone	445308
purple	445313

COLOR / TYPE	BN
plum	445310
blue	445304
ice blue	445319
turquoise	445312
green	445306
apple	445315
pearl green	445318
black	445305



A high-quality gymnastics ball for use at school and for recreational exercise. Weighing 420 g, it offers excellent bounce, good elasticity and antistatic properties. The Best Quality version is made from a special material blend for even greater bounce.

Gymnastics Ball FIG Approved, unlacquered

COLOR / TYPE	BN
gold	455120
white	455101
yellow	455103
orange	455107
hot pink	455116
pink	455111
anemone	455108
red	455102
purple	455113

COLOR / TYPE	BN
plum	455110
blue	455104
ice blue	455119
turquoise	455112
green	455106
apple	455115
pearl green	455118
black	455105



A competition and training ball designed for high-performance rhythmic gymnastics and the highest standards. This 420 g TOGU competition gymnastics ball bears the FIG approval mark.

Gymnastics Ball FIG Approved, lacquered

COLOR / TYPE	BN
gold	455520
yellow	455503
orange	455507
hot pink	455516
pink	455511
anemone	455508
red	455502
purple	455513

COLOR / TYPE	BN
plum	455510
blue	455504
ice blue	455519
turquoise	455512
green	455506
apple	455515
pearl green	455518
black	455505



A competition and training ball designed for high-performance rhythmic gymnastics and the highest standards. This 420 g TOGU competition gymnastics ball bears the FIG approval mark.

TOGU JumpYone Exercise Mat

COLOR / TYPE	BN
red, white	971300

Technical specifications:
Color: red, printed in white on both sides
Dimensions: approx. 180 x 66 x 0.5 cm
Distance between rings: approx. 52 cm
Weight: 1.7 kg
Material: PVC plastic mat



The JumpYone exercise mat is an ideal training companion for functional training, fascial fitness and health-oriented exercise. Measuring approx. 180 x 66 x 0.5 cm, it is suitable for a wide variety of exercises and yoga sessions. Functional markings printed on both sides allow many jumping and running variations. It offers optimal cushioning and a slip-resistant surface.

usawa Exercise Mat

COLOR / TYPE	BN
gray	400458



Technical specifications:
Color: gray
Dimensions: approx. 180 x 66 x 0.5 cm
Material: PVC plastic mat

The usawa exercise mat, measuring approx. 180 x 66 x 0.5 cm, is an ideal training companion. Suitable for a wide variety of exercises, including sit-ups and push-ups. Functional markings are printed on one side.

happyback® Ballkissen®

COLOR / TYPE	BN
anthracite	400215
blue	400214

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Diameter: approx. 33 cm
Weight: approx. 950 g
Maximum load: approx. 200 kg

Sit healthily and dynamically. At the office, at home or while traveling, you train the deep muscles around your spine without any additional time commitment, helping to strengthen your back. The saddle effect allows the happyback Ballkissen to adapt to your individual body shape.

happyback® Ballkissen® XL

COLOR / TYPE	BN
anthracite	400315
blue	400314

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Diameter: approx. 33 cm
Weight: approx. 950 g
Maximum load: approx. 200 kg

Sit healthily and dynamically. At the office, at home or while traveling, you train the deep muscles around your spine without any additional time commitment, helping to strengthen your back. The saddle effect allows the happyback Ballkissen to adapt to your individual body shape.

happyback® Fitnessball 45 cm

COLOR / TYPE	BN
spring green	427450



Get fit: Made from extra-soft material, the happyback Fitnessball turns familiar fitness exercises into a varied and enjoyable workout.

happyback® Fitnessball 55 cm

COLOR / TYPE	BN
spring green	427550



Get fit: Made from extra-soft material, the happyback Fitnessball turns familiar fitness exercises into a varied and enjoyable workout.

happyback® Fitnessball 65 cm

COLOR / TYPE	BN
spring green	427650



Get fit: Made from extra-soft material, the happyback Fitnessball turns familiar fitness exercises into a varied and enjoyable workout.

happyback® Fitnessball 75 cm

COLOR / TYPE	BN
spring green	427750



Get fit: Made from extra-soft material, the happyback Fitnessball turns familiar fitness exercises into a varied and enjoyable workout.

happyback® Relax Nex®

COLOR / TYPE	BN
blue	400504
ruby red	400502

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Dimensions: 23.5 x 11 cm
Weight: approx. 360 g
Maximum load: approx. 200 kg

Pure relaxation! The extra-soft material offers even greater comfort and allows you to relax deeply. It can help relieve tension in the neck and shoulders. Whether at home, on a lounger on vacation or during a workout, your head is perfectly supported, resting on a velvety-soft air cushion.

Junior Hopping Ball

COLOR / TYPE	BN
red	310002
blue	310004



Technical specifications:
Material: Ruton
Features: 2 molded handles
Maximum load: approx. 100 kg

The classic hopping ball for children comes in two sizes: Junior and Super. This air-filled ball makes bouncing fun and enjoyable.

Junior Hopping Ball ABS®

COLOR / TYPE	BN
blue	310604
red	310602



Technical specifications:
Diameter: 45 cm
Weight: approx. 600 g
Maximum load: approx. 200 kg
(burst-resistance guarantee up to 50 kg)

The hopping ball with guaranteed burst resistance (up to 75 kg body weight) combines fun and safety when bouncing. Made from ABS® anti-burst material, the ball has a total load capacity of up to 500 kg.

JUNIOR CONFETTI Hopping Ball

COLOR / TYPE	BN
confetti green	310816
confetti pink	310821



Technical specifications:
Material: Ruton
Features: 2 molded handles; colorful confetti embedded in the ball surface
Maximum load: approx. 100 kg
Diameter: max. 45 cm

The classic hopping ball for children comes in two sizes: Junior and Super. This air-filled ball makes bouncing fun and enjoyable.

Super RAINBOW Hopping Ball

COLOR / TYPE	BN
multicolored	360350



Technical specifications:
Material: Ruton
Features: 2 molded handles
Maximum load: approx. 100 kg
Diameter: max. 60 cm

The classic hopping ball for children comes in two sizes: Junior and Super. This air-filled ball makes bouncing fun and enjoyable.

Jacaranda®

COLOR / TYPE	BN
yellow	400730



Technical specifications:
Diameter: approx. 12.5 cm
Weight: approx. 400 g
Material: Ruton, stainless steel balls

Smart and clever. Jacaranda® - modern back training. Feel the gentle challenge of its flowing filling, combining air and weight. Your movements cause the Jacaranda ball to oscillate, transmitting gentle impulses back to your body. This makes it possible to train the deep muscles that stabilize the body and help keep it mobile and upright.

Jumper®

COLOR / TYPE	BN
red	410202
blue	410204
black	410205
berry	410207



Technical specifications:
Size: approx. 52 x 24 cm
Weight: approx. 4.4 kg
Maximum load: approx. 200 kg

Jumper - the half ball: Bounce and swing your way to fitness! Improve strength, endurance and coordination while having fun and spending little time. Combining a dynamic ball with a stable platform, it suits beginners and competitive athletes of all ages. The Jumper's air filling produces subtle movements that require continuous balancing and activate the body, especially the back muscles and spine. Proven Dynair technology ensures optimized pressure distribution, greater ankle stability and dynamic rebound for an enhanced trampoline effect.

Jumper® Pro

COLOR / TYPE	BN
red	410322
blue	410324
black	410325
berry	410327



Technical specifications:
Dimensions: 52 x max. 24 cm
Weight: 6,030 g
Maximum load: approx. 200 kg
Material: Ruton

The additional Jumper Pro Plate provides a flat underside. It can be attached and removed quickly and easily. During standing exercises for balance, coordination and strength, it allows the soles of the feet to rest in a physiologically correct position.

Jumper® Pro Plate

COLOR / TYPE	BN
black	949530



Technical specifications:
Dimensions: approx. 50 x 7 cm
Material: fiberglass-reinforced board
Color: black

The additional Jumper Pro Plate provides a flat underside. It can be attached and removed quickly and easily. During standing exercises for balance, coordination and strength, it allows the soles of the feet to rest in a physiologically correct position.

Jumper® mini

COLOR / TYPE	BN
red	410302
green	410305

Technical specifications:
Dimensions: 36 x max. 18 cm
Weight: approx. 2,280 g
Maximum load: approx. 120 kg



Bounce your way to fitness! This mini half ball helps develop fitness and stability with plenty of fun in little time. Proven Dynair technology improves pressure distribution and ankle stability. Exceptionally dynamic rebound provides an enhanced trampoline effect. Slip-resistant on all level surfaces, with a Better Grip surface for safe training.

Jumper® double, Set of 2

COLOR / TYPE	BN
red and green	805069

Technical specifications:
Dimensions: 36 x max. 18 cm
Weight: 4,560 g
Maximum load: approx. 120 kg



Bounce your way to fitness! This mini half ball helps develop fitness and stability with plenty of fun in little time. Proven Dynair technology improves pressure distribution and ankle stability. Exceptionally dynamic rebound provides an enhanced trampoline effect. Slip-resistant on all level surfaces, with a Better Grip surface for safe training.

JumpStep

COLOR / TYPE	BN
birch with red	440550

Technical specifications:
Dimensions: 78 x 78 x 27 cm
Material: birch wood with Ruton
Maximum load: approx. 150 kg



The JumpStep offers greater stability and dynamic movement, along with even more exercise options for functional training. Four balls beneath the wooden board allow users of all fitness levels to begin sensorimotor training and progress step by step.

Massage Nex®

COLOR / TYPE	BN
blue	400494
amethyst	400498



Technical specifications:
Dimensions: 20 x 10.5 cm
Weight: approx. 350 g
Max. load: 150 kg

Helps relieve tension and stimulate acupressure points. Massage Nex supports a tired, tense neck and is suitable for self-massage. Hygienic and washable. Ideal for massage or home use.

Mat Premium Easy

COLOR / TYPE	BN
black	971200



Technical specifications:
Color: black
Dimensions: 180 x 60 x 1.0 cm
Material: PE foam

The mat that makes exercise easy. Easy to fold and store (packed size approx. 32 x 60 cm), exceptionally lightweight and easy to take along. Made from durable material.

Mat Senso®

COLOR / TYPE	BN
blue	400410
amethyst	400413



Technical specifications:
Dimensions: 120 x 60 cm
Weight: approx. 4,000 g

A special mat for your well-being, featuring more than 7,000 Senso nodules. The Senso mat enhances body awareness during yoga, meditation and relaxation. It is gentler than comparable acupressure mats.

Mat Senso® mini

COLOR / TYPE	BN
blue	400424
amethyst	400428



Technical specifications:
Dimensions: 60 x 40 cm
Weight: approx. 1,330 g

Helps relieve tension and stimulate acupressure points. Massage Nex supports a tired, tense neck and is suitable for self-massage. Hygienic and washable. Ideal for massage or home use.

Classic Medicine Ball 0.5 kg

COLOR / TYPE	BN
red	420500



Technical specifications:
Features: With needle valve; resilient bounce!
Material: high-quality Ruton®
Surface: textured, easy-grip surface with panel sections and needle valve
Max. load: 150 kg

The TOGU medicine ball: an air-filled medicine ball with excellent rebound and a secure grip. Available from 0.5 kg to 5 kg. TOGU medicine balls are gentle on floors and walls. Their flexible material makes them highly durable, dynamic and bouncy. Includes a needle valve for adjusting the air fill.

Classic Medicine Ball 0.8 kg

COLOR / TYPE	BN
blue	420800



Classic Medicine Ball 1 kg

COLOR / TYPE	BN
red	421000



Classic Medicine Ball 1.5 kg

COLOR / TYPE	BN
brown	421500



Classic Medicine Ball 2 kg

COLOR / TYPE	BN
brown	422000



Classic Medicine Ball 3 kg

COLOR / TYPE	BN
blue	423000



Classic Medicine Ball 4 kg

COLOR / TYPE	BN
green	424000



Classic Medicine Ball 5 kg

COLOR / TYPE	BN
ruby red	425000



Medicine Ball with Bell 0.8 kg

COLOR / TYPE	BN
blue	420850



Technical specifications:
Material: high-quality Ruton®
Surface: textured, easy-grip surface with panel sections and sound opening
Max. load: approx. 200 kg

Latex-free sound medicine balls with a built-in bell for auditory training for people with visual impairments. Available from 800 g to 5,000 g.

