



Your Brand for Health and Fitness

2018



since 1956



Dear customers,

people are in motion throughout their life: from childhood to old age, from the untrained to the high-performance athletes. We are convinced that movement is the medicine of the 21st century.

Since 1956 our drive and passion is to develop and manufacture outstanding products in premium quality and excellent functionality.

From the initial idea, the applied design and raw materials, to the manufacturing at our own production site in Prien/Germany: compliance with our high premium quality standards is of prime importance. With TOGU, you choose durable products that are 100% recyclable, protecting natural resources and our environment. As a family business run by the third generation with a team of more than 100 employees, we are aware of the responsibility towards our employees, society and the environment. We work continuously with users and experts in science and medicine thus developing a comprehensive range of health products for more well-being in all stages of life.

The best way to experience and feel the benefits of our products is to try them yourself. In line with the slogan „try it - love it“ we provide this opportunity on many trade shows and congresses at our TOGU booth. In addition, numerous training and educational events are conducted by our cooperation partners and supported by our extensive and popular pool product service with TOGU equipment.

Meet us and experience our products personally! You will find current dates at www.togu.de and www.facebook.com/togu.de
We are looking forward to your visit.

Vera and Giovanni Angelini

P.S.: Get even more interesting information on the topic of health, balance and an active lifestyle at www.togu.de/blog



Healthy Sitting

06 - 11

Healthy Training

12 - 65

actisan®	12-15
Balance, Coordination and Sensorimotor Training	16-35
Massage and Relaxation	36-43
Fascial Fitness and Rolls	44-49
Weight- and Dumbbell Training	50-53
Gymnastics- and Sitting balls	54-59
Neck rests and Storage aids	60-61
Special Tools	62-63
Tubes and Bands	64-65

Kindergarden and School

66 - 77

Piloga® – Pilates and Yoga

78 - 83

Accessories / Marketing

84 - 91

Pumps, Covers, DVD, TOGU Wall	84-87
Training Charts / Books	88-89
Marketing	90-91

Training and Education, Partners and Educators

92 - 112

Concepts for Professional Training and Therapy	92-100
Our Partners and Educators	100-112

Index | 30-Years-Warranty

113 - 115

30-Years-Warranty	113
Index	114-115

MADE IN GERMANY





Made in Germany – since 1956

For more than 60 years - the brand TOGU stands for quality and safety, tradition and progress.

We take care, you can trust.
Come with us into a great future!



MADE IN GERMANY



www.togu.de



Healthy Sitting

Healthy Sitting

How long do you sit every day?

Our ancestors were most of the day „on their feet“. Nowadays we spend on average about 80% of our waking hours sitting. From a perspective of evolutionary theory one fact has not changed: The natural shape of our back and spine is not made for sitting, but for walking around.

What does this mean for you?

Sitting for long periods and the resulting rigid posture as well as the lack of movement are responsible for many civilization diseases. Back pain is completely unknown to indigenous peoples, for example. Basically we all are able to walk and therefore able to do something good for our health and especially for our back.

What happens to your spine during walking?

At every step you make, the spine and the surrounding muscles are automatically brought into rotation. This effect is referred to as spiral movement of the spine during walking.

In order to keep the spine intact, trained autochthonous muscles are required. These deeper-lying muscles around the spine stabilize your body and keep it at the same time flexible. If these muscles are weakened by non-use (e.g., too much rigid sitting), the consequences often occur in terms of back problems. After a long period of non-use, the stabilizing protective function of the autochthonous muscles does no longer exist. The superficial muscles have to take over this function which will eventually result in back pain due to muscle strains.

How to prevent from backpain?

Option 1: About three to five hours of walking daily

Option 2: Action on what you do every day: sitting.

Active-dynamic instead of passive-rigid sitting.

What happens during active-dynamic sitting?

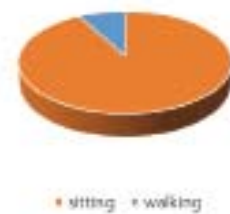
Constant compensating movements create an interaction of relaxation and exertion of the muscle groups in the back. The movement of the spine during walking is like simulated by active-dynamic sitting.

Your benefit and positive effects on your health:

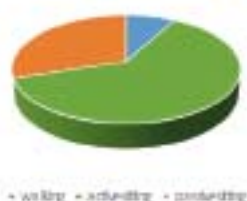
- Training of the autochthonous, stabilising back muscles and reduction of back pain due to muscle strains
- A general stabilisation of the spine at the base
- More flexible intervertebral discs through better supply of nutrients
- Relief of the internal organs
- Improved blood circulation also stimulates the cerebral metabolism processes which translates into increased concentration and perception



Relation Sitting - Walking



relation walking - active sitting - passive sitting



Airgo® Active Seat Cushion



Airgo Active Seat Cushion

The Airgo Active seat cushion - made in Germany - is a supple air-filled cushion for moving and healthy sitting. It keeps by small delicate movements that are incidentally performed without extra time effort, the spine and intervertebral discs sitting in swing. To sit pleasant and relaxed even during long sitting periods, such as when traveling, in the cinema or at the stadium. The Airgo Active seat cushion can also relieve the pelvic floor and the prostate. The deeper back muscles are activated and can be strengthened.

The anatomical shape ensures optimum pressure distribution. Just like the Dynair ball cushion the muscles of the spine compensate for the slightly wobbly surface. Rigid sitting is turned into healthy active-dynamic sitting.

Also available in the Comfort version with the soft climate cover made of special washable material. The cover ensures optimum air circulation and pleasant seating comfort.

Art.No.:	Name:	Colour:
401100	Airgo Active Seat Cushion (1)	silver
401120	Airgo Active Seat Cushion (2)	black
401300	Airgo Active Seat Cushion Comfort (3)	black
Size:	40 x 28 cm	
Packing unit:	4	
Contents	in deco-box with pump	
Material:	Ruton	
Max. load:	ca. 200 kg	

Airgo® Active Back Cushion



Airgo Active Back Cushion

The Airgo Active back cushion - made in Germany - is a supple air-filled lordosis cushion for moving and healthy sitting. The Airgo supports the back constantly and precisely with every movement.

It keeps by small delicate movements that are incidentally performed without extra time effort, the spine and intervertebral discs sitting in swing. To sit pleasant and relaxed even during long sitting periods, such as when traveling, in the cinema or at the stadium. The Airgo® Active back cushion additionally promotes the upright seating position. The anatomical shape ensures optimum pressure distribution. The deeper back muscles are activated and can be strengthened. Rigid sitting is turned into healthy active-dynamic sitting.

Also available in the Comfort version with a soft, padded cover. The cover ensures pleasant seating comfort.

Art.No.:	Name:	Colour:
510000	Airgo Active Back Cushion (1)	black
510100	Airgo Active Back Cushion Comfort (2)	black
Size:	40 x 29cm	
VPE:	5	
Packing unit:	in deco-box with pump	
Contents:	Ruton	
Max load:	ca. 200 kg	

Airgo® Sit Ring



Airgo Sit Ring

Unlike usual sit rings made of foam the new Airgo Sitting is made of Ruton and air filled. Equipped with a needle valve the air pressure can easily be adjusted by using a needle pump. The Airgo Sitting is extremely robust and long lasting, easy to clean and therefore hygienic. A tool which relieves effectively all kinds of sitting related problems.

Optional available with textile cover.

Art.No.:	Colour:
400640	black, blue
400648	black, blue; with cover
Size:	40 x 45 cm
Packing unit:	4
Contents:	in box with pump
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	also available with cover

Dynair® Ballkissen® Senso®



Dynair® Ballkissen®



Dynair Ballkissen Senso

The original Dynair Ballkissen Senso - made in Germany - is an air-filled seat cushion for active dynamic sitting. Also it is a tool for sensorimotor and proprioceptive training and therapy. As a simple and space-saving alternative to large exercise balls it is used for many different exercises while sitting, standing and lying. One side has a velvety smooth surface, the other is equipped with soft Senso knobs.

Through the air charge and the specific quality material dynamic sitting and exercising is possible: there are constantly and directly transmitted minimal movements to the body. This can incidentally activate the deeper back muscles and the sensorimotor system. It can be used everywhere - at home, in the office or while traveling - and allows a workout without any extra time effort. The aim is a better balance, a healthy, strong back and a stable and mobile core for a healthy body.

Art.No.:	Colours:	Size:
400270	red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, sea-grass, misty-mountain, aubergine, basalt	ca. 33 cm Ø
400370	red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, sea-grass, misty-mountain, aubergine, basalt	ca. 36 cm Ø
400900	red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, sea-grass, misty-mountain, aubergine, basalt	ca. 39 cm Ø

PU: 5 with ca. 33 cm Ø / 4 with ca. 36 cm Ø and 39 cm Ø

Contents: in deco-box with exercise poster

Material: Ruton, with needle valve

Max. load: ca. 200 kg (ca. 300 kg for Dynair Ballkissen Senso Plus)

Specials: AGR certificate

Dynair Ballkissen

The original Dynair Ballkissen - made in Germany - is an air-filled seat cushion for active dynamic sitting. Also it is a tool for sensorimotor and proprioceptive training and therapy. As a simple and space-saving alternative to large exercise balls it is used for many different exercises while sitting, standing and lying.

Through the air charge and the specific quality material dynamic sitting and exercising is possible: there are constantly and directly transmitted minimal movements to the body. This can incidentally activate the deeper back muscles and the sensorimotor system. It can be used everywhere - at home, in the office or while traveling - and allows a workout without any extra time effort. The aim is a better balance, a healthy, strong back and a stable and mobile core for a healthy body.

Art.No.:	Colours:	Size:
400170	red, green, blue, turquoise, pink, pearl, yellow, soft-violett (confetti), ice-blue (confetti), marble	ca. 30 cm Ø
400200	red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, soft-violett (confetti), ice-blue (confetti), marble	ca. 33 cm Ø
400300	red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, soft-violett (confetti), ice-blue (confetti), marble	ca. 36 cm Ø

PU: 5 with ca. 30 cm Ø und 33 cm Ø / 4 with ca. 36 cm Ø

Contents: in deco-box with exercise poster

Material: Ruton, with needle valve

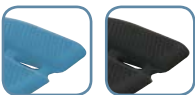
Max. load: ca. 200 kg

Specials: AGR certificate

Dynair® Cardo® Ballkissen®



Dynair® Comfort Wedge-Ballkissen®



Dynair® Wedge-Ballkissen®



NEW!

Dynair Cardo Ballkissen

Smooth, adjustable air cushion. Allows controlled dynamic sitting due to its square shape. Well suited for starting back training or therapy. Strengthens torso muscles. Keeps the vertebrae gently in motion and trains spinal musculature. Can help maintain an upright position. Especially designed for beginners and elderly.

Art.No. :	Colour:
400390	black, blue, dark-red, terra, dark-blue
Size:	36 cm
Packing unit:	5
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	with senso knobs

Dynair Comfort Wedge-Ballkissen

Perfect new solution for everybody who has to sit all day long and suffers from back pain. Easy to use on (nearly) every chair in the office, at home or on journey. The air-filled Dynair Comfort cushion is made of even softer and more comfortable foamed material. The renewed shape of the cushion got an additional integrated relief zone in the center. The Dynair Comfort makes the user sit in a active and dynamic way with balance effect at the same time. It is an ergonomic shaped and adjustable air cushion. Small unconscious movements are steadily necessary and lead to more balance and training of the deeper stabilizing back musculature. This can relieve back pain and support more upright position during a long work day.

Art.No. :	Colour:
400720	blue, anthracite
Size:	ca. 36 x 37 cm
Packing unit:	4
Contents:	in deco-box with exercise poster and pump
Material:	foamed Ruton, with needle valve
Max. load:	ca. 150 kg

Dynair Wedge-Ballkissen

Comfortable and dynamic sitting with balance effect. Ergonomically shaped adjustable air cushion. Strengthens back muscles, can help reduce back problems and promotes upright posture. The optimized weight distribution on the thighs helps the veins. Ideal combination of ball cushion and wedge cushion in one product. Perfect to use on the office chair, at school and at home. Eu Patentno. 1616506

Art.No.:	Colours:	Size ca.:
400140	red, green, blue, turquoise, pink, pearl, yellow	29 x 29 cm
400340	black, blue, dark-red, terra, dark-blue, pink, pearl, sea-grass, misty-mountain, aubergine, basalt	36 x 37 cm
400160	black, blue, dark-red, terra, dark-blue, pink, pearl, sea-grass, misty-mountain, aubergine, basalt	37 x 40 cm
PU:	4 for 400340 and 400160, 5 for 400140	
Contents:	in deco-box with exercise poster and pump	
Material:	Ruton, with needle valve	
Max. load:	ca. 200 kg (ca. 300 kg for Dynair Wedge-Ballkissen Plus)	

happyback® Ballkissen®



happyback®

MADE IN GERMANY
30-Jahre-Garantie

Sitzball ABS®



Back-Fit at Work: Balance Block & TOGU® Brasil®



recommended by

MADE IN GERMANY
30-Jahre-Garantie

happyback Ballkissen

Sit healthy and dynamic. In the office, at home or while traveling, you unconsciously train the deep muscles of the spine, thereby strengthening your back without having to spend additional time on exercises. Through the innovative seat cushion effect, the ball adapts individually to the personal body shape and optimizes the positive effects. The enclosed instructions and videos on www.togu.de supply more information on the applications. Display available.

happyback display

Art.No.:	Name:	Contents:
805027	happyback display (delivered filled)	each 16 x 33 cm Ø and 36 cm Ø

happyback Ballkissen

Art.No. :	Colour:	PU:	Size ca.:
400210	blue, anthracite	5	ca. 33 cm Ø

happyback Ballkissen XL

Art.No. :	Colour:	PU:	Size ca.:
400310	blue, anthracite	4	ca. 336cm Ø

Contents: in a deco-box, with exercise chart

Material: foamed Ruton, with needle valve

Max. load: ca. 200 kg

Sitzball ABS

Original ABS® safety made in Germany - The airbag for your gym ball. Developed especially for work and learning environment. Does not roll away when you stand up. Special ABS characteristics. Active, dynamic and safe sitting. Train back and abdominals while seated. Guaranteed safety thanks to the ABS-Material*. *see instruction for use

Safety category 5 *****

The burst proof fitness ball: Powerball ABS - the original made in Germany. The great physical barrier guaranteed. The special material ABS is latex-free, odorless and very load-bearing. The safety system functions similarly to an airbag system in the car: in the event of damage to the ball by e.g. Sharp edges, needles, glass splitter, scissors, etc., the Crylon safety material prevents the ball-skin from tearing open. The air passes slowly through the hole. A plating is excluded and injuries caused by an unexpected fall are avoided. We guarantee this as a manufacturer. Follow the instructions for use.

Art.No.	Colour:	Size Ø:
408460	blue, silver	45 cm
408560	blue, silver	55 cm
408660	blue, silver	65 cm
408760	blue, silver	75 cm

Packing unit: 4

Contents: in deco-box with exercise poster

Material: Crylon

Max. load: 500 kg loadable (120 kg ABS guarantee)

Back-Fit at Work - Balance Block and TOGU Brasil

For an uncomplicated fitness session at your office workplace.

Can increase the physical activity, concentration and balance (body and mind) without extra time required. Can avoid back pain same time by training deeper laying back musculature.

The practical movement program was developed by the Association of German Back schools (Bundesverband der deutschen Rückenschulen BdR e.V. www.bdr-ev.de) and is recommended for employees and employers.

Brasil and Balance Block are also available as extra devices:

Brasil in a set of 2 Art.No. 470636

Balance Block Art.No. 410480

Art.No. :	Colour:
805029	blue-purple and green

Size: ca. 33 x 15 x 7 cm; 2 x ca. 270 gr

Packing unit: 1

Contents: Set of 2 Brasil and Balance Block incl. exercise poster

Material: Ruton

Max. load: ca. 150 kg



The fitness equipment with **antimicrobial** effect.

The new Actisan Line offers you a clear competitive advantage over your competitors, since each of your customers automatically exercise on disinfected equipment. Even better, it is not necessary for you to clean each tool time consuming by hand.

In the future customers will exercise antimicrobial, since the Actisanized material is highly effective on an ionic basis against bacteria and other microorganisms. It continuously produces ions which are not harmful for humans. Thus it is more efficient than regular disinfectants and keeps up its effectiveness for more than 5 years.

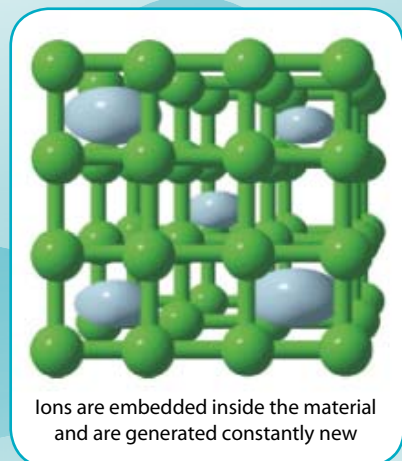
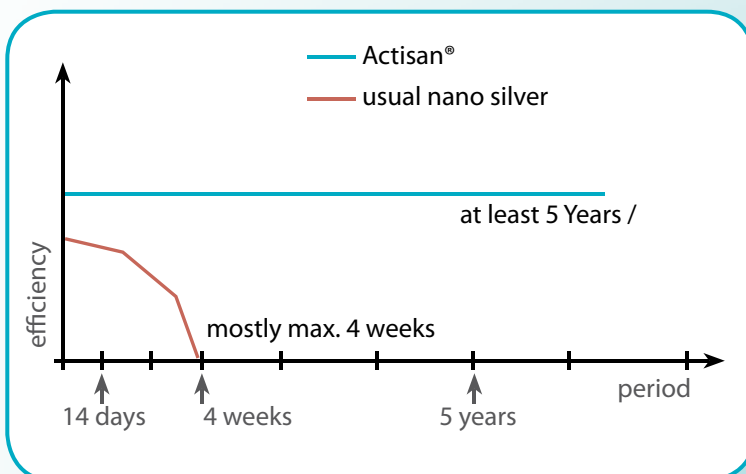
actisan – safety for your customers!

How actisan works?

Synthetic materials with antimicrobial effect are being used for quite some time in the medical and clinic sector.

The secret: Actisan is an ingredient for the synthetic material used for the tools and highly effective against bacteria and other microorganisms on an ionic basis. It is constantly building up ions which are harmless for humans. These ions are attacking only the metabolism of the harmful organisms.

What is remarkable about Actisan: It is antibacterial as well as antimicrobial and destroys bacteria and other microorganisms at the same time. Therefore it is much more efficient than the usual wipe off disinfection and this effect lasts for at least five years.



Aero-Step® Pro



actisan®



Dynair® Ballkissen® Senso® XL with actisan®



actisan®



Dynair® Ballkissen® XXL actisan®



actisan®



Jumper® actisan® & Jumper® Mini actisan®



actisan®



Aero-Step Pro

The new Aero-Step is more dynamic, bigger and more versatile. It can be used both sides up – 2 in 1, easy to clean and to store. Classic training tool with 2-chamber air-system as instable surface allows a training with maximum effect. Perception, sensori-motor function and stability will be activated and increased. The Aero-Step Pro can be used in variable standing, kneeling and lying positions. Equipped with more than 1000 Senso knobs for massage and enhancing blood circulation. Adapted for training, therapy and rehabilitation, in group fitness or at home. As it's predecessor it is recommended and certified as especially back friendly product by AGR. The Aero Step Pro is also available with antimicrobial effective actisan material in anthracite colour:

Art.No.:	Colour:	PU:
420570	anthracite (with actisan)	4
Size:	52 x 40 x 8,5 cm	
Contents:	in deco-box with exercise poster and pump	
Material:	Ruton	
Max. Load:	ca. 200 kg	

Dynair Ballkissen Senso XL with actisan

The Dynair XL Ballkissen of the Actisan studio line unites training with energy and relaxing, stability and lability and each movement becomes a coordinative challenge which demands maximum performance on a wobbly ground. Now also available as self desinfecting training tool.

Art.No.:	Colour:
420400	anthracite
Size:	ca. 36 cm Ø
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton with actisan
Max. Load:	ca. 200 kg

Dynair Ballkissen XXL actisan

The Dynair XXL Ballkissen of the actisan studio line unites training with energy and relaxing, stability and lability and each movement becomes a coordinative challenge which demands maximum performance on a wobbly ground. Now also available as self desinfecting training tool.

