

Installation and instructions TOGU® Tower

Congratulations on your purchase of the new TOGU® Tower.

With a TOGU® product, you have chosen a premium product "made in Germany".

The TOGU Tower is an individual and variable height-adjustable holding system for versatile resistance training (optionally available with 6-piece Theragym Pro Set).

The TOGU Tower gets attached to the wall of a training or treatment room. Optionally the bands of the Theragym Pro set need to be attached. The user has maximum mobility and the possibility to set different heights and directions. Therefore, the TOGU Tower offers a complete space saving training system for the private and professional use.

The delivery includes standard fasteners (screws and dowels). Please note the individual fastening requirements for the wall, you have chosen to fix the TOGU Tower.

Content TOGU Tower:

TOGU Tower with fixing material (12 screws and 12 dowels) and double roll.

Contents TOGU Tower with Theragym Pro Set:

TOGU Tower with fixing material (12 screws and 12 dowels) and double roll.

Theragym Pro Set + 2 hand grips

2 bands with light resistance - yellow

2 bands with medium resistance - red

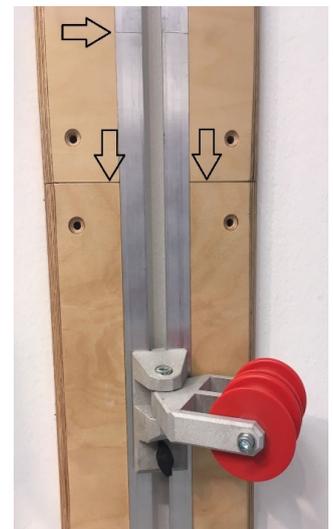
2 bands with strong resistance – green

Installation:



Attention: Observe the individual wall fastening requirements. If necessary, the assembly has to be carried out by an expert.

1. First, run the roll (single or double) on the metal rail. Then plug the two parts of the TOGU Tower into each other. Make sure that the parts are flush and there is no gap (picture 1).

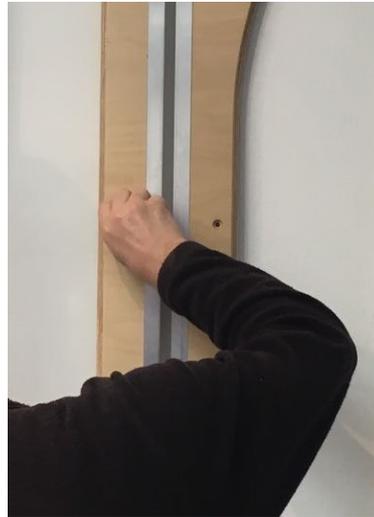


Picture 1

2. Place and hold the TOGU Tower at the location to be mounted on the wall. Align the TOGU Tower straight with a water scale (Picture 2). Then select the drill points, e.g. with a pen (Picture 3).



Picture 2



Picture 3

3. Put the Tower aside and drill the holes. Observe the size of the dowels and screws used (Picture 4). When fastened on a wooden wall, the TOGU Tower can be attached without dowels.



Picture 4

4. Tighten the TOGU Tower with all 12 screws at the prepared position on the wall (Picture 5). Ensure that the screws are firmly seated.



Picture 5

5. You can attach the optional Theragym Pro bands or other elastic bands to the hooks on the top and bottom of the TOGU Tower (Picture 6). Feed the band(s) over the roll(s) (Picture 7).



Picture 6



Picture 7

Care instructions:

The materials are robust and easy to clean. Use any mild standard detergents and disinfectants. Disinfectants as well as acidic or corrosive cleansers can harm the material.