



Manual and Maintenance Instructions Aero-Step® / XL

Congratulations on your purchase of the Aero-Step® / XL.

With the Aero-Step® / XL 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® / XL so that you will be able to enjoy using the product for as long as possible.

The next step to stability! For advanced learner. 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

Brief information about the apparatus:

Your Aero-Step / XL is manufactured from high quality RUTON. This guarantees that the product will be long lasting.

Maintenance of Aero-Step / XL:

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 / XL is made. The Aero-Step / XL is waterproof. You should, nevertheless, ensure that the Aero-Step / XL is dry before you use it, since it may slip if the surface on which it rests is wet.

Temperature-Resistance:

Aero-Step / XL is resistant to ultra-violet light and resistant to heat, within certain limits. The Aero-Step / XL 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 / XL material becomes. In summer temperatures you should not place the Aero-Step / XL 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 / XL is also resistant to cold. It is quite possible to store away the Aero-Step (XL) 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 / XL becomes.

Using the Aero-Step / XL:

The Aero-Step / XL) can be used on almost any kind of surface. The patented design of the Aero-Step / XL ensures a sure and safe surface contact. You should, however avoid using the Aero-Step / XL on stony ground (graveled, pebbled) or on asphalt. Although it is waterproof the Aero-Step® / XL 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 / XL.



Weight limit for the Aero-Step / XL:

The Aero-Step® (XL) can carry weights of up to 200 kg. It should be noted, however, that if the Aero-Step® (XL) 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.

Inflation tips for the Aero-Step / XL:

The Aero-Step / XL 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 / XL you must take extra care that you do not pump in too much air. The stepping-surface of the Aero-Step / XL 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 / XL is no longer lying flat on the ground or floor, and the stabilizing plate may work free of the Aero-Step / XL. 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 / XL may lose some air pressure. In that case just inflate it again (like described above).