Art.No.:	Colour:
420410	anthracite
Size:	ca. 50 cm Ø
Packing unit:	2
Contents:	in a decobox, with pump, with exercise poster
Material:	Ruton with actisan
Max. Load:	ca. 200 kg

Jumper actisan & Jumper Mini actisan

TOGU Jumper – more dynamic effect – more fun. The multifunctional training tool and trampoline ball for Group Fitness, personal training, Sports specific training and physiotherapy.

The approved TOGU Jumper brings more efficiency and fun to Physiotherapy, Personal Training and GroupFitness. Safe training on an instable surface with trampoline effect for more strength, endurance and coordination. Jumper can be used both sides up. Now also available as self desinfecting training tool.

Art.No.:	Name:	Size:	Max. load:
420420	Jumper actisan	ca. 52 cm x max 24 cm	200 kg
410330	Jumper Mini actisan	ca. 36 cm x max 18 cm	120 kg
Colour:	anthracite, with black plate		
Packing unit:	2		
Contents:	in a box, with pump and exercise poster		
Material:	Ruton with actisan, fibre-glass reinforced plate		

Medicine Ball actisan®



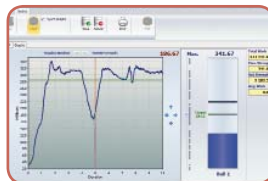
actisan®

MyBall actisan®



actisan®

PAB® - pressure air biofeedback



actisan®

More information on www.pressureairbiofeedback.com

Medicine Ball actisan

Classic medicine ball now available also as self-disinfecting training tool. For hygienic use in group training. Latex free and bouncy weight balls for strengthening and coordination exercises. Extremely durable.

Art.Nr.:	Colour:	Size:	Weight:	Packing unit
420540	black	21 cm	500 g	20
420550	black	21 cm	800 g	20
420480	black	21 cm	1000 g	20
420560	black	28 cm	1500 g	8
420490	black	28 cm	2000 g	8
420510	black	28 cm	3000 g	8
420520	black	34 cm	4000 g	4
420530	black	34 cm	5000 g	4

Contents: bulk

Material: Ruton

Specials: with needle valve

MyBall actisan

MyBall with actisan: a round matter

the large fitness ball is a classic and standard product for Functional Training. From now on hygienic, versatile and efficient during group and personal training.

Art.No.:	Colour:	Size Ø:
420430	anthracite	max 55 cm
420440	anthracite	max 65 cm

Packing unit: 4

Contents: in a decobox, with exercise poster

Material: Ruton with actisan, with plug valve

Max. load: ca. 500 kg

PAB - pressure air biofeedback

The PAB Set – muscle function diagnosis simple and scientific

A real innovation is characterized by simplification. Complicated procedures are replaced by simple ones, while at the same time the quality of the result improves. The PAB Set by TOGU represents such an innovation. PAB stands for Pressure Air Biofeedback. It serves the muscle function diagnosis providing information about muscle performance. Same time it is useful as isometric training tool. As opposed to methods measuring the electrical activity of a muscle (EMG Electromyography) the PAB is much easier to use with less time and cost effort. The PAB device records the strength which a person can apply on an air-filled TOGU tool, by measuring the inside air pressure. The strength measurement is dynamic and is shown as a curve on the user's computer screen. The duration of the measurement can be adjusted arbitrarily. Depending on the chosen duration the maximum strength, as well as the profile of muscle fatigue becomes visible. Approximately 100 measurements are recorded every second. This way even a rapid or very smooth deployment of force can be depicted.

The air-filled TOGU tools are made of actisan material:

The odorless and skin-friendly material is actisanized on ionic basis highly effective against bacteria. The devices disinfect themselves, which is more efficient than conventional wiping disinfection. The actisan material retains its full effect for a period of more than five years.

PAB BASIC - Contents: 1 x measurement with one unit incl. software, 1 x Bodyroll Senso, 1 x Throwing ring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance KissenXL

PAB PRO - Contents: 1 x measurement with 4 unit incl. software, 1 x Bodyroll Senso, 1 x Wurfring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance Kissen XL

Art.No.:	Contents:
805070	PAB Basic (device, software, TOGU training devices)
805071	PAB Pro (device, software, TOGU training devices, two piece bag set)

Packing unit: 1

Pendel® Ball actisan® ABS® & Pendel® Ball light actisan® ABS®



actisan®

Redondo® ball actisan® & Redondo® ball Plus actisan®



actisan®

Topanga®



actisan®

Pendel Ball actisan ABS & Pendel Ball light actisan ABS

Absolutely safe and hygienic inflatable tool for training and therapy. What makes the Pendel Ball exceptional is its oval form. This leads to a great advantage during full body training, because the Pendel Ball won't roll away. A wide array of applications becomes possible e.g coordination, balance, functional spinal training, fitness training, physio and ergotherapy, as well as natal preparation and postnatal exercises.

New: also available in two sizes.

Burst proof: guaranteed to 250 kg when damaged during use.
ABS-Material

Gebrauchsmuster Nr.: 20 2005 004 166.1

Now also available as self desinfecting training tool.

Art.No.:	Name:	Size: Ø	Seat Height ca.:
420450	Pendel Ball actisan ABS	ca. 80 cm	55 - 70 cm
420460	Pendel Ball light actisan ABS	ca. 60 cm	45 - 55 cm

Colour:	anthracite
Packing unit:	1
Contents:	in a box (deflated), with exercise chart
Material:	Ruton with actisan; with plug valve and pump
Max. Load:	ca. 1000 kg (burst proof up to 250 kg)

Redondo ball & Redondo ball Plus with actisan

A healthy body posture with the Redondo Ball.

With 18 cm, 22 cm and 38 cm in diameter this ball made of soft foamed material is a real TOGU classic. It serves as an ideal Pilates partner, for pelvic floor exercises and abdominal workout as well as for massaging the neck and deep relaxation. A relaxation that can now be enjoyed by each gym member without any hesitation due to hygienic situation.

Actisan offers a reliable hygienic solution for all kinds of group training: the innovative material is highly effective against bacteria and other microorganisms on an ionic basis. It is constantly building up ions which are harmless for humans and are attacking only the metabolism of the harmful organisms. actisan is antibacterial as well as antimicrobial and destroys bacteria and other microorganisms at the same time. Therefore it is much more efficient than the usual wipe off disinfection and this effect lasts for at least five years. The user saves time and money and wins faith and well-being for his customers.

Art.No.:	Colour:	Size: Ø	PU:
420600	anthracite	ca. 18 cm	16
420470	anthracite	ca. 22 cm	16
491800	anthracite	ca. 38 cm	12

Contents:	in deco-box, with exercise poster
Material:	Ruton with actisan, with plug valve
Max. load:	ca. 120 kg for exercises in lying position (for 38 cm Ø ca. 150 kg)

Topanga

Fast, easy, everywhere.

The new 4kg exercise tool from TOGU is the perfect partner for a balanced body shape and health training. Whether alone at home or in a group in the studio, it's versatility offers a fun workout. Several muscle groups are addressed by the natural movement which is performed during the workout. The Topanga training stabilizes, supports and relieves.

The Topanga fits comfortable in the hand, on the shoulders, around your waist.

Art.No.:	Colour:	Size / Weight:
646000	anthracite (with actisan)	ca. 39 cm Ø / 4 kg

Packing unit:	4
Contents:	in a polybag, with exercise chart
Material:	Ruton with actisan



Healthy Training

The Healthy Training concept

Healthy Training means movement in order to remain healthy or to regain your health. And Healthy Training means enjoyment – enjoyment of movement.

In cooperation with TOGU, doctors have developed the concept of „Healthy Training“ which resulted in a range of 15-minute movement programmes that you can be accessed online free of charge and easily integrated into your everyday life. Each programme has a certain training goal, e.g. stabilising the back, and is also easy to do for beginners. There is a device set suitable for each programme for increased effectiveness of the exercises.

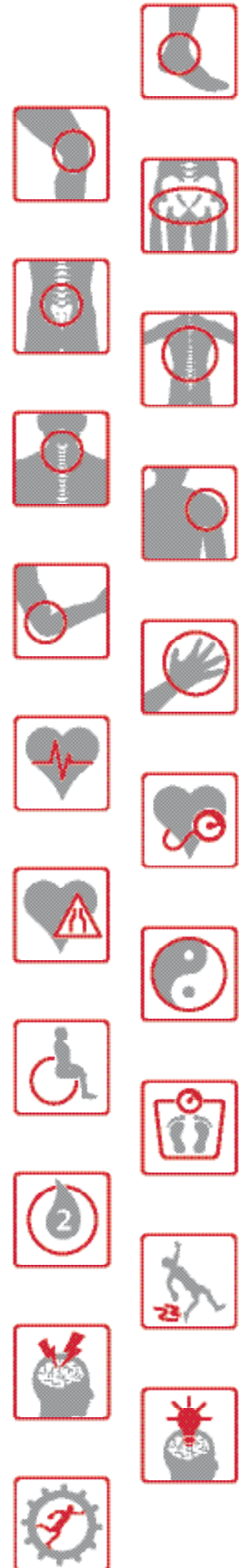
The TOGU training devices particularly support sensorimotor training. Here, the interaction of sensors (e.g. nerve pathways) and motor functions (e.g. muscles, fasciae, joints, bones) is targeted and improved. Irrespective of whether you use the Healthy Training programme for prevention or after symptoms have appeared: Please ask your doctor or physiotherapist for advice in case of problems or pain. Healthy Training offers a solution you can implement yourself in your everyday life or as a supplement to your professional therapeutic treatment.

Find your balance - Increase performance and well-being

Balance Training is also strength training. You don't only train your ability to balance but also your muscles, which ensure your flexibility and the stability of your joints. Strengthening the trunk and back muscles is decisive for your well-being and prevents backaches before they emerge. The proper training is less complicated and time-consuming than you might think. With sports equipment such as the TOGU Jumper Pro (suitable for beginners as well as competitive athletes and fitness professionals), you can reach this goal with simple exercises no matter where you happen to be.

Balance Training can help you improve your well-being:

- Improved blood circulation
- Improved balance
- Improved reactivity and coordination
- Enhanced muscle strength
- Boosted brain and memory fitness
- More safety and agility in daily living movements
- Effective at any age and for any fitness level



Healthy training



INDICATION	Ankle joint	Knee	Hip	Lumbar spine	Back	Neck	Shoulder	Elbow	Hand	Cardio
Aero Step XL	○	○	○	○	○	-	○	○	-	○
Aero Step Pro	○	●	○	●	●	-	○	○	-	○
Airgo Aktiv Sitzkissen (Comfort)	-	-	○	○	○	-	-	-	-	-
Airgo Aktiv Rückenkissen (Comfort)	-	-	-	○	○	-	-	-	-	-
Balance Block	●	○	○	-	○	-	-	-	-	-
Balanza	○	○	○	-	-	-	○	-	-	-
Balanza Freeride	○	○	○	-	-	-	-	-	-	-
Balanza Ballstep	○	○	●	○	○	-	-	-	-	-
Bodybone	-	-	-	●	○	○	-	-	-	-
Bodybone XL	-	-	-	○	○	-	-	-	-	-
Bodyroll	●	-	-	○	○	○	-	-	○	○
Brasil 2er Set	-	-	-	-	○	○	●	●	●	●
Dynair Ballkissen	○	○	○	○	○	○	○	-	-	-
Dynair Ballkissen Senso	○	●	●	○	○	○	○	-	-	-
Dynair Ballkissen Cardio	○	○	○	●	●	○	○	-	-	-
Dynair Keilballkissen	-	-	○	○	○	○	-	-	-	-
Dynair Ballkissen XXL	○	○	○	○	○	-	○	○	-	-
Dynair Extreme	○	○	○	○	○	-	○	-	-	-
Dynair Pro	●	○	○	○	○	-	○	-	-	-
Dynair Pads	○	○	○	-	○	-	-	-	-	○
Dynair Senso Mini 4er-Set	-	-	-	-	-	-	○	○	○	-
Dynair Walker	-	○	○	○	-	-	-	-	-	○
Geo Balance Igel 2er-Set	-	-	-	-	-	-	○	○	-	-
happyback Relax Nex	-	-	-	-	-	●	-	-	-	-
Hot Shots	-	-	-	-	-	-	○	○	-	-
Jumper	○	○	○	○	○	○	-	-	-	●
Jumper mini	○	○	○	○	○	○	-	-	-	○
Lagerungshilfe Rolle	-	○	○	○	○	○	-	-	-	-
Lagerungshilfe Halbrolle	-	○	○	○	○	○	-	-	-	-
Massage Nex	-	-	-	-	○	○	-	-	-	-
Medizinball	-	○	○	○	●	-	○	○	-	-
Moonhopper (inkl. Sport)	-	-	-	-	-	-	-	-	-	○
Multiroll functional	-	-	○	○	○	-	○	○	-	-
Nex- Die Nackenstütze	-	-	-	-	-	○	-	-	-	-
Noppenball Klassik	-	-	-	-	-	○	-	-	○	-
Noppenball lang	-	-	-	-	-	○	-	-	○	-
Pendel Ball	-	-	○	○	○	○	-	-	-	○
Powerball ABS	-	-	○	○	○	○	-	-	-	○
Powerball Premium ABS	-	-	○	○	○	○	-	-	-	○
Powerball Challenge	-	-	○	○	○	○	-	-	-	○
Powerband /Theragym Band	-	●	●	○	○	●	●	●	○	●
Redondo-Ball	-	-	○	○	○	○	●	○	●	○
Relax Nex	-	-	-	-	-	○	-	-	-	-
Senso Balance Bar	○	○	○	-	-	-	-	○	-	-
Senso Balance Igel	○	○	○	-	-	-	-	●	-	-
Senso Ball groß	-	-	-	-	-	-	-	-	-	-
Senso Ball mini	-	-	-	-	-	-	-	○	●	-
Senso Handtrainer light	-	-	-	-	-	-	-	-	○	-
Senso Handtrainer	-	-	-	-	-	-	○	○	○	○
Senso Massage Pad	-	-	-	○	-	-	-	○	-	○
Senso Matte	○	○	○	○	-	●	-	-	-	○
Senso Venentrainer	○	○	○	-	-	-	-	-	-	○
Stonies-Der Toning Ball	-	○	○	○	○	○	○	○	○	○
Togu Balance Board	○	○	○	○	○	○	-	-	-	-
Touchball	-	-	-	-	-	-	-	-	-	-



particularly suitable



suitable



not suitable

Healthy training



INDICATION	Hyper-tension	Vascular Calci-fication	Relaxation	for Wheelchair driver	Obesity	Type 2 diabetes	Burn-out	Mental fitness	Diseases of nervous system	Prevention of falls
Aero Step XL	○	○	-	-	-	-	-	●	●	●
Aero Step Pro	●	○	-	-	-	●	○	○	○	○
Airgo Aktiv Sitzkissen (Comfort)	-	-	○	-	-	-	-	○	○	-
Airgo Aktiv Rückenkissen (Comfort)	-	-	○	-	-	-	-	-	-	-
Balance Block	-	-	-	-	-	-	-	-	-	○
Balanza	-	-	-	-	-	-	○	-	-	-
Balanza Freeride	-	-	-	-	-	-	○	-	-	-
Balanza Ballstep	-	-	-	-	○	○	○	○	○	○
Bodybone	-	-	○	○	-	-	-	-	-	-
Bodybone XL	-	-	○	○	○	-	-	-	-	-
Bodyroll	○	○	●	○	-	○	-	○	●	-
Brasil 2er Set	○	○	-	-	●	●	○	●	○	-
Dynair Ballkissen	-	-	-	-	-	-	-	○	○	○
Dynair Ballkissen Senso	-	-	○	-	-	○	-	○	○	○
Dynair Ballkissen Cardo	-	-	-	-	-	-	-	○	○	●
Dynair Keilballkissen	-	-	○	-	-	-	-	○	○	-
Dynair Ballkissen XXL	-	-	○	-	○	-	-	-	-	-
Dynair Extreme	-	-	○	-	-	-	-	-	-	-
Dynair Pro	-	-	-	-	-	-	-	-	-	-
Dynair Pads	○	●	-	-	○	○	-	-	-	○
Dynair Senso Mini 4er-Set	-	-	-	-	-	-	-	-	-	-
Dynair Walker	○	○	-	-	○	○	-	○	○	○
Geo Balance Igel 2er-Set	-	-	-	-	-	-	-	○	○	-
happyback Relax Nex	●	-	●	-	-	-	●	○	○	-
Hot Shots	-	-	-	-	-	-	-	○	-	-
Jumper	○	○	-	-	●	○	●	○	○	○
Jumper mini	○	○	-	-	-	-	-	○	○	-
Lagerungshilfe Rolle	-	-	○	○	-	○	-	-	-	-
Lagerungshilfe Halbrolle	-	-	○	○	-	○	-	-	-	-
Massage Nex	-	-	○	○	-	-	○	○	○	-
Medizinball	-	-	-	-	○	○	-	-	-	○
Moonhopper (inkl. Sport)	○	○	-	-	-	-	-	-	-	-
Multiroll functional	-	-	○	-	○	-	○	-	-	-
Nex- Die Nackenstütze	-	-	○	-	-	-	○	-	-	-
Noppenball Klassik	-	-	○	-	-	-	○	○	○	-
Noppenball lang	-	●	○	-	-	-	○	○	○	-
Pendel Ball	○	○	○	-	○	-	○	○	○	○
Powerball ABS	○	○	-	-	-	○	○	-	-	-
Powerball Premium ABS	○	○	-	-	●	-	-	-	-	-
Powerball Challenge	○	○	-	-	○	-	-	-	-	-
Powerband /Theragym Band	○	○	-	-	○	●	-	-	-	●
Redondo-Ball	●	○	●	○	-	○	○	○	○	-
Relax Nex	-	-	○	○	-	-	○	-	-	-
Senso Balance Bar	-	-	-	-	-	-	-	-	-	-
Senso Balance Igel	-	-	-	-	-	-	-	-	-	-
Senso Ball groß	-	-	-	-	-	-	-	●	○	-
Senso Ball mini	-	-	-	-	-	-	-	○	○	-
Senso Handtrainer light	-	○	-	-	-	-	-	○	-	-
Senso Handtrainer	○	○	-	-	-	-	-	○	●	-
Senso Massage Pad	○	●	-	-	-	-	○	○	○	-
Senso Matte	○	○	●	-	○	○	●	○	○	○
Senso Venentrainer	○	○	-	-	-	-	-	○	○	○
Stonies-Der Toning Ball	○	○	-	-	○	○	○	-	-	○
Togu Balance Board	-	-	-	-	-	-	-	○	○	○
Touchball	-	-	-	-	-	-	-	○	○	-

The above given recommendations do not release you from your own responsibility to visit your doctor, physician or therapist. In case of discomfort before, during or after the training the doctor must be consulted.

Aero-Step® Pro



Aero-Step®



Aero-Step® XL & Aero-Step® XL functional



Aero-Step Pro

The new Aero-Step is more dynamic, bigger and more versatile. It can be used both sides up – 2 in 1, easy to clean and to store.

Classic training tool with 2-chamber air-system as instable surface allows a training with maximum effect. Perception, sensori-motor function and stability will be activated and increased. The Aero-Step Pro can be used in variable standing, kneeling and lying positions. Equipped with more than 1000 Senso knobs for massage and enhancing blood circulation. Adapted for training, therapy and rehabilitation, in group fitness or at home.

As it's predecessor it is recommended and certified as especially back friendly product by AGR.

Art.No.:	Colour:	PU:
400540	blue, silver-grey, red, black	4
420570	anthracite (with actisan)	4
Size:	52 x 40 x 8,5 cm	
Contents:	in deco-box with exercise poster and pump	
Material:	Ruton	
Max. Load:	ca. 200 kg	

Aero-Step

The Aero-Step – made in Germany - for kids is fun balance training – also for small children and small feet. They learn to keep in balance while moving, promoting reaction and reflexes. They improve their attitude and incidentally, the ability to concentrate.

coordination, increase reaction.

With an air-filled twin-chamber system training becomes a varied experience with great fun guaranteed.

The device is equipped with many round knobs for perception and improve circulation. It can be used for school sport, therapy or simply at home.

Art.No.:	Colour:
400429	blue, green, red
Size:	46 x 32 x 8 cm
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. Load:	ca. 200 kg
Specials:	AGR- quality-seal

Aero-Step XL & Aero-Step XL functional

The Aero-Step XL – made in Germany – is your next step to reach more stability. The approved tool, with the twin air chamber system provides training with maximum effect. You learn to keep in balance while moving, promoting reaction and reflexes. You can improve your attitude and incidentally, the ability to concentrate by training of sensori-motor function.