Medicine Ball with Bell 1 kg

COLOR / TYPE	BN
red	421050



Medicine Ball with Bell 1.5 kg

COLOR / TYPE	BN
brown	421550



Medicine Ball with Bell 2 kg

COLOR / TYPE	BN
brown	422050



Medicine Ball with Bell 3 kg

COLOR / TYPE	BN
blue	423050



Medicine Ball with Bell 4 kg

COLOR / TYPE	BN
green	424050



Medicine Ball with Bell 5 kg

COLOR / TYPE	BN
ruby red	425050



Mind Set - strong, vital, calm

COLOR / TYPE	BN
green/orange/blue	805315



The TOGU Mind Set is designed for a short movement break - at home, on vacation or in the office. Choose the ball that matches your mood: blue represents calmness, green vitality and orange strength. The blue and green balls are made from the same pleasantly soft material, allowing even two-handed or bilateral exercises. The orange ball is made from a slightly firmer material.

Mini Dumbbell

COLOR / TYPE	BN
green (250 g)	670250
pink (500 g)	670500
blue (1000 g)	670100



Technical specifications:
Dimensions: 13 x 4.5 cm / 19 x 7.5 cm
Weight: 250 / 500 / 1,000 g

Ideal for home fitness, studio workouts and Pilates. Unlike conventional small dumbbells, the special material and loose weight filling protect floors if dropped. Also suitable for water exercise. The textured surface provides a comfortable, secure, non-slip grip.

Moonhopper® up to 45 kg

COLOR / TYPE	BN
blue/pink	666600
green/pink	666800
blue/red	666900
blue/yellow	666500



Technical specifications:
Dimensions: approx. 40 x 30 cm (W x H)
Weight: approx. 960 g
Max. load: approx. 45 kg

Fun and exercise in one: the Moonhopper is the perfect bouncing toy for indoor and outdoor use. Its extra-sturdy platform helps children develop coordination, balance and stability. Whether used for leisure activities, school sports or training, the Moonhopper brings joy to movement as a bouncing balance board.

Moonhopper® Sport up to 110 kg

COLOR / TYPE	BN
blue/black	666700



Technical specifications:
Dimensions: approx. 40 x 30 cm (W x H)
Weight: approx. 1,300 g
Max. load: approx. 110 kg

The bouncing balance board for adults and children with a body weight from 45 to 110 kg features an extra-sturdy platform. By continually alternating between muscle tension and relaxation, Moonhopper Sport trains coordination, balance and strength.

Multiroll functional

COLOR / TYPE	BN
silver	400011
black	400015
red	400012

MADE IN GERMANY
30-Jahre-Garantie



Technical specifications:
Dimensions: approx. 80 x 18 cm
Weight: approx. 1,800 g
Max. load: approx. 200 kg

Specially designed for Pilates and stability exercises. The adjustable internal air pressure allows different levels of difficulty. Features a pleasantly velvety surface. Perfect for combining with the Redondo Ball or Stonies.

Multiroll mein Yoga

COLOR / TYPE	BN
black	400050



Technical specifications:
Dimensions: approx. 80 x 18 cm
Weight: approx. 1,800 g
Material: Ruton

The air-filled Multiroll mein Yoga helps you find your center and activate body and mind. The "mein Yoga" movement concept combines elements of classical yoga with harmonious exercise sequences, making it suitable for everyone - easy to follow yet challenging. Examples include back yoga, fascia yoga and figure-toning yoga.

MyBall 45 cm

COLOR / TYPE	BN
silver	414601
red	414602
green	414606
turquoise	414608
blue	414604
pink	414603
pearl	414611
anthracite	414605
transparent blue	409450
transparent	404460
marble	414650



Technical specifications:
Max. load: up to 500 kg

Enjoy fun and varied ball training at home. Stretch, strengthen and mobilize to work the whole body. Excellent bounce, good shape retention and a grippy, double-grooved surface.

MyBall 55 cm

COLOR / TYPE	BN
silver	415601
red	415602
green	415606
turquoise	415608
blue	415604
pink	415603
pearl	415611
anthracite	415605
transparent blue	409550
transparent	404560
marble	415650



Technical specifications:
Max. load: up to 500 kg

Enjoy fun and varied ball training at home. Stretch, strengthen and mobilize to work the whole body. Excellent bounce, good shape retention and a grippy, double-grooved surface.

MyBall 65 cm

COLOR / TYPE	BN
silver	416601
red	416602
green	416606
turquoise	416608
blue	416604
pink	416603
pearl	416611
anthracite	416605
transparent blue	409650
transparent	404660
marble	416650



Technical specifications:
Max. load: up to 500 kg

Enjoy fun and varied ball training at home. Stretch, strengthen and mobilize to work the whole body. Excellent bounce, good shape retention and a grippy, double-grooved surface.

MyBall 75 cm

COLOR / TYPE	BN
silver	417601
red	417602
green	417606
turquoise	417608
blue	417604
pink	417603
pearl	417611
anthracite	417605
transparent blue	409750
transparent	404760
marble	417650



Technical specifications:
Max. load: up to 500 kg

Enjoy fun and varied ball training at home. Stretch, strengthen and mobilize to work the whole body. Excellent bounce, good shape retention and a grippy, double-grooved surface.

MyBall Soft 45 cm

COLOR / TYPE	BN
pearl white	418451
ruby red	418452
anthracite	418455

Technical specifications:
Max. load: up to 500 kg



Enjoy fun and variety with exercise ball training at home. Stretch, strengthen and mobilize your entire body to improve fitness. Excellent bounce. The foamed surface makes every exercise comfortable.

MyBall Soft 55 cm

COLOR / TYPE	BN
pearl white	418551
ruby red	418552
anthracite	418555

Technical specifications:
Max. load: up to 500 kg



Enjoy fun and variety with exercise ball training at home. Stretch, strengthen and mobilize your entire body to improve fitness. Excellent bounce. The foamed surface makes every exercise comfortable.

MyBall Soft 65 cm

COLOR / TYPE	BN
pearl white	418651
ruby red	418652
anthracite	418655

Technical specifications:
Max. load: up to 500 kg



Enjoy fun and variety with exercise ball training at home. Stretch, strengthen and mobilize your entire body to improve fitness. Excellent bounce. The foamed surface makes every exercise comfortable.

MyBall Soft 75 cm

COLOR / TYPE	BN
pearl white	418751
ruby red	418752
anthracite	418755



Technical specifications:
Max. load: up to 500 kg

Enjoy fun and variety with exercise ball training at home. Stretch, strengthen and mobilize your entire body to improve fitness. Excellent bounce. The foamed surface makes every exercise comfortable.

Nex® - Neck Support

COLOR / TYPE	BN
blue	400444
amethyst	400447

MADE IN GERMANY
30-Jahre-Garantie



Technical specifications:
Dimensions: 20 x 10.5 cm
Weight: 350 g
Max. load: approx. 150 kg
Material: Ruton

The recess leaves the spinous processes free of pressure. Pressure is evenly distributed, allowing massage and acupressure along the long back extensor muscles. In hand rehabilitation, compensatory forearm movements are avoided during active mobilisation, enabling controlled movement and strengthening of the wrist.

Javelin Training Ball

COLOR / TYPE	BN
red	474000
red	476000
yellow	478000

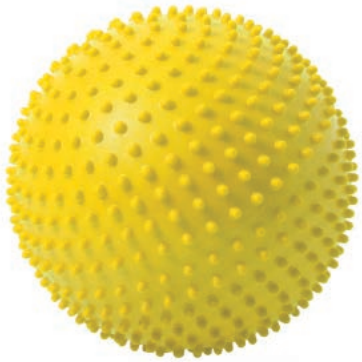


Technical specifications:
Size: 10 cm
Weight: approx. 400 g/red, 600 g/red, 800 g/yellow
Material: Ruton
Surface: smooth, ribbed

Ideal for preparation for javelin training. Holding the knob between the index and middle fingers positions the ball optimally in the hand, making it possible to train the correct javelin-throwing grip.

Spiky Catching Ball

COLOR / TYPE	BN
red	465102
yellow	465103
blue	465104



Technical specifications:
Size: 22 cm
Weight: approx. 420 g

Perfect for small children's hands. Easy to grip and catch, with pleasantly rounded spiky bumps made from durable material.

Spiky Sound Ball

COLOR / TYPE	BN
blue	467100



Technical specifications:
Size: 10 cm
Weight: approx. 190 g
Material: Ruton

Perfect for small children's hands. Easy to grip and catch, with pleasantly rounded spiky bumps made from durable material.

Spiky Massage Ball 6 cm

COLOR / TYPE	BN
orange	462500



The classic massage ball - Made in Germany - for reflexology massage, promoting circulation and relaxation. Suitable for professional use and self-massage at home. Unlike conventional massage balls, it features a needle valve for individual pressure adjustment. Available in 6, 8, 9 and 10 cm sizes.

Spiky Massage Ball 8 cm

COLOR / TYPE	BN
apple	463300
amethyst	463008
yellow	463000



The classic massage ball - Made in Germany - for reflexology massage, promoting circulation and relaxation. Suitable for professional use and self-massage at home. Unlike conventional massage balls, it features a needle valve for individual pressure adjustment. Available in 6, 8, 9 and 10 cm sizes.

Spiky Massage Ball 9 cm

COLOR / TYPE	BN
amethyst	463508
red	463500
pink	463350



The classic massage ball - Made in Germany - for reflexology massage, promoting circulation and relaxation. Suitable for professional use and self-massage at home. Unlike conventional massage balls, it features a needle valve for individual pressure adjustment. Available in 6, 8, 9 and 10 cm sizes.

Spiky Massage Ball 10 cm

COLOR / TYPE	BN
amethyst	464008
blue	464000



The classic massage ball - Made in Germany - for reflexology massage, promoting circulation and relaxation. Suitable for professional use and self-massage at home. Unlike conventional massage balls, it features a needle valve for individual pressure adjustment. Available in 6, 8, 9 and 10 cm sizes.

Spiky Massage Ball 6 cm, Set of 2

COLOR / TYPE	BN
orange	462501

Technical specifications:
Scope of delivery: set of 2
Size: 6 cm
Material: high-quality Ruton®
Weight: 40 g



The classic massage ball - Made in Germany - for reflexology massage, promoting circulation and relaxation. Supplied as a set of two in a retail carton for specialist retailers.

Spiky Massage Ball 8 cm, Set of 2

COLOR / TYPE	BN
apple	463301
amethyst	463003
yellow	463001



Technical specifications:
Material: Ruton
Size: 8 cm
Colors: yellow, apple, amethyst

The classic massage ball - Made in Germany - for reflexology massage, promoting circulation and relaxation. Supplied as a set of two in a retail carton for specialist retailers.

Spiky Massage Ball 9 cm, Set of 2

COLOR / TYPE	BN
amethyst	463503
red	463501
pink	463351



Technical specifications:
Material: Ruton

The classic massage ball - Made in Germany - for reflexology massage, promoting circulation and relaxation. Supplied as a set of two in a retail carton for specialist retailers.

Spiky Massage Ball 10 cm, Set of 2

COLOR / TYPE	BN
blue	464001
amethyst	464003

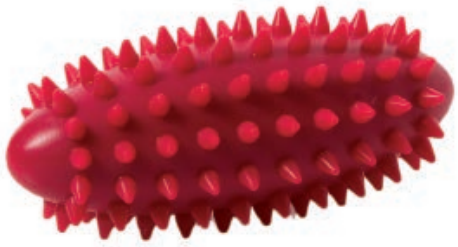


Technical specifications:
Material: Ruton
Size: 10 cm
Colors: amethyst, blue

The classic massage ball - Made in Germany - for reflexology massage, promoting circulation and relaxation. Supplied as a set of two in a retail carton for specialist retailers.

