



Instructions for use: Powerball ABS® Powerball Premium ABS®

Please read carefully.

Congratulations purchasing a ball with the patented Anti-Burst-System ABS®.

Every TOGU ball is a unique item.

In spite of our high quality manufacturing process the stiffness and size of each ball may vary. In consequence the ball shall be pumped either as hard or as large depending on your personal needs. Please pay attention not to exceed the maximum size as shown below.

TOGU balls with ABS offer greater safety against a sudden bursting of the ball during use – provided a certain body weight is not exceeded (see load table below). The patented material CRYLON® protects you from a sudden explosion of the ball if punctured. The ball simply loses air slowly, leaving you enough time to react accordingly.

Powerball ABS®	45 – 75 cm	max. load ca. 500 kg	burst proof up to 90 kg
Powerball Premium ABS®	45 – 65 cm	max. load ca. 1000 kg	burst proof up to 170 kg
Powerball Premium ABS®	75 cm	max. load ca. 1000 kg	burst proof up to 120 kg
Sitzball ABS®	45 – 75 cm	max. load ca. 500 kg	burst proof up to 120 kg
Pendel Ball (light) ABS®	45 – 70 cm	max. load ca. 1000 kg	burst proof up to 250 kg
Powerball Challenge ABS®	55 – 65 cm	max. load ca. 2000 kg	burst proof up to 500 kg
Powerball Extreme ABS®	55 - 70 cm	max. load ca. 3000 kg	burst proof up to 1000 kg
Theragym® Ball ABS®	85 – 100 cm	max. load ca. 250 kg	burst proof up to 45 kg
Theragym® Ball Senso ABS®	85,100 cm	max. load ca. 250 kg	burst proof up to 45 kg
Kangaroo Ball Junior ABS®	45 cm	max. load ca. 500 kg	burst proof up to 60 kg
Kangaroo Ball Super ABS®	60 cm	max. load ca. 500 kg	burst proof up to 75 kg

The ball should be checked regularly for scratches or chafe marks which can appear even during correct use or which can gradually develop.

Your ABS ball can be inflated in the following ways:

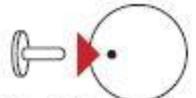




a) Handpumpe



in Etappen aufblasen



Verschlußstöpsel einführen

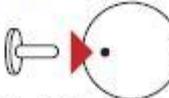
b) Blasebalg



mittlere Tülle verwenden!



in Etappen aufblasen



Verschlußstöpsel einführen

c) Kompressor/Tankstelle



beiliegenden Adapter benutzen!



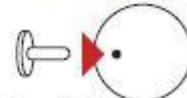
Adapter einführen



in Etappen aufblasen



Adapter entfernen



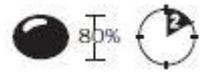
Verschlußstöpsel einführen

How to activate the Anti-Burst-System:

1) The ball must be stored at at least 20°C / 68° F (room temperature) for 2-3 hours before inflation.



2) Inflate the ball in stages up to 80% of its maximum size at room temperature or at a max. outside temperature of 25°C (77°F). Remember that the ball may be very hard in this phase. Wait for at least 2 hours.



3) Slowly inflate the ball up to the optimum size for you at room temperature, **though never inflate over its maximum size**. Warning: On account of the leather-like-material, the ball feels very hard, even if inflated slowly. The ball reaches its optimum elasticity (softness) after 2 days at the latest. Since the leather-like-ABS material naturally takes longer to adapt to the expansion **it can tear if handle incorrectly** during inflation.



4) Balls with ABS must be left for 24 hours after final inflation before being used for the first time so that the Anti-Burst-System can adjust to the ambient conditions (optimum room temperature). Please check the diameter of your ball after these 24 hours since the ball can become larger on account of air expansion inside the ball due to the effects of temperature. If the maximum diameter has been exceeded simply let some air out until the ball reaches the correct diameter.



How to keep the ABS® ball from bursting:

1) Please keep the area around the ball free of sharp objects or edges. Check that the skin of the ball is undamaged before use. The anti-burst-features can no longer be guaranteed in the event of scratches or chafe marks on the surface

2) The ball should not be exposed to ambient temperatures, particularly floor temperatures, over 25°C (77°F) for the Anti-Burst-System to remain effective.





3) Since the diameter of the ball can vary due to temperature fluctuations, the maximum diameter of the ball should be checked before every use.

Characteristic features of the Anti-Burst-System:

The shape of the ball can change slightly during use because of the Anti-Burst-System. This does not affect its dynamics nor positive effects on the body. It is the dynamics of the ball, not its circular shape, which is important for the exercises. When the ball is not in use for some time it regains its original shape again.

Creases will be evident when inflating an ABS safety ball because of the packaging. These creases may remain evident on the inflated ABS safety ball due to the material CRYLON. However, this does not affect the ball's functionality or safety in any way.

All balls which we manufacture can be recycled a number of times. A faulty ball is thus a valuable raw material. Please return all faulty balls for recycling since they contain ecologically valuable resources. Our products comply with the German Foodstuffs and Consumer Goods Law (BGW) and contain no heavy metals. We also guarantee that our balls do not exhale any vapours which are detrimental to health or smell.

If the ball is used in unusual exercises with a very high load or level of difficulty, or if used for purposes other than those for which it has been designed, the user may be exposed to a much higher risk. In such cases we can assume no liability, even for the ABS balls.

If the instructions for use are ignored, the ABS ball, just like any other ball, can burst if it comes into contact with a sharp object.