More intensive training for the deep lying musculature apperception, processing of stimuli and stability will be trained and enhanced. Applicable in fitness training, physical therapy or simply at home in standing, kneeling, or lying down exercise positions.

Over 1000 soft knobs massage to enhance blood circulation and perception. Without knobs for more sensitive proprioceptive training available as „Aero-Step XL functional“.

Art.No.:	Colour:	Name:
400510	blue, green, silver-grey, red, black	Aero-Step XL
400590	red, black, silver-grey	Aero-Step XL functional
Size:	51 x 37 x 8 cm	
Packing unit:	4	
Contents:	in deco-box with exercise poster and pump	
Material:	Ruton	
Max. load:	ca. 200 kg	
Specials:	optional DVD available, AGR- quality-seal	

Aero-Step® One



Backswing® Trainer



TOGU® Balance Board



Aero-Step One

The new Aero-Step one - made in Germany - is an air-filled and individually adjustable balance training device. It is available in two difficulty levels: Level 1 (red) and Level 2 (anthracite). Train your strength, balance, coordination and your agility in everyday life. It also helps improve your sensori-motor system and body awareness.

The Aero-Step one offers you even more flexibility and versatility in training and therapy. It is space-saving, easy to clean and stack. The Aero-Step one is the ideal, complementary device for occupational health promotion and physiotherapy for ankle, knee and hip rehabilitation. The concentration, e.g. in the workplace is promoted by short training units. As a dynamic work surface, it allows maximum training, particularly for foot and leg axis training. Suitable for therapy and rehabilitation, fitness or at home. The material Rulon is odorless, very durable, and has a maximum weight limit of 150kg.

Art.No.:	Colour:
400552	red (level 1)
400555	anthracite (level 2)
Size:	ca. 38 cm x 21 cm x 6 cm
Packing unit:	6
Contents:	in carton box
Max. load:	ca. 150 kg

Backswing Trainer

The Backswing Trainer is a versatile air-filled training and therapy tool and a further development of the classic Airgo Lordosis Back cushion. The additional stable plate which is glued to the air cushion ensures a smooth and secure connection to the underlying surface. The tool can be used on the floor in standing or further positions to improve balance, coordination and stability. Especially physical therapists can use the Backswing Trainer as additional dynamic and soft surface for mobilization of patients to reduce pressure and pain. Ideal also for stretching exercises and positions in supine position for all fitness levels. The integrated needle valve allows the user to adapt the air filling according to the patients needs.

For: therapy (Rehabilitation), fitness, Functional Training, Performance sports

Art.No.:	Colour:
510130	silver with black plate
Size:	ca. 46 cm x 29 cm
Packing unit:	1
Contents:	instructions
Max. load:	ca. 150 kg

TOGU Balance Board

In 3 different levels: red, green and blue. Due to different shaped radii. Very effective and longlasting due to special plastics material. Lower weight than wooden material.

Art.No.	Level:	Color :	Size:
410402	Level I (easy)	Black with red	40 x 8 cm
410406	Level II (medium)	Black with green	40 x 9,5cm
410404	Level III (hard)	Black with blue	40 x 12 cm
Packing unit:	1		
Contents:	in a box		
Material:	high quality GFK-PP		
Max. load:	120 kg		

TOGU® Balanza®



Balanza® Ballstep®



Balanza® Freeride



TOGU Balanza

Stabilization and coordination training for competitive and high performance sports training in a new and challenging dimension. TOGU Balanza allows to conduct a holistic training in several levels. Below the specific plate made of stable wooden material a robust and durable air-filled ball is mounted. This enables the user to train through the dynamic instable surface and target the stabilizing muscle groups and joint protecting effects. In contrast to usual therapy boards the standing area is like floating supported suspension. This allows a multidimensional shift during the training.

For stabilization and coordination exercises in standing positions (one and two leg) in combination with or without additional training tools as rope pulls. Ideal also for propped positions as push ups because of the handles. Setting new training stimuli.

For therapy and training in competitive and high performance sports.

EU Patent No. 25 811 17

Art.No.:	Colour:	ca. Size:	Packing unit:
410410	red with wood	ca. 55 x 35 x 7 cm	1
Contents:	TOGU Balanza: in a box, instructions, pump		
Max. load:	ca. 150 kg		

Balanza Ballstep

The new **Balanza Ballstep** for more stability and dynamics. With 4 balls below the wooden board it enables active people in every fitness level and age to step into sensori-motor function training and increase their capabilities. Perception and stability can be activated and increased alike. Unique in comparison to usual balance boards is the kind of floated suspension by using air-filled balls below the plate. Each ball can be adapted easily by using a needle ball pump.

The new **Balanza Ballstep Group** is especially designed for the needs of group training. In addition to the regular Ballstep the four balls below the plate are laying in extra wooden stabilization rings. Therefore you get even more stability and dynamics.

The new **Balanza Ballstep mini** – made in Germany – even more compact and dynamic than its big brother Balanza Ballstep. With 4 balls below the wooden board it allows active people at every fitness level and age, to step into sensori-motor function training and increase their capabilities.

Art.No.:	Colour:
440560	wood with red balls (Balanza Ballstep Mini)
440420	wood with red balls (Balanza Ballstep)
440490	wood with red balls (Balanza Ballstep Group)
Size:	ca. 89 x 43 x 14 cm; Balanza Ballstep Mini: ca. 64 x 33 x 13 cm
Packing unit:	1
Contents:	in a box with instructions and pump
Material:	Balls: Ruten; Plate: 100% birch wood
Max. load:	ca. 150 kg

Balanza Freeride

The Balanza for everybody who wants to train power, coordination and balance in a versatile and effective way. Perception, sensori-motor function and stability can be activated and increased. Unique in comparison to usual balance boards is the kind of floated suspension by using air-filled balls below the plate. Each ball can be adapted easily by using a needle ball pump.

A balance that makes you fit. Ideal for everybody who loves board and freeride sports, and wants to be prepared for the upcoming season.

Art.No.:	Colour:
440410	birch wood with a red balls
Size:	ca. 100 x 30 x 14 cm
Packing unit:	1
Contents:	in a box with instructions and pump
Material:	Balls: Ruten; Plate: 100% birch wood
Max. load:	ca. 200 kg

Balanza® Ballstep® XXL



Balanza® Kids Seesaw



Balanza® Circle & Balanza® Physiowippe



Balanza Ballstep XXL

Our new Ballstep in oversize. The new Balanza for more stability and dynamics. With 5 balls below the wooden board it enables active people in every fitness level and age to step into sensori-motor function training and increase their capabilities. Perception and stability can be activated and increased also.

Unique in comparison to usual balance boards is the kind of floated suspension by using air-filled balls below the plate. Each ball can be adapted easily by using a needle ball pump.

Art.No.:	Colour:
440421	red with wood
Size:	ca. 180 cm x 60 cm x 15 cm
Packing unit:	1
Contents:	instructions for use and pump
Material:	Ruton and wood
Max. load:	ca. 250 kg

Balanza Kids Seesaw

The portable seesaw! Use indoors, in the garden or in day care centers. It has a magic attraction to children because of its stimulative nature, while at the same time it helps to practice coordination and balance. Due to its well devised base made of resilient balls, a three-dimensional seesaw experience provides training for stabilization and rhythm.

In addition there is a social learning component as the seesaw can only be operated through the teamwork of two children.

The seesaw is entirely being manufactured in Germany and is made of a birchwood plate which features leather straps as handgrips. The four balls, which are attached in a durable way through a special screw connection to the wooden plate, consist of the safe and resilient material Ruton. Each of these balls can be individually adjusted with a pump and a needle, which both come with the product. The Balanza Kids Seesaw is easy to clean and therefore perfectly suitable for the use in kindergarten and daycare centers.

Art.No.:	Colour:
440500	red with wood
Size:	ca. 120 cm x 50 cm x 41 cm (L x W x H)
Packing unit:	1
Contents:	instructions for use and pump
Material:	Ruton and wood
Max. load:	ca. 150 kg

Balanza Circle & Balanza Physiowippe

The new Balanza for physical therapy and rehabilitation. With a smaller ball diameter even more safety for patients and handicapped persons is guaranteed. Can be used also in training after the therapy phase for strengthening and enhancing coordination and balance. The connection between a durable ball below the stable wooden birch plate enables active people in every fitness level and age to step into sensori-motor function training and increase their capabilities. Perception and stability can be activated and increased as well.

Unique in comparison to usual balance boards is the kind of floated suspension by using air-filled balls below the plate. Each ball can be adapted easily by using a needle ball pump.

Available as version „Circle“ with one and „Physiowippe“ with two balls.

Art.No.:	Name:	Size:
440450	Balanza Circle	ca. 40 cm x 7 cm
440430	Balanza Physiowippe	ca. 48 x 48 x 7 cm
Colour:	red with wood	
Packing unit:	1	
Contents:	in a polybag with instructions and pump	
Material:	Ruton and wood	
Max. load:	ca. 150 kg	

Bike Balance Board Classic



Bike Balance Board Easy



Bike Balance Board Pro



Bike Balance Board Classic

On the Bike Balance Board – made in Germany – you move like riding your bike. You will be much more flexible on the bike - you learn to compensate the movements of your bike faster and more accurately. Additionally you train the basics of controlling your bike with the body and your core muscles. So you will also be stronger on climbing uphill. You train your muscles and at the same time your brain or your nervous system, your so called sensori-motor skills. You train constantly at your personal limit and have to push the limit step by step. Over time, your brain stores pattern of movement - biking takes your body back then by itself to this movement pattern. The level of difficulty can be adjusted easily by changing the air pressure in the ball with the attached ball pump. You can train with the Bike Balance Board on an area of less than two square meters.

Art.No.:	Colour:
440510	wood with red
Packing Unit:	1
Size:	ca. 86 x 57 x 28 cm
Contents:	in a box with instruction and pump
Material:	Birch wood, Ruton, stainless steel

Bike Balance Board Easy

On the Bike Balance Board easy – made in Germany – you move like riding your bike. You will be much more flexible on the bike - you learn to compensate the movements of your bike faster and more accurately. The level "easy" using a Dynair ball cushion instead of a ball is perfect for beginners. Additionally you train the basics of controlling your bike with the body and your core muscles. So you will also be stronger on climbing uphill. You train your muscles and at the same time your brain or your nervous system, your so called sensori-motor skills. You train constantly at your personal limit and have to push the limit step by step. For reaching the next level, TOGU offers the Bike Balance Board Pro. Over time, your brain stores pattern of movement - biking takes your body back then by itself to this movement pattern. The level of difficulty can be adjusted easily by changing the air pressure in the ball with the attached ball pump. You can train with the Bike Balance Board easy on an area of less than two square meters.

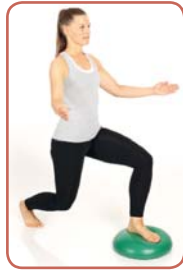
Art.No.:	Colour:
440540	wood with red
Packing Unit:	1
Size:	ca. 60 x 48 x 17 cm
Contents:	in a box with instruction and pump
Material:	Birch wood, Ruton, stainless steel

Bike Balance Board Pro

On the Bike Balance Board Pro – made in Germany – you move like riding your bike. You will be much more flexible on the bike - you learn to compensate the movements of your bike faster and more accurately. Additionally you train the basics of controlling your bike with the body and your core muscles. So you will also be stronger on climbing uphill. You train your muscles and at the same time your brain or your nervous system, your so called sensori-motor skills. You train constantly at your personal limit and have to push the limit step by step. Over time, your brain stores pattern of movement - biking takes your body back then by itself to this movement pattern. The level of difficulty can be adjusted easily by changing the air pressure in the ball with the attached ball pump. You can train with the Bike Balance Board Pro on an area of less than two square meters.

Art.No.:	Colour:
440530	wood with red
Packing Unit:	1
Size:	ca. 86 x 57 x 28 cm
Contents:	in a box with instruction and pump
Material:	Birch wood, Ruton, stainless steel

Brasil® Base Plus



Dynair®-A



Dynair® Ballkissen® Senso® XL with actisan®



actisan®



Brasil Base Plus

Brasil Base Plus – made in Germany – is a new and adjustable balance training tool. It combines an airfilled part and a stable base plate – two pieces of equipment rolled into one, providing even more training and therapy options for sensorimotor functions and coordination.

With this simple and effective tool you can train your deep musculature. You get a direct feedback on your movements and protect your joints and ankles due to the air-filled and therefore individually adjustable base.

The Brasil Base Plus is ideal for physiotherapy, home fitness training and for Brasil® group classes in the gym. The airfilled surface is balance trainer and balance board in one piece. It enhances also body awareness, blood circulation and concentration.

Particularly suitable for balance exercises on one leg in physiotherapy and functional training - can also be used upside down! With extra skid-proof material for absolute safety. The Brasil Base Plus can be used in pairs or in a row depending on the sport (e.g. football, golf, tennis, skiing, etc.)

Art.No.:	Colour:
470639	green with black plate
Size:	38 cm x 11 cm
Packing unit:	1
Contents:	in a carton box incl. instruction for use

Dynair-A

The Dynair-A is an inflated threefold pillow. It was developed together with Karin Albrecht especially for the Antara® training concept. The achievable body position, possible application as well as training effects are very unique. The way the Dynair-A is constructed, in particular the air filling, cause the sensorimotoric stimuli to work into depth so that the local muscles can actually react. Dynair-A lends itself to any training especially for a therapeutic application.

www.antara-training.ch

Art.No.:	Colour:
400320	blue-purple
Size:	ca. 32 cm x 96 cm
Packing unit:	1
Contents:	in a box with pump
Max. Load:	ca. 200 kg

Dynair Ballkissen Senso XL with actisan

The Dynair XL Ballkissen of the Actisan studio line unites training with energy and relaxing, stability and lability and each movement becomes a coordinative challenge which demands maximum performance on a wobbly ground.

Actisan offers a reliable hygienic solution for all kinds of group training: the innovative material is highly effective against bacteria and other microorganisms on an ionic basis. It is constantly building up ions which are harmless for humans and are attacking only the metabolism of the harmful organisms. Actisan is antibacterial as well as antimicrobial and destroys bacteria and other microorganisms at the same time. Therefore it is much more efficient than the usual wipe off disinfection and this effect lasts for at least five years.

Art.No.:	Colour:
420400	anthracite
Size:	ca. 36 cm Ø
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton with actisan
Max. Load:	ca. 200 kg

Dynair® Ballkissen® XXL Level III & Dynair® Ballkissen® XXL Level IV



Dynair Ballkissen XXL Level III & Level IV

Feel and train the deeper laying musculature.

Level III: strong. The Dynair Ballkissen XXL level III is more difficult and labile than Dynair ball cushion level I and II. It's challenging and boosts the performance for everyone to use it, because of the diameter of 50 cm. It is a perfect tool in prevention, therapy or at home.

Level IV: extra strong. The Dynair Ballkissen XXL level IV is a brilliant tool for professional athletes, high level coordination and stability training. Because of a very labile design, it's a great challenge for a much better performance.

Art.No.:	Colour:
400404	blue (Level III)
400406	black (Level IV)
Size:	50 cm
Packing unit:	2
Contents:	in deco-box with exercise poster and pump
Material:	Ruton
Max. load:	ca. 200 kg

Dynair® Ballkissen® XXL actisan®



Dynair Ballkissen XXL actisan

The Dynair XXL Ballkissen of the actisan studio line unites training with energy and relaxing, stability and lability and each movement becomes a coordinative challenge which demands maximum performance on a wobbly ground.

Art.No.:	Colour:
420410	anthracite
Size:	ca. 50 cm Ø
Packing unit:	2
Contents:	in a decobox, with pump, with exercise poster
Material:	Ruton with actisan
Max. Load:	ca. 200 kg

Dynair® Cardo® Ballkissen®

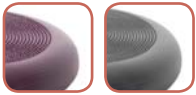


Dynair Cardo Ballkissen

Smooth, adjustable air cushion. Allows controlled dynamic sitting due to its square shape. Well suited for starting back training or therapy. Strengthens torso muscles. Keeps the vertebrae gently in motion and trains spinal musculature. Can help maintain an upright position. Especially designed for beginners and elderly.

Art.No.:	Colour:
400390	black, blue, dark-red, terra, dark-blue
Size:	ca. 50 cm Ø
Packing unit:	5
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. Load:	ca. 200 kg
Specials:	with senso knobs

Dynair® Extreme



NEW!



Dynair Extreme

Sit on it and feel good. Brings you automatically in an upright and healthy position. The Dynair Extreme is the largest member coming from the Dynair family. With a diameter of 80 cm and a height of 18 cm it is perfectly suited as a meditation pillow and seat cushion. Smooth vibrations are being absorbed immediately by the cushion and emitted to the spine. In order to keep up a calm seating position small adjusting moves have to be made all the time, thus becoming a challenge for the spinal muscles and trunk muscles. Furthermore spinal training and exercises for improving trunk stability can be carried out perfectly in a dorsal or ventral position. Like all Dynair ball cushions, the Dynair Extreme is equipped with our well proven knobs on one side and with a smooth and soft surface on the other side. Therefore the Dynair Extreme suits also extremely well as a therapy cushion for certain disease patterns such as paresis, sensoric and motoric deficits or neurological and muscle dysfunctions.

Art.No.:	Colours:
400408	purple
401408	anthracite
Size:	ca. 80 cm
Packing unit:	1
Contents:	in a box, with pump
Material:	Ruton with plug valve
Max. load:	ca. 200 kg
Specials:	AGR-quality-seal; also suitable for children

Dynair® Golf Pro



Dynair® Golf Pro

The enhancement of Dynair technology for all Golfers. Adjusted especially to the needs of modern golf technique. With the Dynair Golf Pro you will find your balance much faster and improve your stability and precision. It can be used at home, in a training room or on the course.

Art.No.:	Colour:
410350	green with a black plate
Size:	ca. 36 x 10 cm
Packing unit:	1
Contents:	set of 2 in box
Material:	Ruton with needle valve
Max. load:	ca. 150 kg

Dynair® Pro



Dynair Pro

The first Ballkissen combined with a stable base - two pieces of equipment rolled into one, providing even more training and therapy options for sensorimotor functions and coordination. Particularly suitable for balance exercises on one leg in physiotherapy - can also be used upside down! With extra skid-proof material for absolute safety. The Dynair Pro can be used in pairs or in rows depending on the sport (e.g. football, golf, tennis, skiing, etc.).

Art.No.:	Colour:
410360	orange with black
Size:	ca. 36 cm Ø x 10 cm
Packing unit:	2
Contents:	in a box, with exercise poster
Material:	Ruton with needle-valve
Max. load:	ca. 150 kg
Specials:	AGR-quality-seal

Dynair® Senso® Mini



Dynair® Walker Comfort



Dynair® Twist (Set of 2)



Dynair Senso Mini

A "wobbly toy" for small feet and hands in kindergarten, sports classes and activity trails. ... When tiny feet get a little bigger... Can be used perfectly for child physio therapy, to increase awareness and stability training.

Art.No.:	Colour:	Size:
465400	red, blue, yellow, green	16 cm
465600	red, blue, yellow, green	20 cm

Packing unit: 4
Contents: in deco-box with pump

Material: Ruten

Max. Load: ca. 200 kg

Dynair Walker Comfort

This innovative training tool was developed especially for the training and stabilization of the ankle joints. The reactive training enables you to move the upper body and arms freely. Therefore you can increase the efficiency of training with additional core or arm exercises and movements. Most injuries in team and ball sports are ankle joint injuries. In this sector physical therapists can use the Dynair Walker perfectly for rehabilitation of their patients and also for preventative work to avoid those problems.

Preventative training is appropriate to professional and also leisure sports people, because for best performance a stabile ankle joint is essential condition. A pump, detailed exercise chart and instruction for use is attached.

Dynair Walker Comfort comes with a new improved Comfort Fixation System. These Comfort straps are also available as accessorie parts.

Art.No.:	Colour:
465900	black with red

Size: one size fits all; EUR 37 - 46

Packing unit: 2 pair

Contents: as a pair in a polybag incl. instructions

max. Load: ca. 150 kg

Dynair Twist (Set of 2)

The new Dynair Twist is available as a set of 2 and makes stabilization core training become more challenging and versatile. The convex lower surface effects a balance work of the muscles around the joints.

You can conduct targeted rotating movements and extend therefore the range of exercises

Ideal for shoulder and lower limb training and therapy. These tools can also be used in all body and standing positions as dynamic surface. Individually adjustable by needle air valve.