Long Spiky Massage Ball

COLOR / TYPE	BN
red	470702
blue	470704
green	470706
violet	470707
pink	470708
silver	470701
red	470802
blue	470804
green	470806
violet	470807
pink	470808
silver	470801



Technical specifications:
Size: approx. 7 × 4 cm or 11 × 5 cm
Weight: 20 g / 50 g
Max. load: approx. 150 kg
Colors: available in six colors

The air-filled, ergonomically elongated Spiky Massage Ball is a convenient handheld tool for mobility exercises, stimulating circulation, reflexology massage and relaxation. Its pleasant sensory spikes stimulate body awareness. The Long Spiky Massage Ball is an ideal sensory walking trainer.

Spiky Cushion

COLOR / TYPE	BN
amethyst	460408
silver	460401



Technical specifications:
Dimensions: approx. 23 × 11 cm
Weight: 960 g
Max. load: approx. 200 kg

For targeted finger and hand muscle extension exercises. The degree of extension can be adjusted individually by changing the air filling. Also suitable for use with stroke patients or people with spastic paralysis.

Octositz® - The Multi-Cube

COLOR / TYPE	BN
red	400702
green	400706
blue	400704



Technical specifications:
Dimensions: 32 cm
Weight: approx. 1,850 g
Max. load: approx. 200 kg

Small, round - yet a cube! For sitting, balancing or simply having fun. Ideal for movement circuits, playful activities or as seating in children's play areas. Supports coordination and balance, strengthens muscles and helps stabilize the spine.

OS Roller Premium

COLOR / TYPE	BN
anthracite	400057



Technical specifications:
Dimensions: approx. 45 × 15 cm
Weight: 250 g
Material: EVA

* Traded product. Made in Taiwan.

The TOGU OS Pilates roller makes it easy to apply pressure during massage and help release muscle tension. It also makes positive use of the body's natural response to pressure. Adjust and balance the pressure as required using your own body weight.

OS Roller Premium 90 cm

COLOR / TYPE	BN
anthracite	400067



Technical specifications:
Dimensions: approx. 90 × 15 cm
Weight: 670 g
Material: EVA

* Traded product. Made in Taiwan.

The TOGU OS Pilates roller makes it easy to apply pressure during massage and help release muscle tension. It also makes positive use of the body's natural response to pressure. Adjust and balance the pressure as required using your own body weight.

PAB® Pad

COLOR / TYPE	BN
red	466661



Technical specifications:
Item no.: 466661
Weight: 5,000 g
Max. load: 300 kg
Includes: PAB® Pad with instructions

PAB® Pad - the new gel-filled balance cushion: responsive, dynamic and effective.
The PAB® Pad adds movement to your training. It responds dynamically to every shift in body weight and moves with you. Even the smallest movement challenges your balance, requiring continuous fine adjustments. These micro-adjustments train muscles, body awareness, balance and responsiveness. Weighing approx. 5 kg, the PAB® Power and Balance Pad was designed for health and fitness, for group exercise or training at home.

PAB® Ring, Set of 2

COLOR / TYPE	BN
red	466660



Technical specifications:
Includes: PAB® Rings, set of 2, with instructions

PAB® Power and Balance Rings in a set of two provide joint-friendly support for targeted balance and strength training for all ages. These handy weighted rings, each weighing approx. 850 g, are designed for health and fitness and can be used both in group exercise and for training at home.

PAB® Ring PRO, Set of 2

COLOR / TYPE	BN
misty-mountain	466662



Technical specifications:
Includes: PAB® Ring PRO, set of 2, with instructions

These handy weighted rings, each weighing approx. 1,800 g, are designed for health and fitness and offer a wide range of uses in group exercise and at home.

PAB® Ring Senso, Set of 2

COLOR / TYPE	BN
pistachio	466663



Technical specifications:
Includes: PAB® Senso Rings, set of 2, with instructions

These handy weighted rings, each weighing approx. 500 g, are specially designed for health and fitness and offer versatile uses in group fitness and at home. The small weighted beads inside the PAB Senso Rings provide auditory and sensory feedback during movement.

Pendel® Ball

COLOR / TYPE	BN
lilac	400409

Technical specifications:
Dimensions: approx. 55-70 cm
Weight: approx. 6,000 g
Load capacity: 1,000 kg (burst-safe up to 250 kg)



Tested and recommended by Forum: Gesunder Rücken - besser leben e.V. and the German Back Schools Association (BdR).
More information here.

The Pendel Ball is an exceptionally safe exercise and sitting ball. Its distinctive oval shape gives users a larger contact area than a conventional exercise ball, while also increasing contact with the floor. It does not roll away when you stand up.

Pilates Ball Power Pilates

COLOR / TYPE	BN
blue	492100

Technical specifications:
Dimensions: approx. 26 cm
Weight: approx. 160 g
Load capacity: 120 kg for exercises lying down



This inflatable, foldable ball is suitable for Pilates, fitness and pelvic-floor training. With a little air, it can support the back or neck and withstand up to 120 kg during exercises lying down. Placed between the thighs, it also helps engage and strengthen the thigh muscles. Its elastic surface is ideal for gripping and catching exercises.

Pilates-Ballance Ball

COLOR / TYPE	BN
blue	492000



Technical specifications:
Diameter: 30 cm
Load capacity: 120 kg (for exercises lying down)
Weight: approx. 0.4 kg

The foldable ball for Pilates and fitness is extremely versatile. Partially inflated, it can be used as a support cushion for the back or neck. It withstands a body weight of up to 120 kg during exercises lying down. Its elastic surface also makes it ideal for gripping and catching exercises.

Pilates Circle Premium

COLOR / TYPE	BN
black	493500



Technical specifications:
Diameter: 35 cm
Weight: 650 g
* Traded product. Made in Taiwan.

A sturdy, classic Pilates Circle made of fiberglass with soft handles and a 35 cm diameter, from our Pilates & Yoga range. Strengthens numerous muscle groups in the upper body, including the arm and back muscles.

Pilates Foam Roller Premium

COLOR / TYPE	BN
purple	400047



Technical specifications:
Dimensions: 90 x 15 cm
Weight: approx. 670 g
Material: EVA
* Traded product. Made in Taiwan.

The TOGU Pilates Foam Roller Premium is ideal for Pilates exercises at home or in the studio. It can also be used to apply pressure during massage and help ease muscle tension. Body weight allows you to adjust and balance the pressure as needed.

Pilates Half Roller Premium

COLOR / TYPE	BN
purple	400045



Technical specifications:
Dimensions: 90 x 15 x 7.5 cm
Max. load: 150 kg
Weight: approx. 340 g
Color: purple
Material: EVA

Includes: training chart

* Traded product. Made in Taiwan.

The TOGU Pilates Half Roller Premium is ideally suited for proprioceptive training, fitness exercises and home workouts. Its half-round shape allows training for all ages, whether lying down, sitting or standing. Developed for balance, strength and postural training, spinal stabilization, body awareness, coordination, stretching and strengthening exercises.

Posturedo®

COLOR / TYPE	BN
birch with fine wood veneer	440440



Technical specifications:
Dimensions: approx. 67 x 72 x 13 cm
Weight: approx. 9,500 g
Load capacity: 200 kg

* This item is classified as bulky goods.

Posturedo supports posture regulation and stimulation and helps improve coordination and strength. Combining a high-quality wooden board with an air cushion, this premium training device offers many different exercise options.

Powerball® ABS® 35 cm

COLOR / TYPE	BN
red	406362
green	406366
blue	406364
terra	406363
silver	406361



Technical specifications:
Load capacity: up to 500 kg (guaranteed burst safety if the outer skin is damaged, up to 90 kg)

Original ABS® safety - Made in Germany: the airbag for your large exercise ball. For intense, powerful training with more challenge and greater effect. Enhanced safety: the ABS* system provides guaranteed burst resistance if the outer shell is damaged during use. See table for warranty limits and load capacities. Also available in XS (approx. 35 cm diameter) for children. (* See instructions for use.)

Powerball® ABS® 45 cm

COLOR / TYPE	BN
red	406452
green	406456
blue	406454
terra	406453
silver	406451
pink	406457
pearl	406458
anthracite	406455
marble	407460



Technical specifications:
Load capacity: up to 500 kg (guaranteed burst safety if the outer skin is damaged, up to 90 kg)

Original ABS® safety - Made in Germany: the airbag for your large exercise ball. For intense, powerful training with more challenge and greater effect. Enhanced safety: the ABS* system provides guaranteed burst resistance if the outer shell is damaged during use. See table for warranty limits and load capacities. Also available in XS (approx. 35 cm diameter) for children. (* See instructions for use.)

Powerball® ABS® 55 cm

COLOR / TYPE	BN
red	406552
green	406556
blue	406554
terra	406553
silver	406551
pink	406557
pearl	406558
anthracite	406555
marble	407560



Technical specifications:
Load capacity: up to 500 kg (guaranteed burst safety if the outer skin is damaged, up to 90 kg)

Original ABS® safety - Made in Germany: the airbag for your large exercise ball. For intense, powerful training with more challenge and greater effect. Enhanced safety: the ABS* system provides guaranteed burst resistance if the outer shell is damaged during use. See table for warranty limits and load capacities. Also available in XS (approx. 35 cm diameter) for children. (* See instructions for use.)

Powerball® ABS® 65 cm

COLOR / TYPE	BN
red	406652
green	406656
blue	406654
terra	406653
silver	406651
pink	406657
pearl	406658
anthracite	406655
marble	407660



Technical specifications:
Load capacity: up to 500 kg (guaranteed burst resistance up to 90 kg if the outer shell is damaged)

Original ABS® safety, made in Germany: the airbag for your exercise ball. Intense and powerful training for greater challenge and results. Safety first: the ABS* system guarantees burst resistance if the outer shell is damaged during use. See the table for guaranteed safety limits and load capacities. Also available in XS (approx. 35 cm diameter) for children. (* See instructions for use.)

Powerball® ABS® 75 cm

COLOR / TYPE	BN
red	406752
green	406756
blue	406754
terra	406753
silver	406751
pink	406757
pearl	406758
anthracite	406755
marble	407760



Technical specifications:
Load capacity: up to 500 kg (guaranteed burst resistance up to 90 kg if the outer shell is damaged)

Original ABS® safety, made in Germany: the airbag for your exercise ball. Intense and powerful training for greater challenge and results. Safety first: the ABS* system guarantees burst resistance if the outer shell is damaged during use. See the table for guaranteed safety limits and load capacities. Also available in XS (approx. 35 cm diameter) for children. (* See instructions for use.)

Powerball® Challenge ABS® 55-65 cm

COLOR / TYPE	BN
silver-gray	407750



Technical specifications:
Load capacity: up to 2,000 kg (guaranteed burst resistance up to 500 kg if damaged during use)

Original ABS® safety, made in Germany: the airbag for your large exercise ball. Maximum safety for competitive sports, strength training and sports physiotherapy. Maintains its shape while remaining highly responsive and bouncy. Guaranteed burst resistance up to 500 kg if damaged during use. Thanks to its dimensional stability: one size fits all.

Powerball® Extreme ABS® 55-70 cm

COLOR / TYPE	BN
bl blue- tra transparent	416000



Technical specifications:
Load capacity: up to 3,000 kg (guaranteed burst resistance up to 1,000 kg if damaged during use)

TOGU's most stable exercise ball, designed for the highest safety standards in strength training and extreme loads. Guaranteed burst resistance up to 1,000 kg if damaged during use. Diameter can be adjusted individually from 55 to 70 cm. Thanks to its dimensional stability: one size fits all. Also suitable for combination exercises with heavy additional weights as an alternative to a weight bench.

