



Manual and Maintenance Instructions Aero-Step® Pro

Congratulations on your purchase of the Aero-Step® Pro.

With the Aero-Step Pro you have chosen a TOGU brand product made in Germany. It was produced as a sports device in compliance with valid EU norms and contains no forbidden phthalates and no heavy metals.

Please read carefully through the following tips and all aspects of the Aero-Step Pro so that you will be able to enjoy using the product for as long as possible.

The new Aero-Step is more dynamic, bigger and versatile. You can now use both sides – 2 in 1, ideal to clean and store through easy store and easy clean.

The approved tool, with the twin air chamber system provides training with maximal effect. More intensive training for the deep lying musculature apperception, processing of stimuli and stability will be trained and enhanced. Applicable. Very variable, applicable using on standing, kneeling, or lying down very robust. For using in rehabilitation, fitness or at home. Over 1000 soft knobs massage to enhance blood circulation.

Equipment details:

Your Aero-Step Pro is manufactured from high quality RUTON. This guarantees that the product will be long lasting. Please do not try to fold the Aero-Step Pro.

Maintenance of Aero-Step Pro:

For cleaning you may use any of the mild cleaning and disinfecting substances to be found in most shops. Cleaning substances containing solvents are damaging to the material of which the Aero-Step Pro is made. The Aero-Step Pro is waterproof. You should, nevertheless, ensure that the Aero-Step Pro is dry before you use it, since it may slip if the surface on which it rests is wet.

Temperature-Resistance:

Aero-Step Pro is resistant to ultra-violet light and resistant to heat, within certain limits. The Aero-Step Pro can be used problem free in temperatures up to 45°C. It should be noted, however, that the higher the temperature becomes the softer the Aero-Step Pro material becomes. In summer temperatures you should not place the Aero-Step Pro directly on an asphalt surface because asphalt stores the heat so much (this is particularly important in Mediterranean countries, in places such as leisure facilities). The Aero-Step Pro is also resistant to cold. It is quite possible to store away the Aero-Step Pro at temperatures of down to -10°C. It should be noted, however, that the colder the temperature becomes the harder the material of the Aero-Step Pro becomes.

Using the Aero-Step Pro:

The Aero-Step Pro can be used on almost any kind of surface. The patented design of the Aero-Step Pro ensures a sure and safe surface contact. You should, however avoid using the Aero-Step Pro on stony ground (graveled, pebbled) or on asphalt. Although it is waterproof the Aero-Step Pro is, nevertheless, unsuitable for use in water because it floats. When using the product ensure there are no sharp objects or sharp edges in the immediate vicinity because these can damage the Aero-Step Pro.

Weight limit for the Aero-Step Pro:

The Aero-Step Pro can carry weights of up to 200 kg. It should be noted, however, that if the Aero-Step Pro is being subjected to such upper weight-levels then the air pressure should be adjusted more often because otherwise the material can become fatigued more quickly.

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Inflation tips for the Aero-Step Pro:

The Aero-Step Pro has a 2-chamber system. Each of the two chambers is equipped with a needle valve. After longer periods of use it is possible to re-adjust the air pressure yourself. To do this, please use the inflating needle of the TOGU® ball pump. This needle can be used to inflate and to deflate. You can also use any basketball or volleyball needle without back-pressure valve. Moisten the needle before use and make sure that you introduce the needle straight into the valve. To ensure the continued flexibility of the Aero-Step Pro you must take extra care that you do not pump in too much air. The stepping-surface of the Aero-Step Pro should not bulge outwards because if it does so the effectiveness of the training will be greatly reduced (see sketch). Furthermore, if the surface bulges then this means that the Aero-Step Pro is no longer lying flat on the ground or floor, and the stabilizing plate may work free of the Aero-Step Pro. Please make sure that both chambers are filled equally, so that an ideal training result can be reached. When used a lot, the Aero-Step Pro may lose some air pressure. In that case just inflate it again (like described above).