For: Fitness, therapy (rehabilitation), Functional Training, Performance sports, club and school sports

Art.No.:	Colour:
510140	red with black plate

Size: ca. 20 cm

Packing unit: 1

Contents: Set of 2 in a carton box

Material: Ruten

Dynanza® Surf



Dynanza Surf

The Dynanza® Surf Board is the perfect balance trainer for all boardsports. Strength, coordination and endurance can be trained simultaneously. Fitting equally well for training during season or as preparation for your favourite sport.

Its inflatable cushions allow for exciting training exercises while the stable and wooden plate provides a safe stand. Movements and vibrations are transferred on the body and the device, giving the user a direct feedback. This helps to improve balance and strengthen the deep musculature which is stabilising the body. Even perception and coordination can be trained on the Dynanza Surf.

As an advanced development combining Dynair Pro and Balanza technology it offers a safe platform for partner exercises as well. Two separately inflatable cushions are attached on the bottomside. Instructions and a pump come with the product.

Perfect for fitness and sports training at home, at the studio or in physiotherapy.

Art.No.:	Colour:
440480	red with wood
Size:	ca. 160 cm x 40 cm x 18 cm
Packing unit:	1
Contents:	incl. instruction for use and a pump
Material:	Ruton and wood
Max. Load:	ca. 150 kg

Dynaswing®



Dynaswing

The new Dynaswing is a balance trainer and fitness ball in one. It allows for exciting training exercises while its 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 Pendelball. 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

Art.No.:	Colour:
440470	red with wood
Size:	ca. 85 cm x max. 55 cm
Packing unit:	1
Contents:	user manual
Material:	Ruton and wood
Max. load:	ca. 150 kg

Jumper®



Jumper® mini



Jumper

The patented TOGU Jumper (European Pat. No. 2092964) - made in Germany - is the multifunctional Balance trainer for versatile use in physiotherapy, training and group fitness.

Jumping and swinging yourself fit! With a lot of fun and a little time effort to achieve more strength, endurance and coordination. The combination of dynamic ball and stable plate is suitable for beginners as well as professional athletes in all age groups. More efficiency and well-being can be achieved with simple and everywhere feasible exercises.

Moving on the air filled balance trainer you create many small, delicate movements, which are transmitted continuously on the body and especially the deeper back and core muscles are activated. By the way moving on the Jumper can improve posture and concentration.

An optimized pressure distribution is ensured by approved Dynair technology. This provides more stability for the ankle and a dynamic rebound for a better trampoline effect. The Jumper don't slip away even on glossy surfaces and the Better grip surface enables to have a safe workout. The jumper can be used on both sides. Integrated Easy-Store-System without extra cost.

Jumper Pro: The additional Jumper Pro Plate creates a flat surface on the plate side. The new plate is equipped with a screw supplied quick and easy to attach and remove.

Actisan: Also available with Actisan antimicrobial material as self disinfecting training tool.

Jumper Pro Plate:

The Jumper Pro Plate is also available as accessory to turn the multifunctional Balance Trainer Jumper into the new version as Jumper Pro. The delivering package contains a mounting instruction, Jumper Pro Plate and a screw with an Allen key.

Jumper actisan

Art.No.:	Name:	Colour:	ca. Size:
420420	Jumper actisan	anthracite	52 cm Ø x max. 24 cm
410310	Jumper Pro actisan	anthracite	52 cm Ø x max. 24 cm

Jumper & Jumper Pro

Art.No.:	Name:	Colour:	ca. Size:
410200	Jumper	red, blue	52 cm Ø x max. 24 cm
410320	Jumper Pro	red, blue	52 cm Ø x max. 24 cm
949530	Jumper Pro Plate	black	50 cm Ø x 7 cm

PU:	2
Contents:	in box with exercise poster and pump
Material:	Ruton, fiberglass-strengthened plate
Max. load:	ca. 200 kg

Jumper mini

The Jumper as mini version. Ideal for one leg exercises and rehabilitation. Approved Dynair technology (2/3 ball). Extremely dynamic rebound effect. More stability for joints and ankles. Don't slip away even on glossy surfaces. Better Grip material. Both sides to use. Vibration transfer.

European Patent No. 2092964

Jumper Mini actisan

Art.No.:	Name:	Colour:	ca. Size:
410330	Jumper Mini actisan	anthracite	36 cm Ø x max. 18 cm

Jumper Mini

Art.No.:	Name:	Colour:	ca. Size:
410302	Jumper Mini	red	36 cm Ø x max. 18 cm

Packing unit:	2
Contents:	in box with exercise poster and pump
Material:	Ruton, fiberglass-strengthened plate
Max. load:	ca. 120 kg

Jumper® double



Jumper double

Jumper double is a set of two Jumper mini: one in green and one in red with a workout concept for more effect and fun in your training. It allows new possibilities in your fitness and health training. Improving balance, coordination and strength. You can use it in group and also personal training. Different positions and the both sides to use of the Jumper double create a huge variety of exercise progressions. To play with both colours red and green can increase physical and mental fitness. Ideal to use in Group Fitness classes, Functional Training and therapy.

European Patent No. 2092964

Art.No.:	Colour:
805069	red and green
Size:	2 x 36 cm x max. 18 cm
Packing unit:	1 (set of 2)
Contents:	incl. pump, training chart and instruction for use
max. Load:	each ca. 120 kg

JumpStep™



JumpStep

The JumpStep - made in Germany - for more stability and dynamics and more exercise variations in functional training and therapeutic use. With four balls under the wooden board, you can balance workout in all fitness levels and enter into the sensorimotor training to increase performance. The training can improve due to intensive effects in proprioception, sensorimotor functions, mobility and stability. Under the especially developed plate there are four extremely robust air-filled Balanza balls. The top-mounted air cushion enables challenging exercise variations and brings even more dynamic in training and therapy. Ideal for spring action movement and exercise units with jump elements.

Art.No.:	Colour:
440550	birchwood with red
Size:	78 x 78 x 27 cm
Packing unit:	1
Contents:	in a carton box incl. instruction for use
max. Load:	up to ca. 150 kg

Moonhopper® Sport



Moonhopper Sport

The Moonhopper for adults. Reinforced board (up to 110kg). The jumping gyroscope for excellent ankle stability. Is therapy or play time?

Art.No.:	Colour:
666700	blue with black
Size:	ca. 40 x 30 cm
Packing unit:	5
Contents:	in polybag
Material:	Ruton
Max. load:	110 kg

Multiroll® functional

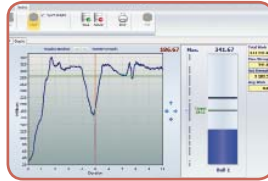


Multiroll functional

To set an intensively training stimulus. Length 80 cm, diameter 18 cm. Air filled, adaptable by valve. Instable roll for functional training. Variable exercises possible. Applicable in gym, at home or on the road.

Art.No.:	Colour:
400010	black, silver, red
Size:	80 x 18 cm
Packing unit:	4
Contents:	with pump in a poly-bag
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	optional DVD available

PAB® - pressure air biofeedback



PAB - pressure air biofeedback

The PAB Set – muscle function diagnosis simple and scientific
A real innovation is characterized by simplification. Complicated procedures are replaced by simple ones, while at the same time the quality of the result improves. The PAB Set by TOGU represents such an innovation. PAB stands for Pressure Air Biofeedback. It serves the muscle function diagnosis providing information about muscle performance. Same time it is useful as isometric training tool. As opposed to methods measuring the electrical activity of a muscle (EMG Electromyography) the PAB is much easier to use with less time and cost effort. The PAB device records the strength which a person can apply on an air-filled tool, by measuring the inside air pressure. The strength measurement is dynamic and is shown as a curve on the user's computer screen. The duration of the measurement can be adjusted arbitrarily. Depending on the chosen duration the maximum strength, as well as the profile of muscle fatigue becomes visible. Approximately 100 measurements are recorded every second. This way even a rapid or very smooth deployment of force can be depicted.

PAB BASIC version :

Will allow for one PAB device to be used
Up to 100 clients can be tested
A maximum of 2 installations can be done on two PC, one at home and one at work

PAB BASIC - Contents :

1 x measurement with one unit incl. software
1 x Bodyroll Senso, 1 x Throwing ring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance KissenXL

PAB PRO version:

Will allow for one up to four PAB devices to be used at same time
Additional Workout and strength calculations
A double bar function selectable is included
Unlimited clients can be tested
A maximum of 2 installations can be done on two PC, one at home and one at work

PAB PRO - Contents:

1 x measurement with 4 unit incl. software
1 x Bodyroll Senso, 1 x Wurfring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance KissenXL

More information on www.pressureairbiofeedback.com

Art.No.:	Contents:
805070	PAB Basic (device, software, TOGU training devices)
805071	PAB Pro (device, software, TOGU training devices, two piece bag set)

Packing unit: 1

Posturedo

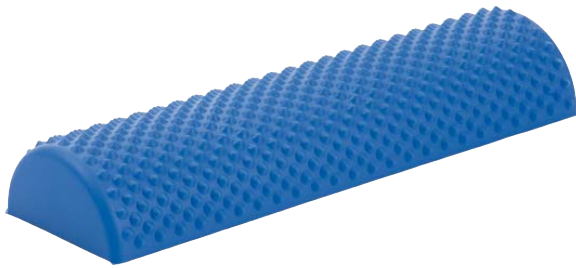
The new Posturedo – made in Germany - enhancing and supporting posture, coordination and strength after injuries or at orthopedic indications. This innovative training and therapy tool stabilizes and mobilizes. It enables you to exercise on a dynamic and instable surface which is special due to its air filled device in below a wooden plate. Small movements of the body are transferred to the Posturedo and back to the body. This feedback can be used in all stabilisation training and therapy programmes. In addition, located on the surface there are four metallic pins that allow the attachment of additional weight discs. This allows the coach or therapist to adapt requirements individually according to the needs of the patient. Integrated optical position indicating device to control posture and movements of the patient. The level of instability can be adjusted easily and seamless by the included ball pump. The large plate allows the user to train in nearly all standing and lying positions on the Posturedo. Ideal for all training and therapy centers.

Art.No.:	Colour:	Packing unit:
440440	birch with exotic wood inlay	1
Size:	ca. 67 cm x 72 cm x 13 cm	
Contents:	in a box incl. instructions and pump	
Max. load:	ca. 200 kg	
Specials:	german Gebrauchsmuster-No. 20 2012 005 792.8	

Posturedo®



Senso® Balance Bar



Senso® Balance hedgehog + XL set of 2



Senso® Balance® hedgehog Geo



Senso Balance Bar

The air-filled Balance Bar. Ideal for building up your balance. With senso knobs to improve perception. Available in 3 different colours.

Art.No.:	Colour:
410100	red, blue, green

Size: 50 x 7,5 cm

Packing unit: 4

Contents: in polybag, with pump

Material: Ruton

Max. load: ca. 150 kg

Senso Balance hedgehog + XL set of 2

Balance, train and have fun. Improve coordination, flexibility and body awareness. A must for balance trails. For every age.

Available in two sizes and 7 colours.

Art.No.:	Colour:	Size ca.: Ø
465150	red, yellow, blue, green, pink, purple, black	16 cm
465170	red, yellow, blue, green, pink, purple, black	XL 18,5 cm

Packing unit: 6

Contents: in deco-box with exercise poster

Material: Ruton

Max. Load: ca. 150 kg

Senso Balance hedgehog Geo + XL

The variety of geometric shapes and bright colours is perfect for balance trails and to increase body awareness or coordination. 6 colours, two sizes and three geometric forms.

Available in two sizes and 6 colours.

Art.No.:	Colour:	Size ca.: Ø
465180	red, yellow, blue, green, pink, purple	16 cm
465190	red, yellow, blue, green, pink, purple	XL 18,5 cm

Packing unit: 6

Contents: in deco-box with exercise poster

Material: Ruton

Max. Load: ca. 150 kg

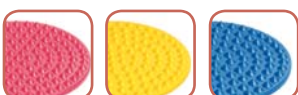
Senso® Balance Hedgehog Pro



Senso® Balance Cushion + XL set of 2



Senso® Balance Pad + XL set of 2



Senso Balance Hedgehog Pro

The classic Senso Balance hedgehog is available now also connected with a stable plate, which creates a secure base to the plain surface. Therefore coordinative and stabilizing exercises can be executed in an even more versatile way. Balance training, which effects sensori motor functional and muscle training at the same time, can be done in standing, kneeling and lying positions. Ideal to implement in balance parcours in training, rehabilitation and physical therapy.

For Fitness workout, therapy (rehabilitation), Functional Training, Club and school sports.

Art.No.:	Colour:
465260	red with black plate
Size:	ca. 18,5 cm
Packing unit:	1
Contents:	single piece in a carton box
Max. Load:	ca. 150 kg

Senso Balance Cushion + XL set of 2

This is an addition to the Senso Balance product line. It has new, improved contact with the floor. The level of inflation and the special Senso raised nodules act as an ideal proprioception stimulant and are especially good for all walking and stepping exercises. Ideal for perception training with young children and teenagers but also suitable as an added extra for adults.

Available in two sizes and 7 colours.

Art.No.:	Colour:	Size:
410490	red, yellow, blue, green	16 cm
410500	red, yellow, blue, green	XL 20 cm
Packing unit:	6	
Contents:	set of 2 in a box	
Material:	Ruton	
Max. Load:	approx. 150 kg	

Senso Balance Pad + XL set of 2

This is an addition to the Senso Balance product line. It can be incorporated into any therapy thanks to the soft and hard-wearing material and the raised nodules, and also enables another level to be built into sensorimotor training. Available in a range of colours, the pads are an excellent aid when introducing people to walking therapies and multi-sensory training sessions. The low height of the Senso Balance Pads also gives them added versatility as position markers in any gymnasium and in any type of sport.

Available in two sizes and 3 colours.

Art.No.:	Colour:	Size:
410510	red, yellow, blue	16 cm
410520	red, yellow, blue	XL 20 cm
Packing unit:	10	
Contents:	set of 2 in a polybag	
Material:	Ruton	

Senso® vein trainer



Senso vein trainer

Balance training for active life! Especially for beginners. More safety by step on it and stability - because of the low height of the Senso vein trainer it is possible to step on the ground everytime. Regulated stimuli for the stabilisation system of muscles, sinews, ligaments - without sensory overload. Controlled gain of performance. Perfect adjust between the Senso vein trainer and the arch of foot. Effect of massage by soft Senso knobs on one side. Can be used for two-legged or knee standing space saving, because of folding and individual pressure adjustment.

Art.No.:	Colour:
400430	red, blue-purple
Size:	34 x 33cm
Packing unit:	4
Contents:	in deco-box with pump
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	AGR certificate

Ski Trainer



Ski Trainer

The TOGU Ski Trainer – made in Germany – is a new dynamic and versatile training and therapy tool. You can use both sides – 2 in 1 and conduct an extremely space saving balance and coordination training. The TOGU Ski Trainer is approved by skiing professionals and provides with the twin air chamber system a training with maximal effect. More intensive training for the deep lying musculature appearance, processing of stimuli and stability will be trained and enhanced. Both air chambers can be adjusted easily to each level of difficulty by in- or deflating using the pump attached.

The Ski Trainer can be used on any kind of plane surface. The design of the TOGU Ski Trainer ensures a secure and non-slip grip.

Art.No.:	Colour:
440520	red with black plate
Size:	ca. 40 x 40 x 12 cm
Packing unit:	1
Material:	Ruton
Max. Load:	ca. 200 kg

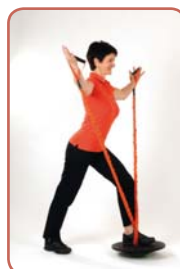
Workplace Health Promotion Set

According to the latest scientific findings, activities for Workplace Health Promotion have enormous benefits for employees and companies as well. Results are healthy, motivated employees, who are highly efficient and less absent due to illness. Lack of movement, rising life expectancy and increase in the burden of everyday work require a variety of measures. One part is this movement and this set – developed by DTB German association for gymnastics enables trainers and professionals to bring employees in motion. Fast, easy and effective.

More information on www.dtb-akademie.de

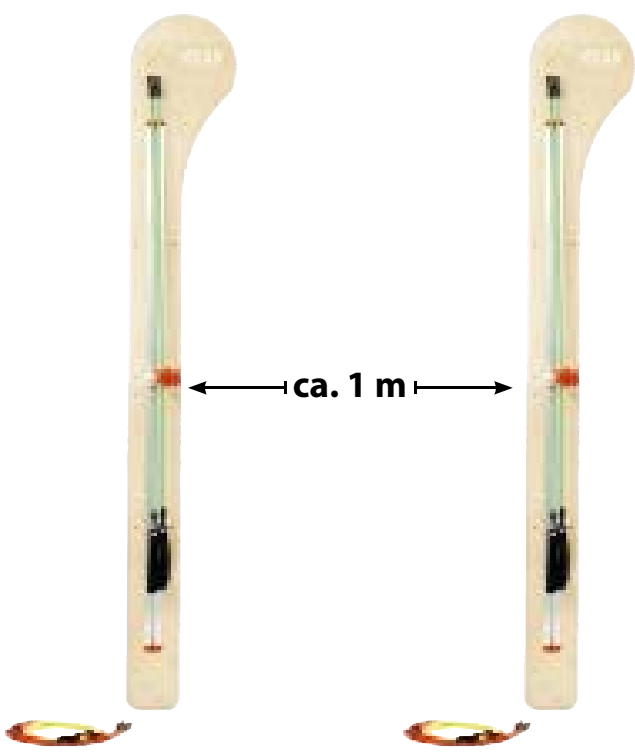
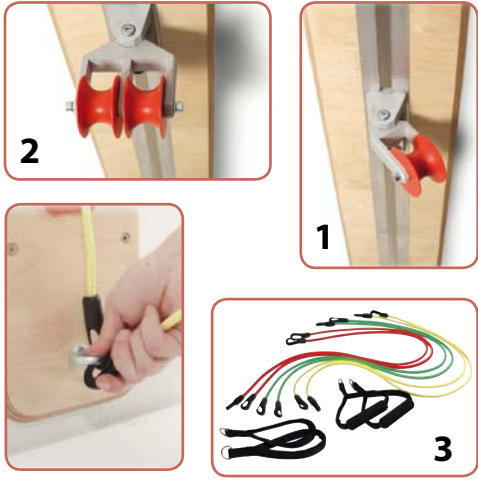
Contents: 1x Senso vein trainer, 1x Aero-Step functional, 1x TOGU Balance Board, 2 x Balance Block, 2 x Brasil Set of 2, 1 x Theragym Tube

Workplace Health Promotion Set



Art.No.:	Contents:
805037	5 displays incl. equipment in a box
Packing unit:	1

TOGU® Tower



TOGU Tower

The **TOGU Tower** - made in Germany - is an individually and continuously height-adjustable retention system for versatile resistance training. The TOGU Tower is attached to a wall of the training or therapy room and different resistance training systems can be attached. The trainee has got full range of movement and the possibility of different heights and directions. The system is used with a double joint (two bands / tubes mounted) and with a single joint (one band / tube mounted). Standard mounting material is included. The individual requirements for wall mounting should be observed. On request, we offer a custom-made in various types of wood and color tones. The wood material used is robust and easy to clean

TOGU Tower with Theragym Pro Complete-Set (3)

Connected with the TOGU Tower the Theragym Pro Complete Set (3) is ideal for use as a pulley. The Theragym Pro Complete Set (3) consists of special elastic bands (made in Germany) with three different resistances plus handles and foot straps.

TOGU Tower as KGG - physiotherapy on the device (universal and vertical pulley for physiotherapy)

Two TOGU Tower as a set, mounted at a distance of approx. one meter, allow the simultaneous training of both body halves and thus the use in physiotherapy as KGG (physiotherapy on the device). The TOGU Tower can be used as a universal pulley as a set of 2. The TOGU Tower as a single unit serves as a vertical pulley and is indispensable for furnishing a modern physiotherapy room. Other TOGU devices such as the Jumper Pro or Aero-Step one can be ideally combined. We recommend as KGG the corresponding number of TOGU Tower with Theragym Pro complete set. A Theragym Pro complete set consists of special elastic bands (made in Germany) with three different resistances and hand grips as well as foot loops. A space-saving and versatile application with all target groups is possible. At the same time purchase costs are lower compared to complex pulley devices.

Art.No.:	Name:
980010	TOGU Tower Single (1)
980020	TOGU Tower Double (2)
980020	TOGU Tower Double (2) with Theragym Pro Set (3)
Size:	225 x 35 x 2 cm
Packing Unit:	1
Contents:	two-piece in a carton box
Material:	birch wood, aluminium

TOGU® Wall



example of use

TOGU Wall

The new **TOGU Wall** is an intelligent combination of a presentation space and storage aid for all TOGU training and therapy tools.