Powerball® Premium ABS® 45 cm

COLOR / TYPE	BN
blue	400464
silver	400461



Technical specifications:
Load capacity: up to 1,000 kg

The Powerball Premium ABS exercise ball has an improved surface and was specially developed for demanding workouts. More challenge - greater effect. It will not roll away when you stand up. The ABS* system guarantees burst resistance up to 170 kg if damaged during use. Load capacity: up to 1,000 kg. (* See instructions for use.)

Powerball® Premium ABS® 55 cm

COLOR / TYPE	BN
blue	400564
orange	400567
silver	400561

Technical specifications:
Load capacity: up to 1,000 kg



The Powerball Premium ABS exercise ball has an improved surface and was specially developed for demanding workouts. More challenge - greater effect. It will not roll away when you stand up. The ABS* system guarantees burst resistance up to 170 kg if damaged during use. Load capacity: up to 1,000 kg. (* See instructions for use.)

Powerball® Premium ABS® 65 cm

COLOR / TYPE	BN
green	400665
blue	400664
silver	400668

Technical specifications:
Load capacity: up to 1,000 kg



The Powerball Premium ABS exercise ball has an improved surface and was specially developed for demanding workouts. More challenge - greater effect. It will not roll away when you stand up. The ABS* system guarantees burst resistance up to 170 kg if damaged during use. Load capacity: up to 1,000 kg. (* See instructions for use.)

Powerball® Premium ABS® 75 cm

COLOR / TYPE	BN
blue	400764
silver	400761

Technical specifications:
Load capacity: up to 1,000 kg



The Powerball Premium ABS exercise ball has an improved surface and was specially developed for demanding workouts. More challenge - greater effect. It will not roll away when you stand up. The ABS* system guarantees burst resistance up to 170 kg if damaged during use. Load capacity: up to 1,000 kg. (* See instructions for use.)

Powerball® Premium ABS® Pregnancy 55 cm

COLOR / TYPE	BN
silver	401560

Technical specifications:
Load capacity: up to 1,000 kg



The Powerball Premium ABS exercise ball has an improved surface and was specially developed for demanding workouts. More challenge - greater effect. It will not roll away when you stand up. The ABS* system guarantees burst resistance up to 170 kg if damaged during use. Load capacity: up to 1,000 kg. (* See instructions for use.)

Powerball® Premium ABS® Pregnancy 65 cm

COLOR / TYPE	BN
silver	401660

Technical specifications:
Load capacity: up to 1,000 kg



The Powerball Premium ABS exercise ball has an improved surface and was specially developed for demanding workouts. More challenge - greater effect. It will not roll away when you stand up. The ABS* system guarantees burst resistance up to 170 kg if damaged during use. Load capacity: up to 1,000 kg. (* See instructions for use.)

Powerball® Premium ABS® Pregnancy 75 cm

COLOR / TYPE	BN
silver	401760

Technical specifications:
Load capacity: up to 1,000 kg



The Powerball Premium ABS exercise ball has an improved surface and was specially developed for demanding workouts. More challenge - greater effect. It will not roll away when you stand up. The ABS* system guarantees burst resistance up to 170 kg if damaged during use. Load capacity: up to 1,000 kg. (* See instructions for use.)

Standard Pump

COLOR / TYPE	BN
white	904400



Technical specifications:
Length: 30 cm
Resale item - made in Taiwan

Simple needle pump suitable for all products with a needle valve (screw-on needle stored in the handle). Caution: Moisten the needle before inserting it into the valve.

Powerball® Pump

COLOR / TYPE	BN
white	966600



Technical specifications:
Length: 30 cm
Resale item - made in China

Simple hand pump for all products with a plug valve.

Reaction Ball

COLOR / TYPE	BN
blue	410134
red	410132



Technical specifications:
Diameter: approx. 12 cm
Weight: 195 g
Material: Ruton
Load capacity: up to 150 kg

Train speed and reaction time. The ball bounces in a different direction on every landing. Simply drop or throw the reaction ball onto the floor and catch it again. Each attempt presents a new challenge.

Redondo® Ball 18 cm

COLOR / TYPE	BN
anthracite	491300

Redondo® Ball Geprüft & empfohlen AGR BdR

MADE IN GERMANY 30-Jahre-Garantie



Technical specifications:
Diameter: approx. 18 cm
Weight: approx. 150 g
Load capacity: approx. 120 kg for exercises in a lying position

Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Redondo® Ball 22 cm

COLOR / TYPE	BN
blue	491000
petrol	491005

Technical specifications:
Diameter: approx. 22 cm
Weight: approx. 150 g
Load capacity: approx. 120 kg for exercises in a lying position



Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Redondo® Ball 26 cm

COLOR / TYPE	BN
ruby red	491100

Technical specifications:
Diameter: approx. 26 cm
Weight: approx. 150 g
Load capacity: approx. 120 kg for exercises in a lying position



Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Redondo® Ball Fascia in Motion

COLOR / TYPE	BN
petrol	491102

Technical specifications:
Diameter: approx. 26 cm
Weight: approx. 150 g
Load capacity: approx. 120 kg for exercises in a lying position



Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Redondo® "Feel Redondo®"

COLOR / TYPE	BN
green	491600

Technical specifications:
Diameter / color: 26 cm / green
Load capacity: 120 kg (for exercises in a lying position)



Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Redondo® “Feel Redondo®” Set incl. DVD

COLOR / TYPE	BN
green	491608



Technical specifications:
Diameter / color: 26 cm / green
Load capacity: 120 kg (for exercises in a lying position)

Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Redondo® Ball GAB!

COLOR / TYPE	BN
ruby red	491220



Technical specifications:
Diameter: approx. 14 cm
Material: foamed Ruton
Load capacity: approx. 120 kg for exercises in a lying position

Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Redondo® Ball My Yoga

COLOR / TYPE	BN
ruby red	492200



Technical specifications:
Size: max. 42 cm
Material: foamed Ruton

Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Redondo® Ball mini Set of 2

COLOR / TYPE	BN
blue	491900









Technical specifications:
Size: 2 × approx. 14 cm diameter
Material: foamed Ruton
Load capacity: approx. 120 kg for exercises in a lying position

Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Redondo® Ball Touch 18 cm

COLOR / TYPE	BN
anthracite	493000

Technical specifications:
Diameter: approx. 18 cm
Load capacity: approx. 120 kg for exercises in a lying position



Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Redondo® Ball Touch 22 cm

COLOR / TYPE	BN
blue	493100

Technical specifications:
Diameter: approx. 22 cm
Load capacity: approx. 120 kg for exercises in a lying position



Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Redondo® Ball Touch 26 cm

COLOR / TYPE	BN
ruby red	493200

Technical specifications:
Diameter: approx. 26 cm
Load capacity: approx. 120 kg for exercises in a lying position



Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Redondo® Ball Plus

COLOR / TYPE	BN
green	491400
petrol	491405

Technical specifications:
Diameter: approx. 38 cm
Material: foamed Ruton
Load capacity: approx. 150 kg



Redondo Ball: Soft, supple and durable. Small - yet indispensable. The foldable ball for mind-body exercise, Pilates, wellness and fitness. Available in a wide range of sizes and colors!

Relax Nex®

COLOR / TYPE	BN
silver-gray	400471
amethyst	400478

MADE IN GERMANY
30-Jahre-Garantie



Technical specifications:
Dimensions: 23.5 x 11 cm
Load capacity: 200 kg

Relieve pressure on the vertebrae and enjoy deep relaxation. Let the soft air cushion support your head during meditation, sunbathing or exercise.

Relax Nex® Thermo

COLOR / TYPE	BN
red	400630

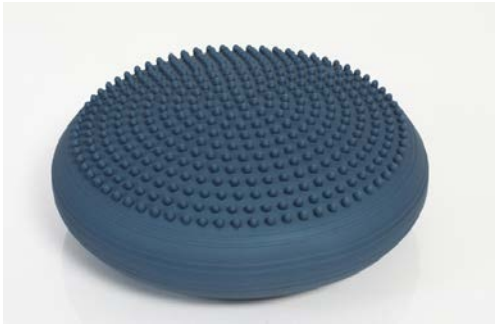


Technical specifications:
Size: 23.5 x 11 cm
Weight: approx. 1,280 g

Relax Nex Thermo is a hot-and-cold cushion with a special thermo-gel filling. It adapts comfortably to the shape of the body and is especially recommended for the neck, shoulders and back. When warmed, it provides an easy way to massage, relax and recover.

Rückenfreund

COLOR / TYPE	BN
misty mountain	400604



Technical specifications:
Dimensions: approx. 30 cm diameter; height approx. 10 cm
Weight: approx. 600 g
Load capacity: max. 300 kg

A friend to your back from TOGU: Move healthily and strengthen your back. Do you have back discomfort but find regular exercise difficult? The TOGU Rückenfreund makes short movement and stretching sessions easy, helping you find relief. Strengthen and stretch your back muscles with little time and effort.

Semi Bodyroll

COLOR / TYPE	BN
blue	460504
red	460502



Technical specifications:
Size: 13 x 6 x 3 cm
Weight: 220 g
Material: foamed Ruton
Load capacity: approx. 150 kg

Small half roller for self-massage and assisted massage. Ideal for reflexology, promoting circulation and relaxation. Comfortable Spiky surface and no rolling away. Needle valve for individual pressure adjustment.

Semi knobbed ball

COLOR / TYPE	BN
blue	463204
red	463202



Technical specifications:
Dimensions: 8 x 4 cm
Weight: approx. 45 g
Load capacity: 200 kg

A massage classic in a new shape, for self-massage and assisted massage. Ideal for reflexology, promoting blood circulation and relaxation. Pleasant Spiky surface that stays in place. Needle valve for individual pressure adjustment.

Senso® Balance Bar

COLOR / TYPE	BN
red	410102
green	410106
blue	410104



Technical specifications:
Dimensions: 50 x 7.5 cm
Weight: approx. 1,242 g
Load capacity: approx. 200 kg

Air-filled Balance Bar with Senso spikes. Ideal for creating your own balance courses to improve body awareness. Available in three colors.

Senso® Balance Hedgehog Set of 2

COLOR / TYPE	BN
red	465152
yellow	465153
blue	465154
anthracite	465155
green	465156
pink	465151
purple	465157



Technical specifications:
Dimensions: approx. 16 cm
Weight: approx. 760 g
Load capacity: approx. 200 kg

Improve coordination, mobility and body awareness. The comfortable spikes are also excellent for foot massage and relaxation. Available in two sizes and a variety of colors.

Senso® Balance Hedgehog XL Set of 2

COLOR / TYPE	BN
red	465172
yellow	465173
blue	465174
anthracite	465175
green	465176
pink	465171
purple	465177



Technical specifications:
Dimensions: approx. 18.5 cm
Weight: approx. 1,000 g
Load capacity: approx. 200 kg

Improve coordination, mobility and body awareness. The pleasant spikes are also excellent for foot massage and relaxation. Available in two different sizes and several colors.

Senso® Balance Hedgehog Geo Set of 2

COLOR / TYPE	BN
red	465182
yellow	465183
blue	465184
green	465186
pink	465181
purple	465187



Technical specifications:
Dimensions: 16 cm
Weight: approx. 760 g
Load capacity: 200 kg

Even more fun for recreation, school sports and club activities! Different geometric shapes and colors let you create exciting balance courses to develop body awareness and coordination. Three shapes, two sizes and six colors.

Senso® Balance Hedgehog Geo XL Set of 2

COLOR / TYPE	BN
red	465192
yellow	465193
blue	465194
green	465196
pink	465191
purple	465197



Technical specifications:
Dimensions: 20 cm
Weight: 1,000 g
Load capacity: 200 kg

More fun for recreation, physical education and club sports! Different geometric shapes and colors create versatile balance courses that promote sensory awareness and coordination. Available in three geometric shapes, two sizes and six colors.

