



## WaterPower® Roll Usage and Care Instructions

**Congratulations on your purchase of the WaterPower® Roll.**

**Having purchased the WaterPower® Roll 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 WaterPower principle, with “water” as an inertial mass inside the roll, guarantees a rigorous and dynamic workout:

The handles on the sides of the roll are specially designed to increase the challenge of shaking exercises in front of the body and thus to be conducive to core-strengthening movements. The product is also safe and excellent for stabilising exercises when held at the sides and behind the back.

There are also many exercises on the back and stomach which can be made more difficult by the WaterPower Roll.

The amount of water can be adjusted at any time to individual requirements and is a convenient way to increase the level of challenge and adjust the training session to the user’s condition and personal fitness.

### **Apparatus data:**

The WaterPower Roll is made of high-quality Rulon and is fitted with an inflation valve. It is supplied without water.

**NB:** Please try the product first with a small amount of water and increase the amount gradually.

Size: approx. 80 x 18 cm

Load capacity: approx. 200 kg

### **Thermal stability:**

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

The WaterPower Roll 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 WaterPower Roll.

Solvent-based, acidic or caustic cleaners will damage the material.

The WaterPower Roll is waterproof.

### **Filling:**

First deflate the roll by applying slight pressure and then use the funnel supplied to pour the required amount of water into the WaterPower Roll.

Then take a standard pump for inflation valves (e.g. air-bed pump) and inflate the WaterPower Roll.

Please renew the water filling every 4 to 6 weeks.