The system can be used in a modular way. One article consists of two single elements each with a size of 2 m (height) x 1 m (width) (Walnut optics).

The optional shelves and brackets can be ordered as a set or individually according to the needs in each training and therapy room. These parts can be attached easily to the wall system. Standard fixing material is included. Individual requirements for the wall fastening must be observed. TOGU Wall is also available as customized product with various colours upon request. The material is very robust, durable and easy to clean.

TOGU Wall mirror

The new model of TOGU Wall in mirror optics consists of one element of 1.20 m width and 2 m height. It is an intelligent combination of a presentation space and storage aid for all TOGU training and therapy tools. The system can be used in a modular way.

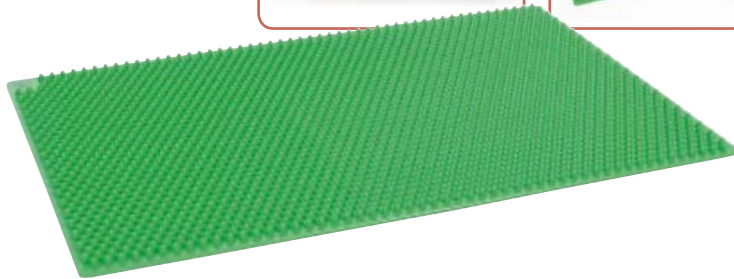
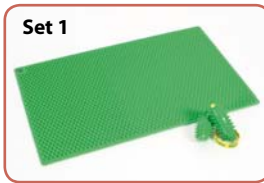
The optional shelves and brackets can be ordered as a set or individually according to the needs in each training and therapy room. These parts can be attached easily to the wall system. Standard fixing material is included. Individual requirements for the wall fastening must be observed. TOGU Wall is also available as customized product with various colours upon request. The material is very robust, durable and easy to clean.

Art.No.:	Contents:	Colour:	Size:
902035	TOGU Wall	mirror	1,2 m x 2 m x 1 cm
902030	TOGU Wall	walnut	2 m x 2 m x 1 cm
902036	TOGU Wall with 18 hangers	mirror	1,2 m x 2 m x 1 cm
902031	TOGU Wall with 18 hangers	walnut	2 m x 2 m x 1 cm
PU:	1		
Material:	MDF		

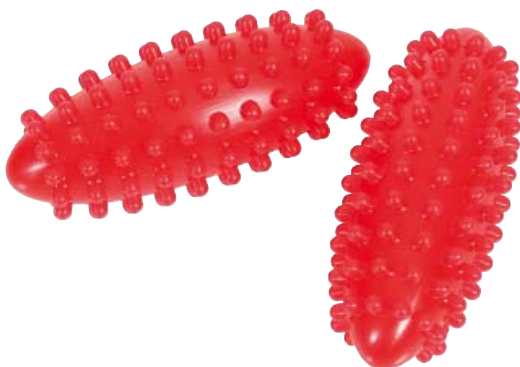
Anti-Stress Ball in sales display



Brasil® Base



Bantoo® set of 2



Anti-Stress Ball in sales display

A soft and pleasant Anti-Stress Ball – made in Germany – for squeezing, working and strengthening the whole finger and hand musculature. The soft material causes a perfect distribution pressure on the whole palm of your hand. Very suitable for a targeted use in therapy, as well as complementary exercises to dissolve finger, hand, and lower arm strains.

Includes as a special feature a needle valve to adjust pressure and size.

New available as assortment of 12 Anti-Stress balls in a sales box in assorted colours.

Art.No.:	Name:	Contents:	Colour:	PU:
464100	Anti-Stress Ball	bulk	assorted	12

Art.No.:	Colours:
805056	blue, ruby-red, anthracite
Size:	ca. 32,5 x 24 x 8 cm
PU:	3
Material:	foamed Ruten

Brasil Base

The new Brasil Base – made in Germany – for Brasil GroupFitness classes in your club or gym. This special mat has got more than 2.000 smooth knobs and compact measurement of 60 x 40 cm. Brasil Base is an activating placeholder and massage tool in one. It enables you additionally to integrate relaxing parts or Yoga and meditation in your class, to increase body awareness.

Attract in every groupfitness class each participant, at every age and fitness level. Integrate in an easy way the Senso effect – secure and uncomplicated.

Available as single piece or in a set with Brasil or with Brasil and Brasil DVD (german language).

Art.No.:	Contents:
470637	Brasil Base
805054	Brasil Base and Brasil Set of 2 (Set 1)
805055	Brasil Base, Brasil Set of 2 and DVD Bodystyling mit Brasil (Set 2)
Size:	ca. 60 cm x 40 cm (Brasil Base)
PU:	4
Contents:	in a deco-box
Material:	Ruten
Colour:	green

Bantoo set of 2

Bantoo are two knotted rolls made of Ruten. The material is odorless and can bear a weight of at least 150kg. The product is free from forbidden phthalates and latex. Bantoo activates and animates our body through the reflex zones and promotes the blood circulation. A good blood circulation can help to accelerate the healing process of injuries and affects prophylactically to your health. The devices are mainly used for self-massage. After a long hard day at work you remember to the feeling, bare-foot, mindful and healthy to walk. You are feeling well and relaxed. You don't need special handling or massage techniques for use. Just lay the devices on the floor and roll both feet in the opposite direction on the Bantoo. Take attention to the feeling that spread now through your body. Depending on your own feeling you can push harder or less hard with your body weight on the Bantoo. You can use them in standing or sitting position. The delivery package includes a detailed instruction with massage proposals and an overall view of the hand and foot reflex zones. Bantoo is easy, well-being and relaxation pure.

Art.No.:	Colour:
470680	red
Size:	ca. 11 cm x 5 cm Ø
Packing Unit:	15
Contents:	set of 2 in a polybag with instructions
Material:	Ruten

Bantoo® Roller



Bodybone® & Bodybone® XL



Bodyroll - set of 2



Bantoo Roller

The new Bantoo Roller is an air-filled knobbed roll made of Ruten. The material is odorless, extremely durable and can bear a weight of at least 150kg. The product is free of forbidden phthalates and latex.

Bantoo Roller activates and animates your body touching the reflex zones and promotes the blood circulation. A good blood circulation can help to accelerate the healing process of injuries and affects prophylactically to your health. The device is mainly used for self-massage. After a long hard day at work you remember to the feeling, bare-foot, mindful and healthy to walk. You are feeling well and relaxed. You don't need special handling or massage techniques for use. Just lay the device on the floor and roll your foot direction on the Bantoo Roller. Take attention to the feeling that spread now through your body. Depending on your own feeling you can push harder or less hard with your body weight on the Bantoo Roller. You can use them in standing or sitting position.

The delivery package includes a detailed instruction with massage proposals and an overall view of the hand and foot reflex zones.

Bantoo is easy, well-being and relaxation pure.

Art.No.:	Colour:
470690	red
Size:	ca. 11 cm x 4,5 cm Ø
Packing Unit:	10
Contents:	in a polybag with instructions
Material	Ruten

Bodybone & Bodybone XL

The Bodybone – made in Germany – is an outstanding and anatomically aligned tool.

It can be used methodically in any therapy and training to loosen up tensions and blockades in the entire spinal area. Due to the size and stiffness of the material the Bodybone can be placed on spinal areas, where a smooth expansion will relax the stressed muscle. Extremely effective while applied in a massage of tense lateral spinal muscles, the lumbar spine area, as well as muscles on the surface and extremities.

The bodybone is filled with special weight material.

In size XL which is exclusively filled with air, it is usable as support for the neck in a dorsal position as well as a relieve for hands and feet in therapy.

Art.No.:	Name:	Size / Weight:	Colour:	PU:
410431	Bodybone	ca. 15 x 6,5 cm / ca. 430 g	silver-grey	6
410432	Bodybone	ca. 15 x 6,5 cm / ca. 430 g	red	6
410440	Bodybone XL	ca. 26 x 14 cm	silver-grey	2

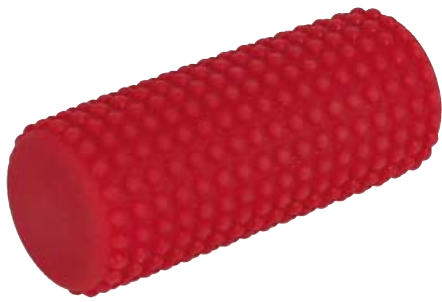
Contents:	in a box
Material Bodybone:	Ruten with special weight-filling
Material Bodybone XL:	Ruten with plug- and needle-valve
Max. Load:	ca. 200 kg

Bodyroll in a set of 2

Roll – enjoy. Simple and effective. The massage roll for the entire body. Soft, gentle knobs. Ideal for foot reflex massage. Wide contact surface.

Art.No.:	Colour:
460200	red, blue, amethyst
Size:	13 x 6 cm
Packing unit:	10
Contents:	in deco-box with exercise poster
Material:	Ruten
Max. load:	ca. 150 kg

Bodyroll Senso® in a Set of 2



Knobbed balls



Bodyroll Senso Set of 2

The new Bodyroll Senso – made in Germany – as air-filled and easy to use massage tool can improve blood circulation. A better blood circulation can accelerate the healing process after injuries and effects positive in health prevention. The massage roll for the entire body. Soft, gentle knobs. Ideal for foot reflex massage. The small tools offer a wide contact surface. Massage can be done with a partner or on your own, putting more or less pressure on the Bodyroll. The elastic form will adapt comfortably to your body and ensures a evenly spread massage. The product box also contains a detailed leaflet with specific massage information. Roll – enjoy. Simple and effective.

Art.No.:	Colour:
460350	red, blue, black
Size:	ca. 13 cm x 6 cm
Packing unit:	10
Contents:	set of 2 in a deco-box
Material:	Ruton
Max. load:	ca. 150 kg

Knobbed balls

A classic – made in Germany – for reflex zone massage. Improves circulation and relaxation. For use in therapy and at home. Soft pleasant knobs. With needle valve for individual pressure setting. In 6, 8, 9 and 10 cm.

Classic

Art.No.	Colour:	Size:	Packing unit
462500	orange	6 cm	100
463000	yellow	8 cm	100
463500	red	9 cm	50
464000	blue	10 cm	50

Classic Set of 2 in deco-box

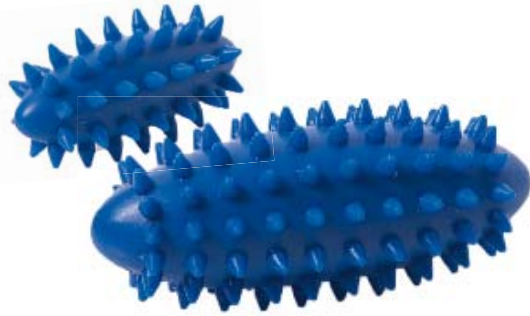
Art.No.	Colour:	Size:	Packing unit
462501	orange	6 cm	36
463001	yellow	8 cm	36
463501	red	9 cm	32
464001	blue	10 cm	36

Trend

Art.No.	Colour:	Size:	Packing unit
463300	apple	8 cm	100
463350	pink	9 cm	50
Art.No.	Colour:	Size:	Packing unit
463008	amethyst	8 cm	100
463508	amethyst	9 cm	50
464008	amethyst	10 cm	50

Art.No.	Colour:	Size:	Packing unit
463301	apple	8 cm	36
463351	pink	9 cm	32
Art.No.	Colour:	Size:	Packing unit
463003	amethyst	8 cm	36
463503	amethyst	9 cm	32
464003	amethyst	10 cm	36

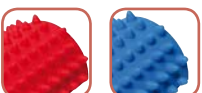
Knobbed ball long



Semi Knobbed Ball



Semi Bodyroll



Knobbed ball long

The air-filled knobbed ball in a long ergonomic version. As ideal handy tool for mobilization, enhancing blood circulation, reflex zone massage and relaxation. For use at home and in therapy. Smooth Senso knobs stimulating the perception. The knobbed ball long is the ideal Senso Walking Trainer.

Art.No.:	Colour:	Size:
470700	red, blue, green, blue-purple, pink, silver	ca. 7 x 4 cm
470800	red, blue, green, blue-purple, pink, silver	ca. 11 x 5 cm
Packing unit:	50 for 470700; 10 for 470800	
Contents:	bulk	
Material:	Ruton	
Max. load:	ca. 150 kg	

Semi Knobbed Ball

A classic tool for the internal and external massage available in a new shape. Ideal for reflexology. Improves blood circulation and relaxation. For therapy and at home. Pleasant knobs. Contains needle valve for individual pressure regulation. Available in 8 cm.

Art.No.:	Colour:
463200	red, blue
Size:	approx. 8 x 4 cm
Packing unit:	50
Contents:	bulk
Material:	Ruton
Max. load:	ca. 200 kg

Semi Bodyroll

A small half roll for self massage and external massage. Ideal for foot reflexology. Improves blood circulation and relaxation through a large contact surface. For therapy and at home. Pleasant soft knobs. With needle valve for individual pressure regulation.

Art.No.:	Colour:
460500	red, blue
Size:	approx. 13 x 3 cm
Packing unit:	20
Contents:	bulk
Material:	Ruton
Max. load:	ca. 200 kg

Senso® Ball & Senso® Ball Mini



Senso Ball & Senso Ball Mini

Using the Senso Ball - made in Germany – for rolling, massage and promoting blood circulation. The application stimulates the meridians and the whole body is activated. The stimulating flat knobs, which are spread over the ball, creates a long-lasting and deep effect. The self-awareness is promoted and it gives a pleasant and warm body feeling.

The Senso Ball is available in four different sizes: 9 cm, 11 cm, 23 cm and 28 cm.

The mini sizes in 9 and 11 cm diameter are also particularly suitable for young children, as the ball is easy to grip and hold.

Art.No.:	Colour:	Size Ø:	PU:	Name:
465300	blue, red	ca. 9 cm	50	Senso Ball Mini
465500	blue, red	ca. 11 cm	50	Senso Ball Mini
410090	blue, red, amethyst	ca. 23 cm	10	Senso Ball
410110	blue, red	ca. 28 cm	10	Senso Ball

Contents: bulk
Material: Ruton
Max. load: approx. 200 kg

Senso Hand Trainer Light & Senso Hand Trainer Plus

The Senso Hand Trainer – made in Germany - from the sports ball range "knobbed ball long" is used for strengthening fingers, hand and forearm muscles and improves blood circulation. It can therefore help in particular to avoid cold hands. The pleasant Senso knobs stimulate the self-perception and the ergonomic shape facilitates application. The Senso hand trainer can also be used for rolling exercises as massage tool.

Simple and uncomplicated to use and hygienic for massage at home, in rehabilitation and physiotherapy.

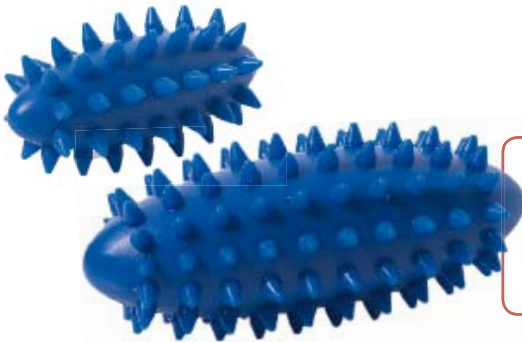
The knobbed ball with an ergonomic form.

Available in 2 Sizes:

Senso Hand Trainer Light: air filled and smaller (ca. 4 x 7 cm)

Senso Hand Trainer Plus: with a weight of ca. 250 g and bigger (ca. 5 x 11 cm)

Senso® Hand Trainer



Art.No.:	Colour:	Size/Name:	PU:
470510	red, blue, green, blue-purple, pink	light (4x7cm)	50
470511	silver	light (4x7cm)	50
470610	red, blue, green, blue-purple, pink	plus (5x11cm)	30
470611	silver	plus (5x11cm)	30

Contents: bulk
Material: Ruton
Specials: also available as a set of 2, see Senso Walking Trainer

Senso® Massage Pad



Senso Massage Pad

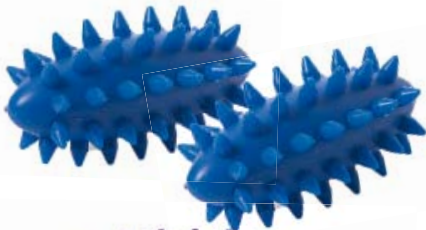
A handy massage tool for the internal and external application. The handy handle fits comfortably in your hand and allows for individual application and distribution of pressure on all extremities and the back. Ideal for deep tissue massage and to improve blood circulation. Equipped with convenient soft-touch knobs. Hygienic and washable.

Art.No.:	Colour:
410530	silver-grey, red
Size:	approx. 13,5 x 7 cm
Packing unit:	10
Contents:	bulk
Material:	Ruton

Senso® Mat Mini / Senso® Mat



Senso® Walking Trainer in a set of 2



Touch-Ball



Senso Mat Mini / Senso Mat

A luxurious high quality mat. About 7.000 Senso knobs enhance body awareness. For yoga, meditation and relaxation. Special cover for massage tables, training mats and floors.

The classic in a new dimension - 60 x 40 cm. Use this small but nevertheless generously studded mat in your group sessions (health and fitness) and it will awaken the senses of the participants through the soles of their feet. You can get the Senso effect in your step classes and dance lessons - so simple, safe and uncomplicated.

Art.No.:	Colour:	Size:
400420	amethyst, blue (Senso Mat Mini)	60 x 40 cm
400413	amethyst (Senso Mat)	120 x 60 cm
400410	blue (Senso Mat)	120 x 60 cm
Packing unit:	4	
Contents:	in deco-box	
Material:	Ruton	

Senso Walking Trainer in a set of 2

The Senso Walking Trainer – made in Germany – from the sports ball range "knobbed ball long" is used for strengthening fingers, hand and forearm muscles and improves blood circulation. The pleasant Senso knobs stimulate the self-perception and the ergonomic shape facilitates application. The "little coaches" in the set of 2 for walking or jogging, which can help in particular to avoid cold hands while training outdoors. The Plus version (each with a weight of 250g) additionally activate back and core musculature.

The Senso Walking trainer can also be used for rolling exercises as massage tool. Simple and uncomplicated to use and hygienic for massage at home, in rehabilitation and physiotherapy.

Available in 2 Sizes:

Senso Walking Trainer Light: air filled and smaller (ca. 4 x 7 cm)

Senso Walking Trainer Plus: with a weight of ca. 250 g and bigger (ca. 5 x 11 cm)

Art.No.:	Colour:	Size/Name:	PU:
470500	red, blue, green, blue-purple, pink, silver	light (4x7cm)	20
470600	red, blue, green, blue-purple, pink, silver	plus (5x11cm)	10
Contents:	set of 2		
Material:	Ruton		
Specials:	also available in bulk, see Senso Hand Trainer		

Touch-Ball

The Touch ball - made in Germany - with its round, soft knobs stimulates blood circulation smooth and gently, and is ideal for users with sensitive perception. By air regulation via an integrated valve, the internal pressure can also be adapted to the needs of the individual user. Kids will love the touch ball because it is so easy to grip and catch.

It is available in five different sizes: ca. 8 cm, 9 cm, 10 cm, 16 cm and 18 cm Ø.

Art.No.:	Colour:	Size Ø ca.:	Packing unit:
460080	yellow	8 cm	100
460090	red	9 cm	50
460100	blue	10 cm	50
461620	red, blue, yellow	16 cm	20
461800	pink, purple	18 cm	15
Contents:	Shipping box		
Material:	Ruton		

Actiball®



Actiball

The Actiball – made in Germany - is an air-filled regeneration tool for self-massage. With a diameter of 9 cm it is easy and space saving to use. Due to a massage with the ball and under use of your own body weight adhesions and tensions can be solved. The knobby surface enables a more effective and pleasant massage effect. Therefore your blood circulation can be improved. The Actiball is used in fascia fitness, training and therapy. The material Ruton is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

Application: at home, rehabilitation an therapy

Art.No.:	Colours:
465310	black
Size:	ca. 9 cm Ø
Packing unit:	10
Contents:	in box
Material:	Ruton

Actiball Grip

Actiball® Grip – the half-ball for self-massage

The Actiball® Grip - made in Germany - is the ideal self-massage tool for regular use. Increase your blood circulation with little time effort, increase your flexibility and agility. The self-massage, which can be easily integrated into everyday life, allows regeneration and relaxation of the musculature and the fascia. So you can ensure the permanent release of painful tensions and you increase your wellbeing.