Senso® Balance Hedgehog Pro (single)

COLOR / TYPE	BN
red with black	465260



Technical specifications:
Dimensions: 20 cm
Weight: approx. 933 g
Load capacity: approx. 150 kg

The proven Senso Balance Hedgehog is also available with a sturdy plate for stable positioning and a firm connection to level surfaces. This adds even more variety to coordination and stabilization exercises.

Senso® Balance Cushion Set of 2

COLOR / TYPE	BN
red	410492
yellow	410493
blue	410494
green	410496



Technical specifications:
Dimensions: 16 cm
Weight: 700 g
Load capacity: approx. 150 kg

The air filling and special Senso spikes stimulate proprioception and are especially well suited for walking and stepping exercises. Ideal for sensory training in children and adolescents, as well as a useful addition for adults.

Senso® Balance Cushion XL Set of 2

COLOR / TYPE	BN
red	410502
yellow	410503
blue	410504
green	410506



Technical specifications:
Size: 20 cm
Weight: 700 g
Load capacity: approx. 150 kg

The air filling and special Senso nodules provide ideal proprioceptive stimulation and are especially suitable for all types of walking and stepping exercises. Ideal for body-awareness training with children and teenagers and as a supplement for adults.

Senso® Ball Mini

COLOR / TYPE	BN
red (9 cm)	465302
blue (9 cm)	465304
red (11 cm)	465502
blue (11 cm)	465504



Technical specifications:
Size: 9 / 11 cm
Weight: 135 / 140 g

The Senso Ball is the perfect companion for rolling massage exercises and promoting circulation. Its use stimulates and activates the whole body. The flattened nodules across the surface provide a lasting stimulating effect and enhance body awareness. Available in four sizes: 9, 11, 23 and 28 cm.

Senso® Ball

COLOR / TYPE	BN
red (23 cm)	410092
blue (23 cm)	410094
amethyst (23 cm)	410098
red (28 cm)	410112
blue (28 cm)	410114



Technical specifications:
Size: 23 cm / 28 cm
Weight: approx. 420 g / 420 g
Load capacity: approx. 200 kg

The Senso Ball is the perfect companion for rolling massage exercises and promoting circulation. Its use stimulates and activates the whole body. The flattened nodules across the surface provide a lasting stimulating effect and enhance body awareness. Available in four sizes: 9, 11, 23 and 28 cm.

Senso® Ball Geo

COLOR / TYPE	BN
red	465132
yellow	465133
blue	465134
green	465136
pink	465137



Technical specifications:
Size: approx. 9 cm
Weight: approx. 120 g
Load capacity: approx. 200 kg

The new play-and-learn ball for kindergarten and leisure! Different geometric shapes (circles, triangles and squares) and bright colors encourage perception, concentration and coordination. The shapes also make the ball easy to grip.

Senso® Ball Geo

COLOR / TYPE	BN
red	465122
yellow	465123
blue	465124
green	465126
pink	465128



Technical specifications:
Size: 18.5 cm
Weight: approx. 500 g
Load capacity: approx. 200 kg

The new play-and-learn ball for kindergarten and leisure! Different geometric shapes (circles, triangles and squares) and bright colors encourage perception, concentration and coordination. The shapes also make the ball easy to grip.

Senso® Hand Trainer light

COLOR / TYPE	BN
red	470512
blue	470514
green	470516
violet	470517
pink	470518
silver	470511



Technical specifications:
Air-filled Senso Hand Trainer light: approx. 18 g each; approx. 7 x 4 cm.

The Senso Hand Trainer from the long Spiky Ball series is designed to strengthen the finger, hand and forearm muscles. It may encourage blood circulation and is particularly helpful for cold hands. Pleasant Senso nodules stimulate body awareness, while the ergonomic shape makes handling easier.

Senso® Hand Trainer plus

COLOR / TYPE	BN
red	470612
blue	470614
green	470616
violet	470617
pink	470618
silver	470611



Technical specifications:
Senso Hand Trainer plus: extra weighted filling, approx. 250 g each; approx. 11 x 5 cm.

Senso Hand Trainer Plus: with additional weight of approx. 250 g; larger size (approx. 5 x 11 cm).

Senso® Massage Pad

COLOR / TYPE	BN
silver-gray	410531
red	410532
pink	410537
blue-purple	410534



Technical specifications:

Size: approx. 13.5 x 7 cm
Weight: 125 g

A handy massage tool for self-massage or assisted massage. The easy-to-grip handle allows individual adjustment and distribution of pressure on the limbs and back. Ideal for connective tissue massage and promoting circulation.

Senso® Vein Trainer

COLOR / TYPE	BN
blue-purple	400434
red	400432
black	400435
berry	400437

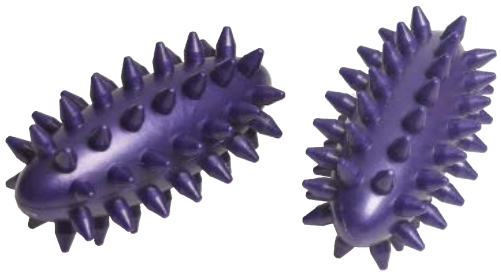


Technical specifications:
Size: approx. 34 x 33 cm
Weight: approx. 860 g
Load capacity: approx. 200 kg

Suitable for beginners and seniors, the Senso Vein Trainer provides effective, straightforward exercise to improve mobility, promote circulation in the legs, and train stability and sure-footedness. Easy for everyone to use. Now available in two new colors.

Senso® Walking Trainer light Set of 2

COLOR / TYPE	BN
red (7 x 4 cm)	470502
blue (7 x 4 cm)	470504
green (7 x 4 cm)	470506
violet (7 x 4 cm)	470507
pink (7 x 4 cm)	470508
silver (7 x 4 cm)	470501
red (11 x 5 cm)	470602
blue (11 x 5 cm)	470604
green (11 x 5 cm)	470606
violet (11 x 5 cm)	470607
pink (11 x 5 cm)	470608
silver (11 x 5 cm)	470601



Technical specifications:
Weight: 2 x approx. 23.5 g / 530 g (2 x approx. 265 g)
Size: 2 x approx. 7 x 4 cm / 2 x approx. 11 x 5 cm

The Senso Walking Trainer from the long Spiky Ball series is suitable for strengthening the finger, hand and forearm muscles. It may help promote blood circulation, particularly with cold hands. Pleasant Senso nodules stimulate body awareness, and the ergonomic shape makes it easy to use.

Sitting Ball ABS® 45 cm

COLOR / TYPE	BN
silver	408451
blue	408464



Guaranteed burst resistance thanks to ABS*. Specially designed for the workplace. Its particular material characteristics prevent the ball from rolling away when you stand up. Active, dynamic and safe. Train your back and abdominal muscles while seated.

Sitting Ball ABS® 55 cm

COLOR / TYPE	BN
silver	408551
blue	408564



Guaranteed burst resistance thanks to ABS*. Specially designed for the workplace. The material helps prevent the ball from rolling away when you stand up. Active, dynamic and safe: a simple way to train your back and abdominal muscles while sitting.

Sitting Ball ABS® 65 cm

COLOR / TYPE	BN
silver	408651
blue	408664



Guaranteed burst resistance thanks to ABS*. Specially designed for the workplace. The material helps prevent the ball from rolling away when you stand up. Active, dynamic and safe: a simple way to train your back and abdominal muscles while sitting.

Sitting Ball ABS® 75 cm

COLOR / TYPE	BN
silver	408751
blue	408764



Guaranteed burst resistance thanks to ABS*. Specially designed for the workplace. The material helps prevent the ball from rolling away when you stand up. Active, dynamic and safe: a simple way to train your back and abdominal muscles while sitting.

Soft Ball

COLOR / TYPE	BN
yellow (ca. 9 cm)	560900



Soft Ball, 2 pcs. in a bag

COLOR / TYPE	BN
yellow (ca. 9 cm)	560920



Soft Ball, grooved, twin pack

COLOR / TYPE	BN
yellow (ca. 7 cm)	560720



Soft Tennis Ball, grooved

COLOR / TYPE	BN
yellow (ca. 7 cm)	560700



Soft Training Ball

COLOR / TYPE	BN
yellow (ca. 19 cm)	561900
yellow (ca. 21 cm)	562100



Soft Training Ball, ungrooved

COLOR / TYPE	BN
yellow (ca. 7 cm)	580700



Spirit Ball

COLOR / TYPE	BN
ruby red	491200

Technical specifications:
Diameter: 16 cm
Load capacity: 120 kg (for exercises while lying down)
Weight: 0.115 kg



Stacking Aid, Set of 3

COLOR / TYPE	BN
transparent	930500

Technical specifications:
Size: 3 x approx. 141 x 20 cm, approx. 45 cm diameter
Material: Plexiglass
Color: transparent



Stonies® 0.5 kg

COLOR / TYPE	BN
silver-gray	638050
yellow	638053
red	638052
blue	638054
green	638056



Technical specifications:
Size: 7 cm
Weight: 500 g
Load capacity: approx. 200 kg

Stonies® 1 kg

COLOR / TYPE	BN
silver-gray	638100
yellow	638103
red	638102
blue	638104
green	638106



Technical specifications:
Size: 8 cm
Weight: 1,000 g
Load capacity: approx. 200 kg

Stonies® 1.5 kg

COLOR / TYPE	BN
silver-gray	638150
yellow	638153
red	638152
blue	638154
green	638156



Technical specifications:
Size: 9.5 cm
Weight: 1,500 g
Load capacity: approx. 200 kg

Stonies® 1.8 kg

COLOR / TYPE	BN
silver-gray	638121
yellow	638123
red	638122
blue	638124
green	638126



Technical specifications:
Size: 9.5 cm
Weight: 1,800 g
Load capacity: approx. 200 kg

Shot Put Ball 1 kg

COLOR / TYPE	BN
black	631000



Shot Put Ball 1.5 kg

COLOR / TYPE	BN
black	631500



Shot Put Ball 2 kg

COLOR / TYPE	BN
black	632000



Shot Put Ball 2.5 kg

COLOR / TYPE	BN
black	632500



Shot Put Ball 3 kg

COLOR / TYPE	BN
black	633000



Shot Put Ball 4 kg

COLOR / TYPE	BN
black	634000



Shot Put Ball 5 kg

COLOR / TYPE	BN
black	635000



Shot Put Ball 6 kg

COLOR / TYPE	BN
black	636000



Tai Chi Ball

COLOR / TYPE	BN
yellow	491403



The TOGU Tai Chi Ball (33 cm diameter) is more than a training tool. It creates a gentle connection between your hands. Its soft shape encourages the smooth, circular movements characteristic of Tai Chi while helping improve coordination, balance and mindfulness.

