



## Dynaswing Instruction for use and Care Instructions

**Congratulations on your purchase of the Dynaswing.**

**Having purchased the Dynaswing 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 new Dynaswing is a balance trainer and fitness ball in one. It allows for exciting training exercises while it is stable and wooden ground plate provides safety. Movements and vibrations are transferred to the body and the device giving a direct feedback. Users can perform standing and balancing exercises more safely on this device, which is a further development of the popular Dynair Ballkissen and Pendel Ball.

For beginners assistance is still recommended. The Dynaswing features a plug valve and can be easily inflated or deflated. Training with the Dynaswing activates deep muscles. Perception, coordination, power and stability are trained and improved. Suitable for fitness- sports and therapy.

### **Apparatus data:**

The Dynaswing is made from high-quality Ruton and has an inflation valve.

Diameter: approx. 85 Ø x max. 55 m

Load capacity: approx. 150 kg

### **Thermal stability:**

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

The Dynaswing 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 Dynaswing. Solvent-based, acidic or caustic cleaners will damage the material. The Dynaswing is waterproof.

### **Inflation:**

Please use a standard pump for inflation valves (e.g. air-bed pump). Do not exceed the maximum height of approx. 55 cm when inflating the Dynaswing.