Ideal for selective application:

- for self-massage, in particular the upper body, the upper and lower extremities
- Use on a table, wall or floor
- made in Germany - durable material 100% recyclable
- no material fatigue compared to foam
- Hygienic, easy to clean
- odorless and water resistant

Use the new Actiball Grip in active regeneration, self-massage and for relaxation exercises. The Actiball Grip is always there: the handy size allows you to use it in your everyday life, e.g. when traveling, in the office or at home.

Art.No.:	Colours:
465440	black
Size:	ca. 9 cm Ø
Packing unit:	10
Contents:	in box
Material:	Ruton

Actiball Relax Thermo

The Actiball® Relax Thermo - made in Germany - is the new massage ball with a special thermo-gel filling. Due to the pleasant - 100% skin-friendly - design it adapts to your body during the application. In the heated state it can give regeneration, massage and relaxed feeling. Ideal after a long day's work or relaxation in between. Due to the soft surface the massage effect is even smoother. Improve your flexibility and agility with little time effort. Ensure a long-lasting solution of stress, increase blood circulation and your well-being.

The Actiball Relax Thermo is extremely resistant and durable. It is easy to clean, hygienic, odorless and 100% recyclable. Available in two sizes M and L.

For heating use your microwave or a water bath. Cooling can be done in the refrigerator (not in the freezer!).

Please follow carefully the instructions for use.

Art.No.:	Colour:	PU:	Size :
410142	red	2	ca. 10 cm Ø (Size L)
Contents:	in a box		
Material:	Ruton with special thermo-gel filling		
Max. Load:	up to ca. 150 kg		

Actiball® Grip



Actiball® Relax Thermo



Actiball® Relax



Actiroll® Rumble



Actiball Relax

The Actiball Relax - made in Germany - improve your flexibility and agility with little time effort and simple exercises. The application is easy to integrate into everyday life and allows to regenerate and relax musculature and fascia. So you can release tensions, improve blood circulation and increase your well-being.

Especially useful for:

- for self-massage of the neck, arms, feet and other body parts
- Use on a table, wall or floor
- made in Germany - durable material 100% recyclable
- no material fatigue compared to foam balls
- Hygienic, easy to clean
- odorless and water resistant

All Actiball Relax have an absorbing effect due to the air filling. Therefore it is also allowed and recommended to roll and move even on joints and vertebral bodies. The massage effect is gentle and uniform thanks to the pleasant and skin-friendly material.

Use the Actiball relax series in active regeneration, with self-massage and relaxation exercises. The Actiball relax is always there: the handy size allows you to use it in your everyday life, e.g. when traveling, in the office or at home.

The massage balls are available individually with 6, 8 and 12 cm diameter as well as set of 3. The three different sizes complement each other ideally in the application.

Art.No.:	Colour:	PU:	Size :
465417	orange	12	ca. 6 cm Ø (Size S)
465427	orange	10	ca. 8 cm Ø (Size M)
465437	orange	10	ca. 12 cm Ø (Size L)

Contents:	in a box
Material:	hardened Rulon
Max. Load:	up to ca. 150 kg

Actiroll Rumble

The Actiroll Rumble – made in Germany – is a new air-filled and hard regeneration tool for self-massage and myofascial release and relaxation. Compared to foam rolls, there is no material fatigue.

It can be adjusted easily by using the attached hand pump to different hardness. So Actiroll is perfect to reach new progressions in exercises and to be used by different individuals. The air-filling causes an absorbing effect. Therefore it is also allowed and recommended to roll and move even on joints and vertebral bodies. The knobby structured surface enables to a more effective and deeply working massage.

The Actiroll Rumble is light, easy, long-lasting and space saving to use. Due to a massage on the roll under use of your own body weight adhesions and tensions can be solved. The structured surface enables to a more effective and pleasant massage. Therefore your blood circulation can be improved. The Actiroll Rumble is used in fascia fitness, training and therapy. The material Rulon is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

Application: at home, rehabilitation and therapy

Inflate and deflate:

To de- or inflate the Actiroll please use the attached original TOGU ball pump for needle valves (Art.n. 904400). Important: Moisten the needle and insert the needle straight and carefully into the valve.

Art.No.:	Colour:	PU:	Size :
465330	black, green, red	4	ca. 30 x 13 cm Ø (Size M)
465340	black	2	ca. 53 x 26 cm Ø (Size L)

Contents:	in a polybag, incl. pump and training chart
Material:	Rulon
Max. Load:	ca. 200 kg

Actiroll® Wave



Actiroll Wave

The Actiroll Wave – made in Germany – is a new air-filled regeneration tool for self-massage and myofascial release and relaxation. Compared to foam rolls, there is no material fatigue.

It can be adjusted easily by using the attached hand pump to different hardness. So Actiroll is perfect to reach new progressions in exercises and to be used by different individuals. The air-filling causes an absorbing effect. Therefore it is also allowed and recommended to roll and move even on joints and vertebral bodies.

The wave-like structured surface enables to a more effective and smooth and deeply working massage. This roll offers a variety of use in training and therapy. The Actiroll is light, easy, long-lasting and space saving to use. Due to a massage on the roll under use of your own body weight adhesions and tensions can be solved. Therefore your blood circulation can be improved. The Actiroll Wave is used in fascia fitness, training and therapy. The material Ruton is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

Application: at home, rehabilitation and therapy

Inflate and deflate:

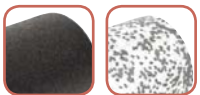
To de- or inflate the Actiroll please use the attached original TOGU ball pump for needle valves (Art.nr. 904400). Important: Moisten the needle and insert the needle straight and carefully into the valve.

Art.No.:	Colour:	PU:	Size :
465350	black, green,red	10	ca. 15 x 6,5 cm Ø (Size S)
465360	black, green,red	4	ca. 30 x 11,5 cm Ø (Size M)
465340	black	2	ca. 53 x 23 cm Ø (Size L)

Contents:	in a polybag, incl. pump and training chart
Material:	Ruton
Max. Load:	ca. 200 kg

TOGU Blackroll® & TOGU Blackroll® Soft

TOGU® Blackroll® & TOGU® Blackroll® Soft



The TOGU Blackroll and TOGU Blackroll Soft - Made in Germany - are the perfect recovery tools for self massage and releasing the Myofascia (connective tissue sheath of muscles and muscle groups):

- Prevention and treatment of myofascial- and muscle problems
- Active regeneration with improved blood circulation
- Trigger zone treatment for tension through sports and everyday wear
- Easy self-massage
- Ideal warm-up before and recovery after sport

Now available as TOGU Blackroll 45 and TOGU Blackroll Soft 45 with extended length. Allows more application options and enlarges the surface.

The TOGU Blackroll Soft version is about 20% softer than standard version.

Art.No.:	Colour:	PU:	Size:
400048	black	6	ca. 30 x 15 cm Ø (TOGU Blackroll)
410040	white with grey	6	ca. 30 x 15 cm Ø (Blackroll Soft)
410070	black	6	ca. 45 x 15 cm Ø (TOGU Blackroll)
410080	white with grey	6	ca. 45 x 15 cm Ø (Blackroll Soft)

Material:	EPP
Contents:	in a box with instructions

TOGU® Blackroll® Ball



TOGU® Blackroll® Duoball



TOGU® Blackroll® Mini



TOGU® Blackroll® Set



TOGU Blackroll Ball

The perfect tool for Self Massage - Made in Germany

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 material EPP is robust and easy to clean, skin-friendly, odourless and 100% recycling.

Art.No.:	Colour:	PU:	Size Ø:
410010	black	10	ca. 8 cm
410020	black	12	ca. 12 cm

Contents: each in a sales carton
Material: EPP

TOGU Blackroll Duoball

The TOGU Blackroll Duoball – made in Germany – is available for punctual massage in a diameter of 8 cm. The tool is suitable especially for massage of back and neck musculature and fascial release. It can be used on the floor or on a wall. The stance between the two connected balls prevents hurting the backbone and the massage becomes even more effective.

Art.No.:	Colour:	PU:	Size Ø:
410050	black	12	ca. 8 cm
410060	black	10	ca. 12 cm

Contents: in a carton box
Material: EPP

TOGU Blackroll Mini

Perfect Mini tool for Self Massage - Made in Germany

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.

The Material EPP is robust, easy to clean, skin-friendly and odourless. Weight: 20 Gramms and 100% recycling

Art.No.:	Colour:
410030	black

Size: ca. 15 cm x 5,5 cm

Packing unit: 16

Contents: each in a sales carton

Material: EPP

TOGU Blackroll Set

The set with all perfect tools for Self Massage - Made in Germany

The Blackroll set consists of two TOGU Blackroll, both Blackroll balls (8 and 12 cm diameter) and a Blackroll Mini. With the Blackroll Mini you can connect the two Blackroll and create a long version of a regeneration tool for self massage. The physical tension can be relieved. Knots and adhesions can be detached. Also scar tissue can be reduced.

The material EPP is robust and easy to clean, skin-friendly, odourless and 100% recycling.

Art.No.:	Colour:
805044	black

Packing unit: 1

Contents: set in a carton box

Material: EPP

Bodybone® & Bodybone® XL



Faszio Ball



NEW!

Fascial Coach Ball



NEW!

Bodybone & Bodybone XL

The Bodybone – made in Germany – is an outstanding and anatomically aligned tool.

It can be used methodically in any therapy and training to loosen up tensions and blockades in the entire spinal area. Due to the size and stiffness of the material the Bodybone can be placed on spinal areas, where a smooth expansion will relax the stressed muscle. Extremely effective while applied in a massage of tense lateral spinal muscles, the lumbar spine area, as well as muscles on the surface and extremities.

The bodybone is filled with special weight material.

In size XL which is exclusively filled with air, it is usable as support for the neck in a dorsal position as well as a relieve for hands and feet in therapy.

Art.No.:	Name:	Size / Weight:	Colour:	PU:
410431	Bodybone	ca. 15 x 6,5 cm / ca. 430 g	silver-grey	6
410432	Bodybone	ca. 15 x 6,5 cm / ca. 430 g	red	6
410440	Bodybone XL	ca. 26 x 14 cm	silver-grey	2

Contents:	in a box
Material Bodybone:	Ruton with special weight-filling
Material Bodybone XL:	Ruton with plug- and needle-valve
Max. Load:	ca. 150 kg

Faszio Ball

The healthy stimulation of fasciae for everyone! The air-filled Faszio Ball – made in Germany - solves highly effective fascial adhesions and tensions, stimulates metabolism. Therefore it protects the vascular system and protects against an overload of myofascial structures. The new material mixture is in itself firm but flexible. Therefore the ball adapts both locally as holistic to the body, as well as giving an adequate pressure on the myofascial structures. By varied air supply the degree of hardness is regulated, allowing individual and dosed adaptation.

The user-friendly, vascular gentle and versatile handling. It allows an application at home and in groups, such as health, back, senior citizens courses or general fitness classes.

Art.No.:	Name:	Size:	Colour:	PU:
465380	Faszio Ball allround	ca. 10 cm Ø	blue	10
465450	Faszio Ball local	ca. 4 cm Ø	blue	50

Contents:	in a carton box
Material:	Ruton

Fascial Coach Ball

The air-filled Fascial Coach Ball – made in Germany – can dissolve fascial adhesions and tensions. The gentle, skin-friendly material can reduce perception of pain. The degree of hardness is regulated by air supply, which allows an individual and controlled adaptation to your personal needs.

Depending on the objective, adhesions can be solved, tensions can be removed and the metabolism can be stimulated. For use at home as well as in groups. The concept „Fascial Coach“ uses the ball in combination with TOGU Blackroll and Actiroll the support surface can be optimally adjusted and the intensity of pressure on the fascial structures can be controlled well.

Art.No.:	Colour:
430612	turquoise
Size:	ca. 16 cm Ø
Packing unit:	20
Material:	Ruton

FascialFitness Ball - Set of 3



Fascial Fitness Ball - Set of 3

Fascial Fitness Ball in a set of 3 - made in Germany - ideal complement to larger TOGU fascial balls. With different diameters and shapes, the massage balls can be used everywhere and are ideal for point-to-point application for hands, feet and other body parts. The special Perineum Egg Ball has been adapted to the anatomy of the female pelvic floor and is used for self-treatment in the fascial training. Receptors of the fascia layer of the sole of the foot are stimulated and the sensitivity, erection and balance are improved. In addition, rehydration, regeneration and metabolism are stimulated after a training session. This can also be used to prevent overloads and inflammations. The fascial chain, which rises from the arch of the foot over the adductors into the pelvic floor, is addressed with the Fascial Fitness balls.

Concept and developed by Dr. Robert Schleip und Divo Müller

Art.No.:	Colour:
805097	red
Packing unit:	6
Material:	Ruton

Pendel® Roll Wave



Pendel Roll Wave

The fascial roll Pendel Roll Wave - made in Germany - is filled with air and individually adjustable in the hardness to your needs. Take advantage of the Pendel Roll Wave in active regeneration by self massage and relaxation exercises.

The fascial roll adapts through the special design for rolling exercises optimally to the body. The oval shape and smaller contact area to achieve a particularly pleasant massage effect. The Pendel Roll Wave can be easily and continuously adjusted with the included hand pump to different degrees of hardness. Thus the Pendel Roll Wave is perfect to reach new progressions to use and to work with different people and needs. Compared to foam rollers no material fatigue occurs. The air charge makes it possible to roll also on joints and vertebrae without pain and without risk of injury.

During the massage, using one's own bodyweight mainly bonds and tensions can be resolved. The blood circulation of the whole body can be thus promoted. As dynamic training tool the Pendel Roll Wave is also perfect for balance, coordination and stabilization exercises to use when sitting or lying.

The material is durable and easy to clean, odorless and 100% recyclable. Includes a pump for individual adjustment of the degree of hardness.

Art.No.:	Colour:	PU:	Size ca.:
465390	black, red	4	45 x 19 cm Ø
Contents:	in polybag incl. pump		
Material:	hardened Ruton		
Max. Load:	ca. 150 kg		

OS Roller Premium

To use in Functional Training and Personal Training. Variable exercises possible. Consists of heavy-duty EVA foam material. Available in 45 und 90 cm length. Non-slip surface.

OS Roller Premium



Art.No.	Colour:	Size:
400057	anthracite	45 x 15 cm
400067	anthracite	90 x 15 cm
Packing unit:	6	
Contents:	with exercise poster in foil	
Material:	EVA (0,038 g/cm³)	

TOGU® Brasil® set of 2



TOGU Brasil set of 2

The intelligent filling of air and weight offers you specific movement feedback (shake effect). Deep muscle training for the health and figure. Firming effects and preventative back training through minimal movement amplitude. Uncomplicated and effective even with 5 minutes training a day. Protects the joints due to the low weight: ca. 270 g each. Ergonomically designed, can be re-shaped thanks to air filling.

originally with the TOGU Brasil wristband

Art.No.:	Colour:
470636	green
Size:	2 x ca. 270 g
Packing unit:	10
Contents:	in a polybag with exercise poster, yellow rubber band
Material:	Ruton

TOGU® Brasil® Aqua



TOGU Brasil Aqua

The intelligent filling of air and weight offers you a specific movement feedback (shake effect). This enables you to do deep muscle training for your health and figure. Firming effects and preventative back training through minimal movement amplitude. Now also available as Brasil Aqua with safety straps which avoid to lose the Brasil during aquatic fitness. Uncomplicated and effective to use for professionals and fitness enthusiasts. Protects the joints due to the low weight: ca. 270 g each hand. Ergonomically designed.

Art.No.:	Colour:
470666	green
Size:	2 x ca. 270 g
Packing unit:	10
Contents:	in a polybag incl. 2 safety straps and training chart
Material:	Ruton

Brasil® Base



Brasil Base

The new Brasil Base – made in Germany – for Brasil GroupFitness classes in your club or gym. This special mat has got more than 2.000 smooth knobs and compact measurement of 60 x 40 cm. Brasil Base is an activating placeholder and massage tool in one. Use the massage Senso effect in your training – secure and uncomplicated. Available as single piece or in a set with Brasil or with Brasil and Brasil DVD (german language).

Art.No.	Contents:	PU:
470637	Brasil Base	4
805054	Brasil Base & Brasil Set of 2 (Set 1)	4
805055	Brasil Base, Brasil Set of 2 & DVD Bodystyling mit Brasil (Set 2)	4
Size:	ca. 60 cm x 40 cm (Brasil Base)	
Contents:	in a deco-box	
Material:	Ruton	
Colour:	green	

Brasil® „Bewegungsprofi“-Set



Brasil „Bewegungsprofi“-Set

The educators of KNS – the gym, sports and dance academy – developed the new motion programme „Bewegungsprofi“ especially for schools. The fun mobility break takes 10 to 15 minutes and trains the students not only physically but mentally as well and increases their concentration and motivation. Central part of the programme is the TOGU training tool “Brasil”.

more information on www.kns-move.com/ausbildung

Contents: 1 x TOGU Brasil (Set of 2); 1 x training instructions.

Art.No.	Contents:	PU:
805034	each in polybag with instruction	10
Material:	Ruton	

Jacaranda®

NEW!



Jacaranda

Smart and Clever. Jacaranda® - modern back training by TOGU.

Experience the gentle challenge of the air and weighted filling move inside the Jacaranda. This movement creates vibrations which transfer to your body, allowing you to train your deep lying muscles, help stabilize your body, while at the same time keeping it flexible and upright.

The autochthonous back muscles, which stabilize the spine, and the muscles of the abdomen, pelvic floor and diaphragm, can be trained by holding, moving and controlling the Jacaranda.

The Jacaranda creates a lively and exciting work out, with multiple exercises, all from a ball.

With a weight of just 400 grams, and with free moving stainless steel balls inside, the Jacaranda is particularly easy on joints during training, yet at the same challenges many of our body senses.

Develop your flexibility, strength and coordination with just one work out.

Art.No.:	Colour:	Size ca.: Ø	ca. Weight:
400730	yellow	14 cm	400 g

PU: 6

Material: Ruton, stainless steel balls

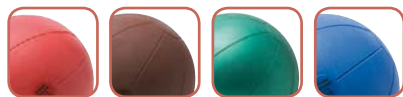
Medicine Ball

The **Medicine ball** – made in Germany by TOGU: Latex-free weight balls. Slip-proof. For your training of stability, coordination and power more effectiveness is possible by using more tools together. From 0.5 kg up to 5 kg. Preserves floors and walls. Very dynamic and bouncy.

Medicine Ball actisan: Classic medicine ball now available also as self-desinfecting training tool. For hygienic use in group training.

NEW: Fascial Fitness Medicine ball in 2kg in red developed for Fascial Fitness educational concept.

Medicine Ball



NEW!



Art.No.:	Colours:	ca. Size:	ca. Weight:	PU:
420500	red, black (actisan)	21 cm Ø	500 g	20
420800	blue, black (actisan)	21 cm Ø	800 g	20
421000	red, black (actisan)	21 cm Ø	1000 g	20
421500	brown, black (actisan)	28 cm Ø	1500 g	8
422000	brown, red (Fascial Fitness), black (actisan)	28 cm Ø	2000 g	8
423000	blue, black (actisan)	28 cm Ø	3000 g	8
424000	green, black (actisan)	34 cm Ø	4000 g	4
425000	red, black (actisan)	34 cm Ø	5000 g	4

Contents: bulk

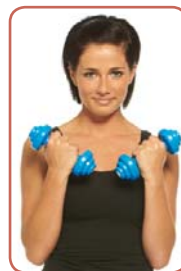
Material: Ruton or Ruton with actisan

Specials: with needle valve

TOGU Mini-dumbbell

The new TOGU Mini-dumbbells – classic form, new look. Ideal for home fitness or in the gym, sports training and therapy. Advantage compared to usual handle weights: by using our special material Ruton, floors are not damaged if the dumbbell hits the ground. The material is easy to clean and skin-friendly. The knobbed area makes for a smooth, secure and anti-slip grip. Available in three weights.

TOGU® Mini-dumbbell



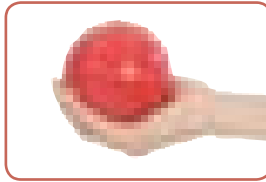
Art.No. :	Colour:	Weight:	Packing unit
670250	springgreen	250 g	20
670500	pink	500 g	10
670100	blue	1000 g	6

Size: ca. 13 x 4,5 cm Ø (250 g); ca. 19 x 7,5 cm Ø (500 g + 1000 g)

Contents: bulk

Material: Ruton with special weight-filling

Stonies® – The Toning® ball



Stonies – The Toning ball

Effective exercises with small „power tools“. From 0.5 kg up to 2.5 kg. Because of the round design, they are slip-proof and the weight is in the centre of the hand. No unpleasant stress on the wrist. More effective training in a combination with other tools. For using in single or group trainings.