Diving Ring

COLOR / TYPE	BN
red	645002
yellow	645003
blue	645004
green	645006



Technical specifications:
Outer diameter: approx. 155 mm; inner diameter: approx. 119 mm
Weight: approx. 140 g

Diving Ring 5 kg

COLOR / TYPE	BN
black	645500



Technical specifications:
Size: 30 cm
Weight: 5,000 g

Diving Block

COLOR / TYPE	BN
black	645600

Technical specifications:
Weight: approx. 5,000 g
Size: approx. 33 x 15 x 7 cm
Material: Ruton



Diving Ball

COLOR / TYPE	BN
black	645700

Technical specifications:
Weight: 5,000 g
Size: approx. 12.5 cm



Theragym® Ball

COLOR / TYPE	BN
orange	401200

Technical specifications:
Size: 120 cm
Weight: 3,500 g
Load capacity: 250 kg



Theragym® Ball ABS®

COLOR / TYPE	BN
blue-purple	400850

Technical specifications:
Size: 85 cm
Weight: 3,000 g
Load capacity: 250 kg (burst-resistance guarantee: 45 kg)



Theragym® Ball ABS®

COLOR / TYPE	BN
ruby red	400950

Technical specifications:
Size: 95 cm
Weight: 3,250 g
Load capacity: 250 kg (burst-resistance guarantee 45 kg)



Theragym® Ball ABS®

COLOR / TYPE	BN
ruby red	401000

Technical specifications:
Size: 100 cm
Weight: 3,300 g
Load capacity: 250 kg (burst-resistance guarantee 45 kg)



Theragym® Ball ABS® Senso®

COLOR / TYPE	BN
orange	410850

Technical specifications:
Size: 85 cm
Weight: 2,500 g
Load capacity: 250 kg (burst-resistance guarantee 45 kg)



Theragym® Ball ABS® Senso®

COLOR / TYPE	BN
ruby red	411000

Technical specifications:
Size: 100 cm
Weight: 3,000 g
Load capacity: 250 kg (burst-resistance guarantee 45 kg)



Theragym® Loop - light

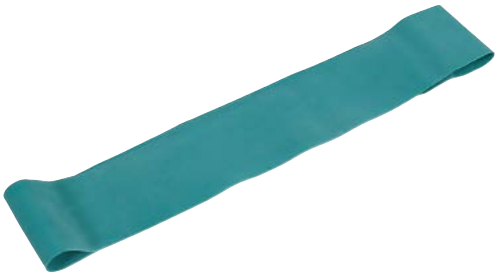
COLOR / TYPE	BN
yellow	650810

Technical specifications:
Material: Latex
Size: half circumference x width
yellow = ca. 30 x 5 cm

Theragym® Loop - medium

COLOR / TYPE	BN
green	650820

Technical specifications:
Material: Latex
Size: half circumference x width
green = ca. 29 x 5 cm



Theragym® Loop - strong

COLOR / TYPE	BN
blue	650830

Technical specifications:
Material: Latex
Size: half circumference x width
blue = ca. 28 x 5 cm



Theragym® Loop - extra strong

COLOR / TYPE	BN
black	650840

Technical specifications:
Material: Latex
Size: half circumference x width
black = ca. 27 x 5 cm



Theragym® Loop Set of 4

COLOR / TYPE	BN
yellow, green, blue, black	808202

Technical specifications:
Material: Latex
Size: half circumference x width
yellow = ca. 30 x 5 cm
green = ca. 29 x 5 cm
blue = ca. 28 x 5 cm
black = ca. 27 x 5 cm



Theragym Band - light

COLOR / TYPE	BN
yellow	650023

Technical specifications:
yellow = light
Size: 120 cm
Material: Latex



Theragym Band - medium

COLOR / TYPE	BN
green	650026

Technical specifications:
green = medium
Size: 120 cm
Material: Latex



Theragym Band - strong

COLOR / TYPE	BN
blue	650024

Technical specifications:
blue = strong
Size: 120 cm
Material: Latex



Theragym Band - extra strong

COLOR / TYPE	BN
black	650025

Technical specifications:
black = extra strong
Size: 120 cm
Material: Latex



Theragym® Pro 6er Set

COLOR / TYPE	BN
yellow/red/green	980011

Technical specifications:



Theragym® Pro 2er Set

COLOR / TYPE	BN
yellow	980053

Technical specifications:



Theragym® Pro 2er Set

COLOR / TYPE	BN
red	980052

Technical specifications:



Theragym® Pro Set of 2

COLOR / TYPE	BN
green	980056

Technical specifications:



Theragym® Foot Straps Set of 2

COLOR / TYPE	BN
black	980051

Technical specifications:



TOGU® Tower Single without Theragym® Pro Set

COLOR / TYPE	BN
natural wood	980010

Technical specifications:
Size: 225 x 35 x 2 cm
Material: birch wood, aluminum

Single: joint for one band/tube
Double: joint for two bands/tubes

(Images show application examples; supplied without bands/tubes.)



TOGU® Tower Double without Theragym® Pro Set

COLOR / TYPE	BN
natural wood	980020

Technical specifications:
Size: 225 x 35 x 2 cm
Material: birch wood, aluminum

Single: joint for one band/tube
Double: joint for two bands/tubes

(Images show application examples; supplied without bands/tubes.)



TOGU® Tower with Theragym® Pro Set

COLOR / TYPE	BN
natural wood	980025

Technical specifications:
TOGU Tower with mounting hardware and double pulley
+ Theragym set + handles
2 light-resistance bands - yellow
2 medium-resistance bands - red
2 strong-resistance bands - green



Toning Ball 0.5 kg / 1.1 lb yellow

COLOR / TYPE	BN
yellow	400673

Technical specifications:
Size: 10 cm
Weight: 0.5 kg, 1 kg, 1.5 kg, 2 kg
Load capacity: approx. 150 kg



Toning Ball 1 kg / 2.2 lb orange

COLOR / TYPE	BN
orange	400677

Technical specifications:
Size: 10 cm
Weight: 0.5 kg, 1 kg, 1.5 kg, 2 kg
Load capacity: approx. 150 kg



Toning Ball 1.5 kg / 3.3 lb red

COLOR / TYPE	BN
red	400672

Technical specifications:
Size: 10 cm
Weight: 0.5 kg, 1 kg, 1.5 kg, 2 kg
Load capacity: approx. 150 kg



Toning Ball 2 kg / 4.4 lb black

COLOR / TYPE	BN
black	400675

Technical specifications:
Size: 10 cm
Weight: 0.5 kg, 1 kg, 1.5 kg, 2 kg
Load capacity: approx. 150 kg



Toning® Ball 0.5 kg Set of 2

COLOR / TYPE	BN
amethyst	400658
pearl	400651

Technical specifications:
Size: 10 cm
Weight: 500 / 900 g
Load capacity: approx. 150 kg



Toning® Ball 0.9 kg Set of 2

COLOR / TYPE	BN
amethyst	401658
pearl	401651

Technical specifications:
Size: 10 cm
Weight: 500 / 900 g
Load capacity: approx. 150 kg



Topanga® 3 kg

COLOR / TYPE	BN
spring green	647000

Technical specifications:
Size: approx. 39 cm diameter
Weight: approx. 3,000 g



Touch® Ball 8 cm

COLOR / TYPE	BN
yellow	460080



Touch® Ball 9 cm

COLOR / TYPE	BN
yellow	460090



Touch® Ball 10 cm

COLOR / TYPE	BN
blue	460100



Touch® Ball 16 cm

COLOR / TYPE	BN
red	461622
blue	461624
yellow	461623



Touch® Ball 18 cm

COLOR / TYPE	BN
pink	461811
purple	461813



Throwing Ball

COLOR / TYPE	BN
yellow	450450

Technical specifications:
Material: High-quality Ruton®
Appearance: Ribbed surface, plugs in different colors, with weight indication
Size: approx. 7,5 cm diameter
Weight: 45 g



Throwing Ball

COLOR / TYPE	BN
yellow	450650

Technical specifications:
Material: High-quality Ruton®
Appearance: Ribbed surface, plugs in different colors, with weight indication
Size: approx. 7,5 cm diameter
Weight: 65 g



Throwing Ball

COLOR / TYPE	BN
yellow	450800

Technical specifications:
Material: High-quality Ruton®
Appearance: Ribbed surface, plugs in different colors, with weight indication
Size: approx. 7,5 cm diameter
Weight: 80 g



Throwing Ball

COLOR / TYPE	BN
yellow	451500

Technical specifications:
Material: High-quality Ruton®
Appearance: Ribbed surface, plugs in different colors, with weight indication
Size: approx. 7,5 cm diameter
Weight: 150 g



Throwing Ball

COLOR / TYPE	BN
yellow	452000

Technical specifications:
Material: High-quality Ruton®
Appearance: Ribbed surface, plugs in different colors, with weight indication
Size: approx. 7,5 cm diameter
Weight: 200 g



Throwing Ball

COLOR / TYPE	BN
yellow	452500

Technical specifications:
Material: High-quality Ruton®
Appearance: Ribbed surface, plugs in different colors, with weight indication
Size: approx. 7,5 cm diameter
Weight: 250 g



Throwing Ball

COLOR / TYPE	BN
yellow	453000

Technical specifications:
Material: High-quality Ruton®
Appearance: Ribbed surface, plugs in different colors, with weight indication
Size: approx. 7,5 cm diameter
Weight: 300 g



Throwing Ball

COLOR / TYPE	BN
yellow	454000



Technical specifications:
Material: High-quality Ruton®
Appearance: Ribbed surface, plugs in different colors, with weight indication
Size: approx. 7,5 cm diameter
Weight: 400 g

Throwing Ring

COLOR / TYPE	BN
red	640002
blue	640004
yellow	640003
green	640006



Technical specifications:
Size: outer diameter: approx. 155 mm; inner diameter: approx. 119 mm;
Weight: approx. 140 g

Yoga Balance Cushion

COLOR / TYPE	BN
lilac	400290

MADE IN GERMANY
30-Jahre-Garantie



Technical specifications:
Size: approx. 40x40x30 cm
Weight: approx. 1495 g
Load capacity: approx. 150 kg

Actisan®

How does actisan work?
Antimicrobial plastics have been used in medical and clinical settings for some time. The secret: actisan is incorporated into the material and is highly effective against viruses and bacteria through an ionic mechanism. It continuously releases ions that attack the metabolic systems of harmful organisms, while being harmless to humans. What makes actisan special is that its action is not only antibacterial but antimicrobial, meaning it acts against both bacteria and viruses. It is therefore considerably more effective than conventional wipe disinfection and retains its full effectiveness for over five years.

Aero-Step® Pro actisan® - anthracite

COLOR / TYPE	BN
anthracite	420570

Technical specifications:
Size: approx. 52x40x8.5 cm
Weight: approx. 3,600 g
Load capacity: approx. 200 kg
Material: Ruton with actisan



Dynair® Ballkissen® Senso® 36 actisan®

COLOR / TYPE	BN
anthracite	420405

Technical specifications:
Size: 36 cm diameter
Weight: 1,150 g
Load capacity: approx. 500 kg
Material: Ruton with actisan



Dynair® Ballkissen® XXL with actisan

COLOR / TYPE	BN
anthracite	420410

Technical specifications:
Dimensions: approx. 52 × 40 × 8.5 cm
Weight: approx. 3,600 g
Load capacity: approx. 200 kg
Material: Ruton with actisan



Jumper® with actisan

COLOR / TYPE	BN
anthracite	420420

Technical specifications:
Dimensions: approx. 52 × 40 × 8.5 cm
Weight: approx. 3,600 g
Load capacity: approx. 200 kg
Material: Ruton with actisan



Jumper® Pro with actisan

COLOR / TYPE	BN
anthracite	410310

Technical specifications:
Dimensions: approx. 52 × 40 × 8.5 cm
Weight: approx. 3,600 g
Load capacity: approx. 200 kg
Material: Ruton with actisan



Jumper® mini with actisan

COLOR / TYPE	BN
anthracite	410330

Technical specifications:
Dimensions: approx. 52 × 40 × 8.5 cm
Weight: approx. 3,600 g
Load capacity: approx. 200 kg
Material: Ruton with actisan



Medicine Ball actisan

COLOR / TYPE	BN
anthracite (500 g)	420540
anthracite (800 g)	420550
anthracite (1,000 g)	420480
anthracite (1,500 g)	420560
anthracite (2,000 g)	420490
anthracite (3,000 g)	420510
anthracite (4,000 g)	420520
anthracite (5,000 g)	420530



Technical specifications:

Weight / dimensions:
500-1000 g = 21 cm diameter
1500-3000 g = 28 cm diameter
4000, 5000 g = 34 cm diameter
Load capacity: 150 kg

Material:
high-quality Ruton with actisan

MyBall 55 cm with actisan

COLOR / TYPE	BN
anthracite (55 cm)	420430
anthracite (65 cm)	420440



Technical specifications:
Dimensions: approx. 55 cm and 65 cm diameter
Weight: approx. 1050 g (55cm), approx. 1150 g (65cm)
Load capacity: approx. 500 kg
Material: Ruton with actisan

Pendel Ball with actisan

COLOR / TYPE	BN
anthracite	420450
anthracite (light)	420460



Technical specifications:
Sitting height: approx. 45-55 cm (light), approx. 55-70 cm
Diameter: approx. 60 cm (light), approx. 80 cm
Weight: approx. 3,000 g (light), approx. 6,000 g
Load capacity: approx. 1000 kg
(guaranteed burst-resistant up to 250 kg)
Material: Ruton with actisan

Redondo® Ball with actisan

COLOR / TYPE	BN
anthracite (18 cm)	420600
anthracite (22 cm)	420470



Technical specifications:
Dimensions: approx. 18 / 22 cm diameter
Weight: approx. 140/150 g
Load capacity: approx. 120 kg during exercises while lying down
Material: Ruton with actisan

Redondo® Ball Plus with actisan

COLOR / TYPE	BN
anthracite (18 cm)	491800



Technical specifications:
Size: approx. 38 cm diameter
Material: foamed Ruton, actisan
Load capacity: approx. 150 kg

Topanga® actisan 4 kg

COLOR / TYPE	BN
anthracite (55 cm)	646000



Technical specifications:
Dimensions: approx. 55 cm and 65 cm diameter
Weight: approx. 1050 g (55cm), approx. 1150 g (65cm)
Load capacity: approx. 500 kg
Material: Ruton with actisan

How does actisan work?

