



TOGU Blackroll usage and care instructions

Congratulations on your purchase of the TOGU Blackroll.

Having purchased the TOGU Blackroll 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 TOGU Blackroll is the ideal regeneration tool for self-massages and for solving Myofascia (tissue cover of muscles and muscles groups).

The Blackroll Ball is available in two sizes and a regeneration tool for self-massage – Physical tension can be relieved. Knots and adhesions can be detached. Also scar tissue can be reduced.

The Mini Blackroll is a regeneration tool for self-massage – Physical tension can be relieved. Knots and adhesions can be detached. Also scar tissue can be reduced. Especially in use for Hand Carpal tunnel and Calcaneal spur.

There are further advantages and fields of application:

- Active regeneration with improved blood circulation.
- Trigger-zone treatment in case of tension caused by daily stress or excessive sport.
- Simply self-massages – ideal warm up before and regeneration after sport.

Equipment details:

TOGU Blackroll

Size: ca. 30 x 15 cm
Weight: ca. 150 g
Color: anthracite
Material: EEP

TOGU Blackroll Ball

Size: 1x 8cm Ø and 1x 12cm Ø
Weight: ca. 80 g
Color: anthracite
Material: EEP

TOGU Blackroll mini

Size: ca. 15cm
Weight: ca. 80 g
Color: anthracite
Material: EEP

Care:

Any mild standard cleaning agents and disinfectants can be used to clean the TOGU Blackroll. Solvent-based, acidic or caustic cleaners will damage the material.