Art.No. :	Colour:	Weight:	Packing unit
638051	silver-grey, yellow, red, blue, green	500 g	4
638101	silver-grey, yellow, red, blue, green	1000 g	4
638151	silver-grey, yellow, red, blue, green	1500 g	4
638201	silver-grey, yellow, red, blue, green	2000 g	2
638251	silver-grey, yellow, red, blue, green	2500 g	2

Contents: single in deco-box

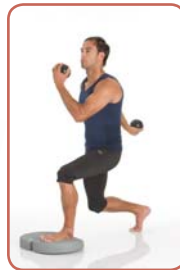
Material: Ruton

Max. Load: ca. 200 kg

Putting Shot

Indestructible, will not damage the gym floor. The perfect competition preparation possible. To use indoor and outdoor. From 1 kg up to 9 kg.

Putting Shot



Art.No.:	Colour:	Size: Ø	ca. Weight:
631000	black	9,5 cm	1000 g
631500	black	9,5 cm	1500 g
632000	black	9,5 cm	2000 g
632500	black	9,5 cm	2500 g
633000	black	11 cm	3000 g
634000	black	11 cm	4000 g
635000	black	12,5 cm	5000 g
636000	black	13,5 cm	6000 g
637200	black	13,5 cm	7250 g
660080	black	13,5 cm	8000 g
660090	black	13,5 cm	9000 g

Packing unit: 2

Contents: bulk

Material: Hytrel

Diving Ring, Diving Block, Diving Ball

Diving Rings: For diving training and having fun at the swimmingpool. 5 kg diving ring for training rescue teams on life boats.

Diving Block: In a new form as a 5-kg block to complement the proven 5-kg diving ring for the training of water rescue.

Diving Ball: In a new form as a 5-kg ball to complement the proven 5-kg diving ring for the training of water rescue.

Diving Ring, Diving Block, Diving Ball



Art.No.:	Name:	Colour:	Weight:	PU:
645000	Diving Ring	red, yellow, blue, green	ca. 140 g	60
645500	Diving Ring - 5 kg	black	ca. 5000 g	2
645600	Diving Block	black	ca. 5000 g	2
645700	Diving Ball	black	ca. 5000 g	2

Size: black ca. 30 cm, red, yellow, blue, green 18 cm

Contents: Shipping box

Material: Ruton

TOGU® Toning® Ball Set of 2



NEW!



Topanga®



actisan



Trimpect®



MADE IN GERMANY
30-Jahre-Garantie

TOGU Toning Ball Set of 2

The Toning Ball in a set of 2 - made in Germany - is designed to meet the requirements of Pilates programs and is an ideal additional weight for many fitness and yoga exercises. The Toning ball is available in a 500g as well as 900g weight per single ball. The weight is placed in the center of the hand and therefore ergonomic and joint-protective. Increase the training effect and strengthen arms, shoulders and upper body with the TOGU Toning balls.

Art.No.:	Colour:	Size / Weight:
400650	amethyst, pearl	ca. 10 cm Ø and 500 g each
401650	amethyst, pearl	ca. 10 cm Ø and 900 g each

PU:	1
Contents:	set of 2 in box
Material:	Ruton
Max. Load:	up to ca. 150 kg

Topanga

Fast, easy, everywhere.

The new 3kg and 4 kg exercise tool from TOGU is the perfect partner for a balanced body shape and health training. Whether alone at home or in a group in the studio, it's versatility offers a fun workout. Several muscle groups are addressed by the natural movement which is performed during the workout. The Topanga training stabilizes, supports and relieves.

The Topanga fits comfortable in the hand, on the shoulders, around your waist.

New: Now also available in a 3 kg version in the fresh colour spring green

Art.No.:	Colour:	Size / Weight:
640700	spring-green	ca. 39 cm Ø / 3 kg
646000	anthracite (with actisan)	ca. 39 cm Ø / 4 kg

Packing unit:	4
Contents:	in a polybag, with exercise chart
Material:	Ruton with actisan

Trimpect

Shake it – be fit. Made for running and walking training this set is ergonomically shaped and encloses a pair of light barbells with a special filling.

This way the use of arms is being intensified while exercising and at the same time the rate at which calories are burned is increasing. Moving the Trimpects in a right and dynamic way will cause the centrifugal mass inside the Trimpect to generate an impulse, thus leading to more muscle input and an acoustic feedback for the athlete.

Art.No.:	Colour:
470646	blue

Size:	ca. 17,5 x 5,5 cm and 430 g each
Packing unit:	1

Contents:	set of 2 in a box
Material:	Ruton
Max. load:	ca. 200 kg

Gymnastic balls

****20 gold



****01 white



****03 yellow



***07 orange



****16 hot pink



****11 pink



****08 anemone



****02 red



****13 purple



****10 plum



****04 blue



****19 ice-blue



****12 turquoise



****06 green



****15 apple



***18 pearl-green



****05 black



****14 violet



Gymnastic balls FIG

****20 gold



****01 white



****03 yellow



***07 orange



****16 hot pink



****11 pink



****08 anemone



****02 red



****13 purple



****10 plum



****04 blue



****19 ice-blue



****12 turquoise



****06 green



****15 apple



***18 pearl-green



****05 black



****14 violet



Gymnastic balls

The value priced quality gymnastics ball for school and recreational gymnastics. As 300 g it is super bouncy, has good elasticity and is antistatic.

The Best Quality version is made of different material mixture for even more bounce of the ball.

The TOGU classic is now being supplied with a spare needle and detailed care instructions.

So you benefit from TOGU quality with the "Made in Germany" label.

Available colours:

01 white, 02 red, 03 yellow, 04 blue, 05 black, 06 green, 07 orange, 08 anemone, 10 plum, 11 pink, 12 turquoise, 13 purple, 14 violet, 15 apple, 16 hot pink, 18 pearl-green, 19 ice-blue, 20 gold

Example:

Gymnastic ball Standard (4304**) in hot-pink (****16) makes the Art.No.: 430416

Art.Nr.:	Name:	PU:
4304**	Standard - Unvarnished	20
4300**	Best Quality - Unvarnished	20
4305**	Best Quality - Varnished	20
Size:	16 cm Ø (ca. 300 g)	
Contents:	bulk in carton box	
Material:	Ruton	

Gymnastic balls FIG

The competition and training gymnastics ball for competition and the highest standards in the rhythmic gymnastics.

The competition gymnastics ball from TOGU with 420 g and FIG mark. It is extremely bouncy, has a very good elasticity and is antistatic.

The Best Quality version is made of different material mixture for even more bounce of the ball. Best Quality is recommended for competition.

The TOGU classic is now being supplied with a spare needle and detailed care instructions.

So you benefit from TOGU quality with the "Made in Germany" label.

Available colours:

01 white, 02 red, 03 yellow, 04 blue, 05 black, 06 green, 07 orange, 08 anemone, 10 plum, 11 pink, 12 turquoise, 13 purple, 14 violet, 15 apple, 16 hot pink, 18 pearl-green, 19 ice-blue, 20 gold

Example:

Gymnastic ball FIG Best Quality Varnished (4455**) in hot-pink (****16) makes the Art.No.: 445516

Art.Nr.:	Name:	PU:
4454**	FIG Standard - Unvarnished	15
4451**	FIG Best Quality - Unvarnished	15
4455**	FIG Best Quality - Varnished	15
Size:	19 cm Ø (ca. 420 g)	
Contents:	bulk in carton box	
Material:	Ruton	

happyback® Fitnessball

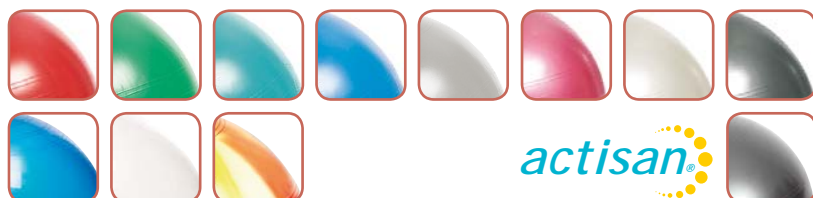


happyback®

MyBall & MyBall Soft



NEW!



actisan®

happyback Fitnessball

Get Fit: The new fitness ball from the happyback-series will make you fit without any compromise. A soft, velvety material combined with a resilient way to sit, create a whole new exercise experience.

Make yourself fit - instructions and a double action pump are included, so you can immediately begin with your training.

Available in four sizes: 45, 55, 65 und 75 cm diameter

Art.No. :	Colour:	Size: Ø:
427450	fresh-green	max. 45 cm
427550	fresh-green	max. 55 cm
427650	fresh-green	max. 65 cm
427750	fresh-green	max. 75 cm

Packing unit: 4

Contents: in a deco-box, with exercise chart and pump

Material: foamed Ruton, with plug valve

Max. load: ca. 500 kg

MyBall and MyBall Soft

MyBall – the classic one

Ball training at home, fun or just a pleasant change. Get the body into great shape – stretch, strengthen and mobilize. Very bouncy. Good size stability.

MyBall actisan – a round matter

the large fitness ball is a classic and standard product for Functional Training. From now on hygienic, versatile and efficient during group and personal training with the new actisan-material.

MyBall Soft – with foamed surface

Very bouncy. Good size stability. Foam surface for an extra soft feeling.

MyBall

Art.No.:	Colours:	Size Ø:
414600	red, green, turquoise, blue, silver, pink, pearl, anthracite, blue-transparent, transparent, marble	max. 45 cm
415600	red, green, turquoise, blue, silver, pink, pearl, anthracite, blue-transparent, transparent, marble	max. 55 cm
416600	red, green, turquoise, blue, silver, pink, pearl, anthracite, blue-transparent, transparent, marble	max. 65 cm
417600	red, green, turquoise, blue, silver, pink, pearl, anthracite, blue-transparent, transparent, marble	max. 75 cm

MyBall actisan

Art.No.:	Colours:	Size Ø:
420430	anthracite (actisan)	max. 55 cm
420440	anthracite (actisan)	max. 65 cm

MyBall Soft

Art.No.:	Colours:	Size Ø:
418450	perl-white, ruby red, dark gray	max. 45 cm
418550	perl-white, ruby red, dark gray	max. 55 cm
418650	perl-white, ruby red, dark gray	max. 65 cm
418750	perl-white, ruby red, dark gray	max. 75 cm

Packing unit: 4

Contents: in deco-box with exercise poster

Material: Ruton

Max. load: ca. 500kg

Pendel® Ball ABS®



Pendel® Ball actisan® ABS® & Pendel® Ball light actisan® ABS®



Powerball® ABS®

NEW!



Pendel Ball ABS

Back problems? Try the Pendel Ball and be surprised. Just lay on it and feel better. Absolutely safe and inflatable tool for training and therapy. What makes the Pendel Ball exceptional is its oval form. For this reason the Pendel Ball offers more surface in contact with the ground and with the exercising person, then a normal training ball. This leads to a great advantage during full body training, because the Pendel Ball won't roll away. A wide array of applications becomes possible e.g coordination, balance, functional spinal training, fitness training, physio and ergotherapy, as well as natal preparation and postnatal exercises. Furthermore the Pendel Ball possesses a high level of bouncing characteristic. The seat height can be varied from 55 to 70 cm by inflating. Gebrauchsmuster Nr.: 20 2005 004 166.1

Art.No.:	Colour:	Size: Ø	Seat Height ca.:	PU:
400409	purple	ca. 80 cm	55 - 70 cm	1

Contents: in a box (deflated), with exercise poster and pump
Material: Ruton with plug valve
Max. load: ca. 1000 kg (ABS Burst-Proof-Guarantee up to 250 kg)

Pendel Ball actisan ABS & Pendel Ball light actisan ABS

Absolutely safe and hygienic inflatable tool for training and therapy. What makes the Pendel Ball exceptional is its oval form. This leads to a great advantage during full body training, because the Pendel Ball won't roll away. A wide array of applications becomes possible e.g coordination, balance, functional spinal training, fitness training, physio and ergotherapy, as well as natal preparation and postnatal exercises. **New:** also available in two sizes.

Burst proof: guaranteed to 250 kg when damaged during use.

ABS: ABS-Material

Gebrauchsmuster Nr.: 20 2005 004 166.1

Art.No.:	Name:	Size: Ø	Seat Height ca.:
420450	Pendel Ball actisan ABS	ca. 80 cm	55 - 70 cm
420460	Pendel Ball light actisan ABS	ca. 60 cm	45 - 55 cm

Colour: anthracite
Packing unit: 1
Contents: in a box (deflated), with exercise chart
Material: Ruton with actisan; with plug valve and pump
Max. Load: ca. 1000 kg (burst proof up to 250 kg)

Powerball ABS

Original ABS® safety made in Germany - The airbag for your gym ball. From 45 cm to 75 cm. Each size in 6 different colours. With the classic TOGU double groove. Effective, dynamic back training. Diverse and easy. Does not roll away when you stand up. Guaranteed safety thanks to the ABS®.

Also available in XS (ca. 35 cm Ø) for kids!

*see instruction for use

Safety category 4 ****

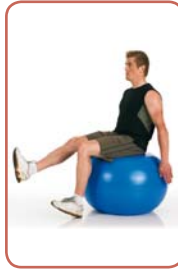
Find the right size for your ABS®-Ball

Small	Medium	Large	Xtra Large
= 36 cm Ø up to max. 45 cm Ø	= 46 cm Ø up to max. 55 cm Ø	= 56 cm Ø up to max. 65 cm Ø	= 66 cm Ø up to max. 75 cm Ø
body height to 155 cm	body height 156 - 165 cm	body height 166 - 178 cm	body height from 178 cm

Art.No.:	Colours:	Size Ø:
406360	red, green, blue, silver, terra	max. 35 cm
406450	red, green, blue, silver, terra, pink, pearl, anthracite, marble	max. 45 cm
406550	red, green, blue, silver, terra, pink, pearl, anthracite, marble	max. 55 cm
406650	red, green, blue, silver, terra, pink, pearl, anthracite, marble	max. 65 cm
406750	red, green, blue, silver, terra, pink, pearl, anthracite, marble	max. 75 cm

Packing unit: 4
Contents: in deco-box with exercise poster
Material: Crylon
Max. load: 500 kg loadable (90 kg ABS guarantee)
Specials: optional DVD available, AGR-quality-seal

Powerball® Premium ABS®



Powerball® Challenge ABS®



Powerball Premium ABS

Original ABS® safety made in Germany - The airbag for your gym ball.
From 45 cm to 75 cm. Each size in 6 different colours. Effective, dynamic back training. Diverse and easy. Does not roll away when you stand up. Guaranteed safety thanks to the patented ABS-Material*.*(*see instruction for use)

Also available as Powerball Premium ABS Maternity - especially with a poster for exercises during pregnancy. For safe training for you and your unborn child.

Safety category 5 *****

The special material ABS is latex-free, odorless and very load-bearing. The safety system functions similarly to an airbag system in the car: in the event of damage to the ball by e.g. Sharp edges, needles, glass splitter, scissors, etc., the Crylon safety material prevents the ball-skin from tearing open. The air passes slowly through the hole. A plating is excluded and injuries caused by an unexpected fall are avoided. We guarantee this as a manufacturer. Follow the instructions for use.

Powerball Premium ABS Maternity

Art.No. :	Colour / Name:	Size Ø:
401560	silver - Powerball Premium ABS Maternity	55 cm
401660	silver - Powerball Premium ABS Maternity	65 cm
401760	silver - Powerball Premium ABS Maternity	75 cm

Powerball Premium ABS Sport

Art.No.	Colour:	Size Ø:
400460	red, green, blue, orange, silver	45 cm
400560	red, green, blue, orange, silver	55 cm
400660	red, green, blue, orange, silver	65 cm
400760	red, green, blue, orange, silver	75 cm

Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Crylon
Max. load:	1000 kg loadable (170/120 kg ABS guarantee)
Specials:	optional DVD available, AGR-quality-seal

Powerball Challenge ABS

Original ABS® safety made in Germany - The airbag for your gym ball.
The ball for Functional Training. The professionals choice. Extra safety for performance sports, strength training and sports physiotherapy. Keeps its shape but is still bouncy. Guaranteed burst proof up to 500 kg even when punctured during use. Size can be adjusted from 55 cm to 65 cm.

Safety category 6 *****

The burst proof fitness ball: Powerball ABS - the original made in Germany. The great physical barrier guaranteed. The special material ABS is latex-free, odorless and very load-bearing. The safety system functions similarly to an airbag system in the car: in the event of damage to the ball by e.g. Sharp edges, needles, glass splitter, scissors, etc., the Crylon safety material prevents the ball-skin from tearing open. The air passes slowly through the hole. A plating is excluded and injuries caused by an unexpected fall are avoided. We guarantee this as a manufacturer. Follow the instructions for use.

Art.No.:	Colour:
407750	silver-grey
Size:	55 - 65 cm one size fits all
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Crylon
Max. load:	2000 kg (500 kg ABS guarantee)
Specials:	AGR-quality-seal

Powerball® Extreme ABS®



Redondo® Ball Plus



actisan



Sitzball ABS®



Powerball Extreme ABS

Original ABS® safety made in Germany - The airbag for your gym ball. The most durable ball by TOGU®. Even for the most extreme safety demands in power sports and with extreme pressure. Guaranteed burst proof up to 1.000 kg even when punctured during use. Size can be set adjusted from 55 cm to 70 cm. For heavy duty use with big loads or as an alternative for a bench.

Safety category 7 *****

The burst proof fitness ball: Powerball ABS - the original made in Germany. The great physical barrier guaranteed. The special material ABS is latex-free, odorless and very load-bearing. The safety system functions similarly to an airbag system in the car: in the event of damage to the ball by e.g. Sharp edges, needles, glass splitter, scissors, etc., the Crylon safety material prevents the ball-skin from tearing open. The air passes slowly through the hole. A plating is excluded and injuries caused by an unexpected fall are avoided. We guarantee this as a manufacturer. Follow the instructions for use.

Art.No.:	Colour:
416000	blue-transparent
Size	55 -70 cm one size fits all
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Eviron
Max. load:	3000 kg (1000 kg ABS guarantee)

Redondo Ball Plus

The popular and most versatile training tool Redondo Ball – made in Germany – in a new size "Plus" allows a lot of new exercises for beginners and advanced users in fitness and health workout. This new kind of mid-sized gymnastic ball is specifically designed for safe and healthy exercising. Due to its soft and handy surface the Redondo Ball Plus is comfortable to use and provides security for balance training. In addition, the stability of the Redondo Ball Plus is ideal for exercises in sitting and kneeling and is particularly well suited as a dynamic support surface. With its own light weight of about 500 g and its size of about 38 cm diameter, it allows also perfect swinging and rotating movements to strengthen your body. The Redondo Ball Plus can be in- and deflated easily without any pump needed.

New: Now also available in actisan!

Art.No.:	Colour:	Size Ø:
491400	green	ca. 38 cm
491800	antracite (actisan)	ca. 38 cm
PU:	12	
Contents:	in deco-box with exercise poster	
Material:	foamed Ruten	
Max. load:	ca. 150 kg	

Sitzball ABS

Original ABS® safety made in Germany - The airbag for your gym ball. Developed especially for work and learning environment. Does not roll away when you stand up. Special ABS characteristics. Active, dynamic and safe sitting. Train back and abdominals while seated. Guaranteed safety thanks to the ABS®.

*see instruction for use

Safety category 5 *****

Art.No.	Colour:	Size Ø:
408460	blue, silver	45 cm
408560	blue, silver	55 cm
408660	blue, silver	65 cm
408760	blue, silver	75 cm
Packing unit:	4	
Contents:	in deco-box with exercise poster	
Material:	Crylon	
Max. load:	500 kg loadable (120 kg ABS guarantee)	

Theragym® Ball ABS®



Theragym Ball ABS

Original ABS® safety made in Germany - The airbag for your gym ball. Essential for rehabilitation, ergotherapy and psychomotor exercises. The large balls with the highest level of safety. Used by kindergartens - to improve flexibility and smoothen movement. Guaranteed safety thanks to the ABS®.