The secret: Actisan is incorporated into the plastic of the products and is highly effective against bacteria and other microorganisms through an ionic mechanism. It is harmless to humans and gentle on the skin, continuously releasing ions that attack the metabolic systems of harmful organisms.

What makes Actisan special is its antimicrobial action: it works not only against bacteria but also against other microorganisms. It is therefore much more effective than conventional wipe disinfection and retains its full effectiveness for a period of five years.

Medical Devices CE MD

Class I medical devices – in accordance with EU Medical Device Regulation (EU) 2017/745 (MDR). TOGU MD products are Class I medical devices used as non-active therapeutic equipment by physiotherapists (or professionals with comparable qualifications) in rehabilitation or physiotherapy facilities for musculoskeletal disorders and professional preventive care.

TOGU medical devices are used in orthopedic and neurological rehabilitation to train mobility, strength and coordination. They also support sensory perception, coordination and the musculoskeletal system.



MD Aero-Step® Pro



MD Aero-Step® XL



MD Balanza® Ballstep®



MD Dynair® Ballkissen® Senso®



MD Dynair® Extreme



MD Dynair® Pro



MD Senso® Balance Hedgehog Geo Set of 2



MD Jumper® – The Original



MD Powerball® Premium ABS® 55 cm



MD Redondo® Ball – The Original 22 cm



MD Relax Nex® Thermo



MD Senso® Balance Hedgehog XL Set of 2

ANIMAL

For decades, TOGU has stood for high-quality, innovative training and therapy equipment Made in Germany. This expertise also shapes the development of TOGU Animal products. Working with experts in animal physiotherapy and veterinary medicine, we develop functional training solutions tailored specifically to the anatomical and therapeutic needs of dogs, horses and other animals.

TOGU Animal products are used in animal physiotherapy, rehabilitation, preventive exercise and performance-oriented training. They support targeted improvements in strength, balance, coordination and deep stabilizing muscles, promote body awareness (proprioception) and help improve movement patterns over time. Whether after injury or surgery, for prevention or for improved performance, these versatile products provide ideal conditions for safe, effective training adapted to individual needs.

Thanks to TOGU's proven quality, the products offer durability, functionality and safety in everyday use. They are a first choice for animal physiotherapists, veterinarians, rehabilitation centers and dedicated animal owners seeking professional training solutions and lasting therapeutic results.

The TOGU Animal range extends beyond the products featured in this chapter: many of our proven training and therapy products are also ideal for use with animals. Look for the Animal symbol throughout the catalog

 — it identifies all products that can also be used in veterinary applications.



Balanza® Ballstep ANIMAL

COLOR / TYPE	BN
wood, red and black	555001

Technical specifications:
Dimensions: approx. 89 x 43 x 14 cm
Weight: approx. 4,650 g
Load capacity: approx. 150 kg



The TOGU Balanza Ballstep Animal is a professional training and therapy device for canine physiotherapy. Its sturdy wooden platform rests on four air-filled balls, creating an unstable training surface. This instability challenges and promotes proprioception, sensorimotor control and deep stabilizing muscles.

Dynair® ANIMAL Pad

COLOR / TYPE	BN
green	555002
misty-mountain	555003

Technical specifications:
Dimensions: approx. 32.5 x 32.5 x 8 cm
Weight: approx. 1,200 g
Load capacity: max. 150 kg



The TOGU Dynair Animal Pad is a versatile, air-filled training cushion for canine physiotherapy and dog sports. It can be used on either side, and its adjustable air pressure enables training intensity to be varied.

Horse Balance Pad

COLOR / TYPE	BN
berry	555005
misty-mountain	555004

Technical specifications:
Weight: 3,900 g
Diameter: approx. 30 cm
Load capacity: max. 1,000 kg



The TOGU Horse Balance Pad is a gel-filled balance pad made in Germany. Its unique technical design is tailored specifically to the sensitive needs of the equine body.

Thanks to its special gel filling, the Horse Balance Pad enables extremely subtle microfascial and muscular movements that the horse can initiate independently. This so-called shifting is triggered by minimal proprioceptive stimuli, enabling differentiated muscle activation without putting stress on joints, joint capsules or sensitive structures.

Horse Aktiv Set

COLOR / TYPE	BN
assorted colors	808700



Contents:
- **Senso Massage Pad, red**
- **Bodyroll, red**
- **Actiroll Wave S, green**
- **FASZIO Ball local 4 cm, blue**
- **Long Spiky Ball (11 x 5 cm), purple**

Myofascial stimulation and tissue conditioning through stroking, rolling and pulling stimuli to promote targeted activation, improve circulation and encourage myofascial relaxation in horses. Goal: reduce resting muscle tone to relieve pain and promote relaxation.

Important notes: Perform exercises only within a pain-free range, choose a calm environment and prioritize quality over duration. Provide manual support when unsure; stop if the horse shows clear avoidance behaviors.



Warranty Statement of TOGU GmbH:

As the manufacturer, we provide a 30-year warranty from the date of purchase for designated products, in addition to the buyer's statutory rights against the seller in the event of defects. This warranty statement applies exclusively to consumers, meaning private end customers.

The warranty covers the following:

During the warranty period, we will remedy all defects caused by material or manufacturing faults free of charge, at our discretion, by repairing or replacing the product. This warranty can be claimed in any country where this TOGU product is sold by our authorized dealers. To qualify for warranty rights, you must personally register online at www.togu.de within three months of the purchase date. The information provided must be complete and accurate. Registration within the deadline is sufficient.

The following are excluded from warranty coverage:

Damage caused by improper use, especially failure to follow the instructions for use; normal wear and tear; and defects that have only an insignificant effect on the product's value or usability. If production of the product has been discontinued at the time of replacement, we reserve the right to substitute an equivalent product.

For warranty claims, please send the product with proof of purchase within three months of discovering the defect to TOGU GmbH, Atzinger Str. 1, 83209 Prien-Bachham, Germany; telephone +49 (0)8051/90 38 0. Dispatch within this period meets the deadline. Products equipped with Actisan are excluded from registration for the 30-year warranty because Actisan's antibacterial effectiveness lasts at least five years.

German law applies to this 30-year warranty. Only the German-language version is legally binding.

* Selected products are marked with the 30-year warranty logo in the catalog and are supplied with the 30-year warranty card.

Contents

Actiball® 4
Actiball® Grip 4
Actiball® Relax 4
Actiball® Relax Thermo 5
Actiroll® Rumble M 5
Actiroll® Wave S 6
Actiroll® Wave M 6
Aero-Roll® Half Roller 6
Aero-Roll® 15 cm 7
Aero-Roll® 20 cm 7
Aero-Step® One - Level 1 8
Aero-Step® One - Level 2 8
Aero-Step® 8
Aero-Step® free 9
Aero-Step® Pro 9
Aero-Step® XL 9
Aero-Step® XL functional 10
Airgo® Active Seat Cushion 10
Airgo® Active Seat Cushion incl. Cover for Standard 10
Airgo® Active Seat Cushion Comfort 11
Airgo® Active Back Cushion 11
Airgo® Active Back Cushion Comfort 11
Airgo® Wheelchair Seat Cushion 12
Airgo® Wheelchair Back Cushion 12
Airgo® Seat Ring 12
Airgo® Seat Ring with Cover 13
Air Parcours Small 13
Air Parcours Large 13
Anti-Stress-Ball 14
Anti-Stress-Ball im Display Box of 12 14
Agility Dot Set of 8 15
Balance Board - Level 1 15
Balance Board - Level 2 15
Balance Board - Level 3 15
Balance Pad Premium 16
Balanza® 16
Balanza® Ballstep 16
Balanza® Ballstep® mit Non-Slip Pad 17
Balanza® Ballstep Group 17
Balanza® Ballstep mini 17
Balanza® Ballstep XXL 17
Balanza® Freeride 18
Balanza® Kids Seesaw 18
Balanza® Balance Board 18
Balanza® Vario 19
Balanza® Seesaw 19
Individual Ball Net 19
Ball Base 20
Bantoo® Set of 2 20
Bantoo® Roller 20
Cover for Airgo® Active Back Cushion Comfort 21
Cover for Airgo® Active Seat Cushion Comfort 21
Cover for Airgo® Active Seat Cushion Standard 21
Beweg dich schlau!! 22
Beweg dich schlau Ball 23
Beweg dich schlau Mat 23
Beweg dich schlau Mat U3 23
Cover for Airgo® Seat Ring Standard 24
Cover for Ballkissen® 33 cm Standard 24
Cover for Ballkissen® 36 cm Standard 24
Cover for Keil Ballkissen® Comfort 25
Bike Balance Board classic 25
Bike Balance Board pro 25
Bike Balance Board Black + Ball 26
Blackroll 26
Blackroll soft 26
Blackroll Ball 8cm 27
Blackroll Ball 12cm 27
Blackroll Duoball Small 8cm 27
Blackroll Ball 12cm 27
Blackroll mini 28
Blackroll mini Flow 28
Blackroll Set 28
Blackroll Set kompakt 28
Blackroll Slim 29
Bodybone® 29
Bodybone® XL 29
Bodyroll Set of 2 29

