



## Usage and Care Instructions Actiball® / Actiball® Grip / Actiball® Relax

Congratulations on your purchase of the Actiball®.

Having purchased the Actiball® you have chosen a TOGU® branded product which is "Made in Germany"!

It is made in conformity with the applicable EU regulations for sports equipment and is free of banned phthalates and heavy metals.

The Actiball is an air-filled regeneration tool for self-massage. With a diameter of 6 to 9 cm it is easy and space saving to use. Due to a massage with the ball and under use of your own body weight adhesions and tensions should be solved.

The knobbed surface enables a more effective and pleasant massage effect. Through this your blood circulation could be improved. The Actiball is used in fascia fitness, training and therapy. The material Ruton is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

### Actiball®

Size: ca. 9 cm Ø  
Weight: ca. 0,140 kg  
Material: Ruton®

### Actiball® Grip

Size: ca. 9 cm Ø  
Weight: ca. 0,110 kg  
Material: Ruton®

### Actiball® Relax S

Size: ca. 6 cm Ø  
Weight: ca. 0,70 kg  
Material: Ruton®

### Actiball® Relax M

Size: ca. 8 cm Ø  
Weight: ca. 0,105 kg  
Material: Ruton®

### Actiball® Relax L

Size: ca. 12 cm Ø  
Weight: ca. 0,150 kg  
Material: Ruton®

### Thermal stability:

The Actiball is UV-resistant and also heat-resistant to a limited degree. The Actiball can easily withstand temperatures of up to 45°C. However, the Actiball should be kept out of direct sunlight (e.g. do not store on window-sill). The material softens as it gets warmer.

The Actiball is also resistant to cold, but should nevertheless not be stored at temperatures below -10°C. The material hardens as it gets colder.

### Care:

Any mild standard cleaning agents and disinfectants can be used to clean the Actiball. Solvent-based, acidic or caustic cleaners will damage the material. The Actiball® is waterproof.