Bodyroll Senso® Set of 2 30
Bonito® Bouncing Animal 30
Brasil® Set of 2 30
Brasil® Aqua Set of 2 31
Brasil® Base 31
Brasil® Base mit Brasil® Set of 2 31
Brasil® Base Plus 32
Brasil® Movement Pro Set 32
CD Jacaranda® 32
Challenge Disc 2.0 33
Colibri® Supersoft Mini 34
Colibri® Supersoft Basketball 34
Colibri® Supersoft Dribbling Fußball 34
Colibri® Supersoft Fußball 35
Colibri® Supersoft Giant 35
Colibri® Supersoft Gymnastikball 35
Colibri® Supersoft Handball Damen 36
Colibri® Supersoft Handball Herren 36
Colibri® Supersoft Volleyball 36
Colibri®-Beachhandball F 37
Colibri®-Volleyball 37
DVD Bodystyling mit Brasil® 38
DVD Fascial Coach Rückenfrei 38
DVD Feel Redondo® 38
DVD Perfect Shape Aero-Step® 39
DVD Perfect Shape Dynair® XXL 39
DVD Perfect Shape Multiroll functional 39
DVD Perfect Shape Jumper® 39
DVD Perfect Shape Powerball® 40
DVD Redondo® Ball Plus Workout 40
Dynair® Balance Hocker 40
Dynair® Balance Master 40
Dynair® Ballkissen® 30 cm 41
Dynair® Ballkissen® 33 cm 41
Dynair® Ballkissen® 36 cm 42
Dynair Ballkissen Senso 30 cm 42
Dynair® Ballkissen® Senso® 33 cm 43
Dynair® Ballkissen® Senso® 36 cm 43
Dynair® Ballkissen® Senso® 39 cm 44
Dynair® Ballkissen® XXL - Level III 44
Dynair® Ballkissen® XXL - Level IV 44
Dynair® Ballkissen® XXL Meditation 45
Dynair® Ballkissen® Cardo 46
Dynair® Extreme 46
Dynair® Golf Pro Set of 2 46
Dynair® Keil Ballkissen® Comfort 47
Dynair® Keil Ballkissen® Kids 47
Dynair® Keil Ballkissen® Premium 48
Dynair® Keil Ballkissen® Plus 48
Dynair® Pro 49
Dynair® Senso® Mini 4er Set (16 cm) 49
Dynair® Senso® Mini 4er Set (20 cm) 49
Dynair® Twist Set of 2 50
Drums Alive Ball 50
Drums Alive Ball 50
Dynamic Drums Ball Base 51
Drums Alive Sticks (1 Paar) 51
Dynaswing® 51
Dynanza® Surf 52
Erdball 52
Erdball 52
Erdball 53
Erdball 53
Fanglernball, belüftet 54
Fascial Coach Ball 54
Fascial Coach Ball incl. Pump und DVD 54
Fascial Coach deepRING 55
Fascial Fitness 3er Ball-Set 55
Fascial Fitness Ball XS 55
Fascial Fitness Ball S 55
Fascial Fitness Perineum Egg ball 56
Fascial Fitness Medizinball 2 kg 56
Fasciaball mini 56
FASZIO® Ball allround 56
FASZIO® Ball local 57
FASZIO® Ring 1,5kg 57
FASZIO® Ring 2,5kg 57
FASZIO® Ring 3,5kg 58
FASZIO® Neuro Ball 58
FASZIO® Neuro Fokusquartett 4er-Set 58

FASZIO® Neuro Gruppen-Set Basis ... 59
(Stäbe und Fokusquartett) ... 59
FASZIO® Neuro Gruppen-Set All-Inclusive ... 59
(Stäbe, Bälle und Fokusquartett) ... 59
FASZIO® Neuro Stab ... 59
FASZIO® Tuning Ball Set ... 60
Flexvit Mini Band leicht ... 60
Flexvit Mini Band mittel ... 60
Flexvit Mini Band schwer ... 60
Flexvit Mini Band 3er Set ... 61
Flexvit Multi Band ... 61
Flow Perfect® ... 62
Flow Perfect® mit Vorderradstütze ... 62
Gymnastikball 300 g Standard, unlackiert ... 63
Gymnastikball 300 g Best Quality, unlackiert ... 63
Gymnastikball 300 g Best Quality , lackiert ... 64
Gymnastikball 420 g Standard, unlackiert ... 64
Gymnastikball 420 g Best Quality, unlackiert ... 65
Gymnastikball 420 g Best Quality, lackiert ... 65
Gymnastikball FIG approved, unlackiert ... 66
Gymnastikball FIG approved, lackiert ... 66
GymnastikMat TOGU JumpYone ... 66
GymnastikMat usawa ... 67
happyback® Ballkissen® ... 67
happyback® Ballkissen® XL ... 67
happyback® Fitnessball 45 cm ... 68
happyback® Fitnessball 55 cm ... 68
happyback® Fitnessball 65 cm ... 68
happyback® Fitnessball 75 cm ... 68
happyback® Relax Nex® ... 69
Bouncing Ball Junior ... 69
Bouncing Ball Junior ABS® ... 69
Bouncing Ball JUNIOR KONFETTI ... 70
Bouncing Ball Super RAINBOW ... 70
Jacaranda® ... 70
Jumper® ... 71
Jumper® Pro ... 71
Jumper® Pro plate ... 71
Jumper® mini ... 72
Jumper® double Set of 2 ... 72
JumpStep ... 72
Massage Nex® ... 73
Mat Premium Easy ... 73
Mat Senso® ... 73
Mat Senso® mini ... 73
Medizinball Klassik 0,5 kg ... 74
Medizinball Klassik 0,8 kg ... 74
Medizinball Klassik 1 kg ... 74
Medizinball Klassik 1,5 kg ... 74
Medizinball Klassik 2 kg ... 74
Medizinball Klassik 3 kg ... 75
Medizinball Klassik 4 kg ... 75
Medizinball Klassik 5 kg ... 75
Medizinball mit Glocke 0,8 kg ... 75
Medizinball mit Glocke 1 kg ... 75
Medizinball mit Glocke 1,5 kg ... 76
Medizinball mit Glocke 2 kg ... 76
Medizinball mit Glocke 3 kg ... 76
Medizinball mit Glocke 4 kg ... 76
Medizinball mit Glocke 5 kg ... 76
Mind Set - stark-vital-gelassen ... 77
Mini-Hantel ... 77
Moonhopper® bis 45 kg ... 77
Moonhopper® Sport bis 110 kg ... 78
Multiroll functional ... 78
Multiroll My Yoga ... 78
MyBall 45 cm ... 79
MyBall 55 cm ... 79
MyBall 65 cm ... 80
MyBall 75 cm ... 80
MyBall Soft 45 cm ... 81
MyBall Soft 55 cm ... 81
MyBall Soft 65 cm ... 81
MyBall Soft 75 cm ... 82
Nex® – Die Nackenstütze ... 82
Knobbed Ball ... 82
Spiky -Fanglernball ... 83
Spiky -KLongball ... 83
Spiky ball 6 cm ... 83
Spiky ball 8 cm ... 83

Spiky ball 9 cm 84
Spiky ball 10 cm 84
Spiky ball 6 cm Set of 2 84
Spiky ball 8 cm Set of 2 85
Spiky ball 9 cm Set of 2 85
Spiky ball 10 cm Set of 2 85
Spiky ball Long 86
Spiky kissen 86
Octositz® – Multi-Cube 87
OS Roller Premium 87
OS Roller Premium 90cm 87
PAB® Pad 88
PAB® Ring Set of 2 88
PAB® Ring PRO Set of 2 88
PAB® Ring Senso Set of 2 89
Pendel® Ball 89
Power Pilates Ball 89
Pilates-Ballance Ball 90
Pilates Circle Premium 90
Pilates Foamroller Premium 90
Pilates Half Roller Premium 91
Posturedo® 91
Powerball® ABS® 35 cm 91
Powerball® ABS® 45 cm 92
Powerball® ABS® 55 cm 92
Powerball® ABS® 65 cm 93
Powerball® ABS® 75 cm 93
Powerball® Challenge ABS® 55-65cm 94
Powerball® Extreme ABS® 55-70cm 94
Powerball® Premium ABS® 45 cm 94
Powerball® Premium ABS® 55 cm 95
Powerball® Premium ABS® 65 cm 95
Powerball® Premium ABS® 75 cm 95
Powerball® Premium ABS® Pregnancy 55 cm 96
Powerball® Premium ABS® Pregnancy 65 cm 96
Powerball® Premium ABS® Pregnancy 75 cm 96
Pump Standard 97
Pump Powerball® 97
Reaction Ball 97
Redondo® Ball 18 cm 97
Redondo® Ball 22 cm 98
Redondo® Ball 26 cm 98
Redondo® Ball Fascia in Bewegung 98
Redondo® „Feel Redondo®“ 98
Redondo® „Feel Redondo®“ Set incl. DVD 99
Redondo® Ball GAB! 99
Redondo® Ball My Yoga 99
Redondo® Ball mini Set of 2 99
Redondo® Ball Touch 18 cm 100
Redondo® Ball Touch 22 cm 100
Redondo® Ball Touch 26 cm 100
Redondo® Ball Plus 100
Relax Nex® 101
Relax Nex® Thermo 101
Rückenfreund 101
Semi Bodyroll 101
Semi Bodyroll 102
Senso® Balance Bar 102
Senso® Balance Hedgehog Set of 2 102
Senso® Balance Hedgehog XL Set of 2 103
Senso® Balance Hedgehog Geo Set of 2 103
Senso® Balance Hedgehog Geo XL Set of 2 104
Senso® Balance Hedgehog Pro (individual) 104
Senso® Balance Cushion Set of 2 104
Senso® Balance Cushion XL Set of 2 105
Senso® Ball Mini 105
Senso® Ball 105
Senso® Ball Geo 106
Senso® Ball Geo XL 106
Senso® Hand Trainer light 106
Senso® Hand Trainer plus 107
Senso® Massage Pad 107
Senso® Vein Trainer 107
Senso® Walking Trainer light Set of 2 108
Sitting Ball ABS® 45 cm 108
Sitting Ball ABS® 55 cm 109
Sitting Ball ABS® 65 cm 109
Sitting Ball ABS® 75 cm 109
Soft-Ball 110
Soft-Ball 2 pcs. in Bag 110

Ribbed Soft Ball, Twin Pack 110
Ribbed Soft Tennis Ball 110
Soft Training Ball 111
Smooth Soft Training Ball 111
Spirit Ball 111
Stacking Aid, Set of 3 111
Stonies® 0,5 kg 112
Stonies® 1 kg 112
Stonies® 1,5 kg 112
Stonies® 1,8 kg 113
Shot Put Ball 1 kg 113
Shot Put Ball 1,5 kg 113
Shot Put Ball 2 kg 113
Shot Put Ball 2,5 kg 114
Shot Put Ball 3 kg 114
Shot Put Ball 4 kg 114
Shot Put Ball 5 kg 114
Shot Put Ball 6 kg 115
Tai Chi Ball 115
Tauchring 115
Tauchring 5kg 115
Tauchblock 116
Tauchball 116
Theragym® Ball 116
Theragym® Ball ABS® 116
Theragym® Ball ABS® 117
Theragym® Ball ABS® 117
Theragym® Ball ABS® Senso® 117
Theragym® Ball ABS® Senso® 117
Theragym® Loop - leicht 118
Theragym® Loop - mittel 118
Theragym® Loop - stark 118
Theragym® Loop - stark 118
Theragym® Loop 4er Set 119
Theragym Band - leicht 119
Theragym Band - mittel 119
Theragym Band - stark 119
Theragym Band - sehr stark 120
Theragym® Pro 6er Set 120
Theragym® Pro 2er Set 120
Theragym® Pro 2er Set 120
Theragym® Pro 2er Set 121
Theragym® Fußschlaufen 2er Set 121
TOGU® Tower single ohne Theragym® Pro Set 121
TOGU® Tower double ohne Theragym® Pro Set 121
TOGU® Tower mit Theragym® Pro Set 122
Toning Ball 0,5kg / 1,1lb gelb 122
Toning Ball 1kg / 2,2lb orange 122
Toning Ball 1,5kg / 3,3lb rot 122
Toning Ball 2kg / 4,4lb schwarz 123
Toning® Ball 0,5 kg 2er Set 123
Toning® Ball 0,9 kg 2er Set 123
Topanga® 3 kg 123
Touch Ball 8 cm 124
Touch Ball 9 cm 124
Touch Ball 10 cm 124
Touch Ball 16 cm 124
Touch Ball 18 cm 125
Wurfball 125
Wurfball 125
Wurfball 125
Wurfball 126
Wurfball 126
Wurfball 126
Wurfball 126
Wurfball 127
Wurfring 127
Yoga Balance Kissen 127
Actisan® 128
Aero-Step® Pro actisan® - anthrazit 128
Dynair Ballkissen Senso 36 actisan 128
Dynair Ballkissen XXL mit actisan 129
Jumper mit actisan 129
Jumper Pro mit actisan 129
Jumper mini actisan 129
Medizinball Actisan 130
MyBall 55 cm mit actisan 130
Pendel Ball mit actisan 130
Redondo Ball actisan 131
Redondo Ball Plus actisan 131

Topanga actisan 4 kg 131
Medical Devices 132
ANIMAL 133

Balanza® Ballstep ANIMAL
Dynair® ANIMAL Pad 134
Horse Balance Pad 134
Horse Aktiv Set 135
TOGU GmbH Warranty Statement 136



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