(* see instructions for use)

Art.No.:	Colour:	Size:
400850	blue-purple	85 cm
400950	ruby-red	95 cm
401000	ruby-red	100 cm
401200	orange	120 cm (without ABS)

Packing unit: 1

Contents: box

Material: Crylon

Max. Load: 85-100 cm up to 250 kg, ABS guaranteed 45 kg

Theragym Ball Senso ABS

Original ABS® safety made in Germany - The airbag for your gym ball. The real large balls with soft knobs! To stimulate tactile and kinesthetic awareness. Ideal for working with babies. Very exciting for kindergarten thanks to the special surface. Guaranteed safety thanks to the ABS®.

(* see instructions for use)



Theragym® Ball Senso® ABS®



Art.No.:	Colour:	Size:
410850	orange	85 cm
411000	ruby-red	100 cm

Packing unit: 1

Contents: box

Material: Crylon

Max. Load: up to 250 kg, ABS guaranteed 45 kg

Dynamic Drums Ball, Ball Bowl, and Sticks



Dynamic Drums Ball

The original TOGU-Ball for the popular drums concept. Powerful and rhythmic drum-fitness training on the Dynamic Drums Ball. Leads to rapid results and promotes both physical and mental fitness. Burn fat, have fun and get the body moving.

Dynamic Drums Ball Bowl

The practical and classic ball bowl with a new construction for a perfect drum workout with the Dynamic Drums Drums ball. The Dynamic Drums ball bowl with its extension in the center allows a healthy upright posture during the workout.

Dynamic Drums Sticks

Classic drum sticks made of wood look as the most important accessories for the popular Drums fitness concept.

Art.No.:	Dynamic Drums	Colour:	PU:	Size :
426650	(Ball)	red	4	max 65 cm Ø
426750	(Ball)	red	4	max 75 cm Ø
930005	(Ball Bowl)	black	2	ca. 45 cm Ø x 21 cm
930007	(Sticks)	natural	10 pairs	ca. 40 cm

Multiroll® - Storage Aid & Cover



Multiroll® Halfroll - Storage Aid & Cover



Massage-Nex®



Multiroll - Storage Aid & Cover

Experience gentle support with every breath. Air filling allows perfect adjustment of the hardness. Relaxation and wellness. Waterproof. Individual pressure control. Easy to clean – simply rinse it. Comes in 15 cm, 20 cm and 15 cm half roll.

Cover optional available for Multiroll with approx. 15 cm Ø.

Art.No.:	Colour:	Size:
400070	black, silver (30-Years-Warranty)	ca. 50 x 15 cm Ø
400078	black, silver with cover	ca. 50 x 15 cm Ø
400080	black, silver (30-Years-Warranty)	ca. 50 x 20 cm Ø

VPE:	4
Contents:	in box with pump
Material:	Ruton
Max. load:	ca. 200 kg

Multiroll Halfroll - Storage Aid & Cover

Experience gentle support with every breath. Air filling allows perfect adjustment of the hardness. Relaxation and wellness. Waterproof. Individual pressure control. Easy to clean.

Optional also available with cover.

Art.No.:	Colour:
400020	black, silver (30-Years-Warranty)
400028	black, silver with cover

Size:	50 x 7,5 cm
Packing unit:	4
Contents:	in box with pump
Material:	Ruton
Max. load:	ca. 200 kg

Massage-Nex

Release tension, stimulate acupuncture points. Massage-Nex helps a tired, tense neck. Suitable for self massage. Hygienic and washable.

Art.No.:	Colour:
400490	blue, amethyst

Size:	20 x 10,5 cm
Packing unit:	15
Contents:	in deco-box
Material:	Ruton

Nex® - Neckrest



MADE IN GERMANY
30-Jahre-Garantie

Nex-Neckrest

The space in the centre takes pressure off the spine, transferring the load to the transverse process of the vertebrae. This allows massage/ acupressure along the long back extensors (vesicle meridian). Also suitable for self massage. Keeps the hand or forearm in position during mobilization or rehab exercises. Controlled movements make precise strengthening of the wrist or the forearm possible.

Art.No.:	Colour:
400440	blue, amethyst
Size:	20 x 10,5 cm
Packing unit:	15
Contents:	in deco-box
Material:	Ruton
Max. load:	approx. 200 kg

Relax-Nex®



MADE IN GERMANY
30-Jahre-Garantie

Relax-Nex

Relieve the spine. Sink into deep relaxation. Have your head supported by a smooth air cushion. During meditation, sunbathing or sports. May relief tension-headaches. Hygienic and washable.

Art.No.:	Colour:
400470	silver-grey, amethyst
Size:	23,5x11cm
Packing unit:	16
Contents:	in deco-box
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	new in piloga-packaging line

happyback® Relax-Nex®



MADE IN GERMANY
30-Jahre-Garantie

happyback®

happyback Relax-Nex

Pure relaxation! The new soft foamed material improves comfort and allows the user to sink into deep relaxation. The new Relax-Nex from the happyback-series can relieve and prevent tension in the neck and shoulder area. Whether at home on the couch, a sun lounger on a vacation or while performing exercises, your head is always perfectly embedded and floating on a velvety soft cushion of air - almost like lying on clouds.

Hygienic because its washable. Includes instructions and a needle valve for individual pressure regulation.

Art.No.:	Colour:
400500	blue, ruby-red
Size:	23,5 x 11 cm
Packing unit:	16
Contents:	in a deco-box
Material:	foamed Ruton, with needle valve
Max. load:	ca. 150 kg

Relax-Nex® Thermo



Relax-Nex Thermo

The Relax Nex Thermo - made in Germany - is a new hot-cold pillow with special thermo-gel filling. Due to the pleasant - 100% skin-friendly - design it adapts to your body during the application. The use is recommended especially for the neck, shoulders and back. In the heated state it can give regeneration, massage and relaxed feeling. Ideal after a long day's work or relaxation in between.

Due to the slight wave structure on the surface the massage effect is even smoother. Place the pillow while lying under the neck and shoulder area. The muscles are released and relaxed by the heat. The blood circulation may be stimulated. In a cold state, the pillow can support the regeneration after exercising and sports. The Relax Nex Thermo pad can be applied both in training and therapy as well as at home.

Art.No.:	Colour:	Size ca.:
400630	red	23,5 cm x 11 cm
PU:	2	
Material:	Ruton with special thermo-gel filling	

Earth ball



Ball with grip



Chiming medicine ball



Knobbly sound ball



Earth ball

The highlight with the globe. A special development in collaboration with the German sports federation. Especially for dynamic group actions.

With decor

Art.No.:	Colour:	Size Ø:
600500	With decor	100 cm
605500	With decor	200 cm

Without decor

Art.No.:	Colour:	Size Ø:
600000	blue	100 cm
605000	blue	200 cm

Packing unit: 1

Contents: Shipping box

Material: Ruton

Max. Load: 100 cm up to 70 - 80 kg

Specials: Earth ball-repair-set available

Ball with grip

To prepare for javelin throwing. The knob between the index and middle finger is perfect for javelin training.

Art.No.:	Colour:	Weight:
474000	red	400 g
476000	red	600 g
478000	yellow	800 g

Size: ca. 10 cm

Packing unit: 12

Contents: Shipping box

Material: Ruton

Chiming medicine ball

Latex-free chiming medicine balls with integrated bell for auditive training for the blind people.

Art.No.:	Colour:	Size Ø / Weight:	Packing unit:
420850	blue	21 cm / 800 g	20
421050	red	21 cm / 1000 g	20
421550	brown	28 cm / 1500 g	8
422050	brown	28 cm / 2000 g	8
423050	blue	28 cm / 3000 g	8
424050	green	34 cm / 4000 g	4
425050	red	34 cm / 5000 g	4

Contents: Shipping box

Material: Ruton

Knobbly sound ball

The chiming ball with integrated bell and good grip!

Its extra long knobs stimulate the tactile sensory perception perfectly.

Non-springy.

Art.No.:	Colour:
467100	blue

Size: 10 cm

Packing unit: 10

Contents: Shipping box

Material: Ruton

Knobbed cushion



TOGU® Reactionball



PAB® - pressure air biofeedback



More information on www.pressureairbiofeedback.com

Knobbed cushion

Ideal for extension exercises of hand and fingers. The level of extension can be changed by adjusting the air level. Also suitable for stroke patients or patients with spastic paralysis.

Art.No.:	Colour:
460400	silver, amethyst
Size:	ca. 23 cm Ø x 11 cm
Packing unit:	5
Contents:	with deco-tax-seal
Material:	Ruton
Max. load:	ca. 200 kg

TOGU Reactionball

Start to train speed and reaction ability with the TOGU reaction ball - made in Germany. At each landing the ball bounces in another direction. Improves also the eye-hand coordination. Just drop or throw the reaction ball to the ground or and then try to catch it again. The special shape makes the jump direction unpredictably. Each repetition is a new challenge for you.

Unlike other reaction balls the TOGU reaction ball has a valve and therefore the degree of difficulty can be regulated additionally with a ball pump. The material Ruton is extremely resistant, durable and 100% recyclable.

Art.No.:	Colour:
410130	blue, red
Size:	ca. 12 cm Ø
Packing unit:	10
Contents:	bulk
Material:	Ruton
Max. load:	up to ca. 150 kg

PAB - pressure air biofeedback

The PAB Set – muscle function diagnosis simple and scientific. A real innovation is characterized by simplification. Complicated procedures are replaced by simple ones, while at the same time the quality of the result improves. The PAB Set by TOGU represents such an innovation. **PAB** stands for **Pressure Air Biofeedback**. It serves the muscle function diagnosis providing information about muscle performance. Same time it is useful as isometric training tool. As opposed to methods measuring the electrical activity of a muscle (EMG Electromyography) the PAB is much easier to use with less time and cost effort. The PAB device records the strength which a person can apply on an air-filled TOGU tool, by measuring the inside air pressure. The strength measurement is dynamic and is shown as a curve on the user's computer screen. The duration of the measurement can be adjusted arbitrarily. Depending on the chosen duration the maximum strength, as well as the profile of muscle fatigue becomes visible. Approximately 100 measurements are recorded every second. This way even a rapid or very smooth deployment of force can be depicted.

The air-filled TOGU tools are made of actisan material:

The odorless and skin-friendly material is actisanized on ionic basis highly effective against bacteria. The devices disinfect themselves, which is more efficient than conventional wiping disinfection. The actisan material retains its full effect for a period of more than five years.

PAB BASIC - Contents: 1 x measurement with one unit incl. software, 1 x Bodyroll Senso, 1 x Throwing ring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance KissenXL

PAB PRO - Contents: 1 x measurement with 4 unit incl. software, 1 x Bodyroll Senso, 1 x Wurfring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance Kissen XL

Art.No.:	Colour:
805070	PAB Basic (device, software, TOGU training devices)
805071	PAB Pro (device, software, TOGU training devices, two piece bag set)
Packing unit:	1

Therafloss® Band



Theragym® Band / Powerband



Theragym® Loop / Powerband Loop



NEW!

Therafloss Band

The TheraFloss tape is available as an elastic band in two different strengths. It is used in physiotherapy for mobilization, improving the range of motion and releasing bonds of the tissue. The TheraFloss band can be used independently and in combination with TOGU training tools. The application done by a physical therapist causes a targeted and temporary inhibiting the fluid exchange of the cells. If the tape is released, the blood flows back into the underserved area, which can lead to a stimulation of the metabolism. In connection with mobilizing movements by tensions and adhesions can be solved. The ribbon has a length of 2m and a width of 5 cm. The strength is in the red version and 1.02 mm for the black 1.5mm.

Art.No.:	Colour:	Size ca.:
650240	red	2 m x 50 mm x 1 mm
650260	black	2 m x 50 mm x 1,5 mm

Packing unit: 1

Contents: in a polybag

Material: Latex

Theragym Band / Powerband

Small tool – great effect. Stretch, strengthen or condition. Ideal for travel.

Available in 4 levels.

New - now also available in a length of 240 cm!

Size:	Art.No.:	Art.No.:	Art.No.:	Art.No.:
	Light	Middle	Heavy	Extra heavy
	green / yellow	pink / green	purple / blue	red / black
120 x 7,5 cm / with Clip	650100	650110	650120	650130
120 x 15 cm / with Clip	650200	650210	650220	650230
240 x 7,5 cm	650560	650500	650510	650520
240 x 15 cm	650660	650610	650670	650620
500 x 7,5 cm	650300	650310	650320	650330
500 x 15 cm	650350	650360	650370	650380

Packing unit: 10

Contents: with exercise poster in a polybag

Material: Latex

Specials: Powerband length 25m– 15 cm wide (price on request)

Theragym Loop / Powerband Loop

The Powerband Loop is an elastic band for varied use in functional resistance training to improve strength, mobility and balance. It is easy to store and transport and can be used everywhere: at home, in a gym or at your office workplace. Ideal for functional exercises with resistance. Powerband Loop is also perfect to combine with dynamic training tools as Dynair, Aero-Step Pro or Jumper.

Available in light-yellow, middle-green, strong-blue, extrastrong-black

NEW: Now also available in a set with all the 4 different Theragym Loops.

Art.No.:	Colours:	Size:
808202	yellow, green, blue, black	27-30 x 5 cm; Set of 4
650810	yellow / light	ca. 30 x 5 cm
650820	green / middle	ca. 29 x 5 cm
650830	blue / heavy	ca. 28 x 5 cm
650840	black / extra heavy	ca. 27 x 5 cm

PU: 10

Contents: in a polybag

Material: Latex

Theragym® Tube



Theragym® Pro



TOGU® Tower



Theragym Tube and Theragym Tube Loop

The Theragym Tubes and the Theragym Tube Loops are versatile resistance training devices for complete body toning. The special coating of the elastic tube increases the safety and comfort. Combined with many other TOGU tools, the Theragym Tubes and the Theragym Tube Loops are suitable as an ideal complement for a challenging workout. Available in 4 different levels of resistance from light to very heavy.

Theragym Tube

Art.Nr.:	Colour:	Size ca.:
980023	yellow (light)	ca. 122 cm
980022	green (medium)	ca. 122 cm
980024	blue (heavy)	ca. 122 cm
980026	black (very heavy)	ca. 122 cm

Theragym Tube Loop

Art.No.:	Colour:	Size ca.:
980013	yellow (light)	ca. 70 cm
980012	green (medium)	ca. 70 cm
980014	blue (heavy)	ca. 70 cm
980015	black (very heavy)	ca. 70 cm

PU: 1

Contents: in a polybag

Theragym Pro

Theragym Pro is available as a **complete set** of 6 bands with 2 hand grips and 2 foot straps as well as **single set** of each color and resistance as a set of 2 with 2 hand grips.

The Theragym Pro complete set (1) consists of:

6 special elastic bands (made in Germany) with light (yellow), medium (red) and strong (green) resistances plus 2 handle grips and 2 foot loops.

The even resistances are ideal for separate use or in combination with the TOGU Tower as pulley. Thus, the Theragym Pro complete set (1) offers a complete training system, saving space for private and professional use. Optional use in combination with TOGU Tower.

Art.No.:	Name:	Colour:
980053	Theragym Pro - Set of 2 (incl. 2 handles)	yellow (light)
980052	Theragym Pro - Set of 2 (incl. 2 handles)	red (medium)
980056	Theragym Pro - Set of 2 (incl. 2 handles)	green (strong)
980011	Theragym Pro - complete set (1)	yellow/red/green
980051	Theragym Pro - set of 2 foot straps (2)	black

Size: each Theragym Pro ca. 140 cm length

PU: 1

Material: rubber, fully covered with Polyester textile

TOGU Tower

The TOGU Tower - made in Germany - is an individually and continuously height-adjustable retention system for versatile resistance training. The TOGU Tower is attached to a wall of the training or therapy room and different resistance training systems can be attached. The trainee has got full range of movement and the possibility of different heights and directions. The system is used with a double joint (two bands / tubes mounted) and with a single joint (one band / tube mounted). Standard mounting material is included. The individual requirements for wall mounting should be observed. On request, we offer a custom-made in various types of wood and color tones. The wood material used is robust and easy to clean

TOGU Tower with Theragym Pro Complete-Set (3)

Connected with the TOGU Tower the Theragym Pro Complete Set (3) is ideal for use as a pulley. The Theragym Pro Complete Set (3) consists of special elastic bands (made in Germany) with three different resistances plus handles and foot straps.

Art.No.:	Name:
980010	TOGU Tower Single (1)
980020	TOGU Tower Double (2)
980020	TOGU Tower Double (2) with Theragym Pro Set (3)

Size: 225 x 35 x 2 cm

Packing Unit: 1

Contents: two pieces in a carton box

Material: birch wood, aluminium

Aero-Step®



Aero-Step

The Aero-Step – made in Germany – for kids is fun balance training – also for small children and small feet. They learn to keep in balance while moving, promoting reaction and reflexes. They improve their attitude and incidentally, the ability to concentrate.

coordination, increase reaction.

With an air-filled twin-chamber system training becomes a varied experience with great fun guaranteed.

The device is equipped with many round knobs for perception and improve circulation. It can be used for school sport, therapy or simply at home.

With AGR-quality-seal

Art.No.:	Colour:
400429	blue, green, red
Size:	46 x 32 x 8 cm
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. Load:	ca. 200 kg

Air Parcours



Air Parcours

Air Parcours – made in Germany – is an air-filled balance set consisting of TOGU classics and new items for children. Guaranteed movement and dynamics within the hour. High level of sensorimotor stimulation. While moving through the air parcours the kids are challenged to keep their balance. This is fun and trains coordination, promotes flexibility and their ability to concentrate. The Air Parcours are extremely robust, durable and washable. Essential for kindergartens, schools and clubs.

TOGU Air Parcours small: 2 Senso Balance Bar blue, 1 Dynair Kids assorted, 2 Senso Balance Igel green, 1 Jumper mini red;

TOGU Air Parcours large: 2 Senso Balance Bar Blue, 2 Dynair Kids assorted, 2 Senso Balance Igel Green, 1 Jumper mini Red, 4 Dynair Minis 20cm assorted

Art.No.:	Colour:	PU:	Name:
805009	varied	1	Air Parcours small
805010	varied	1	Air Parcours large
Contents:	in a box		
Material:	Ruton		
Max. Load:	ca. 200 kg		

Balance Board



Balance Board

In 3 different levels: red, green and blue. Due to different shaped radii. Very effective and longlasting due to special plastics material. Lower weight than wooden material.

Art.No.:	Level:	Colour:	Size:
410402	Level I (easy)	black with red	40 x 8 cm
410406	Level II (medium)	black with green	40 x 9,5 cm
410404	Level III (hard)	black with blue	40 x 12 cm

Packing unit:	1
Contents:	in deco-box
Material:	high quality GFK-PP
Max. Load:	120 kg
Specials:	3 difficulties

Balanza® Kids Seesaw



Balanza Kids Seesaw

The portable seesaw! Use indoors, in the garden or in day care centers. It has a magic attraction to children because of its stimulative nature, while at the same time it helps to practice coordination and balance. Due to its well devised base made of resilient balls, a three-dimensional seesaw experience provides training for stabilization and rhythm.

In addition there is a social learning component as the seesaw can only be operated through the teamwork of two children.

The seesaw is entirely being manufactured in Germany and is made of a birchwood plate which features leather straps as handgrips. The four balls, which are attached in a durable way through a special screw connection to the wooden plate, consist of the safe and resilient material Ruton. Each of these balls can be individually adjusted with a pump and a needle, which both come with the product. The Balanza Kids Seesaw is easy to clean and therefore perfectly suitable for the use in kindergarten and daycare centers.

Art.No.:	Colour:
440420	red with wood
Size:	ca. 120 cm x 50 cm x 41 cm (L x W x H)
Packing unit:	1
Contents:	instructions for use and pump
Material:	Ruton and wood
Max. Load:	ca. 150 kg

Bonito HüpfTier

Even the tiniest hands can hold these ears! For building up muscles and support stability of the spine – ideal during growing period. The bouncy animal for indoors and outdoors. Extremely durable.

Bonito®



Art.No.:	Colour:
400000	red, blue
Size:	50 x 7,5 cm
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. Load:	up to 60 kg

Brasil® „Bewegungsprofi“-Set



Brasil „Bewegungsprofi“-Set

The educators of KNS – the gym, sports and dance academy – developed the new motion programme „Bewegungsprofi“ especially for schools. The fun mobility break takes 10 to 15 minutes and trains the students not only physically but mentally as well and increases their concentration and motivation. Central part of the programme is the TOGU training tool „Brasil“.

more information on www.kns-move.com/ausbildung

Contents: 1 x TOGU Brasil (Set of 2); 1 x training instructions.

Art.No.	Contents:	PU:
805034	each in polybag with instruction	10
Material:	Ruton	

Colibri® Ball

Colibri-Volleyball



Colibri-Beachhandball F



Colibri-Aero-Ball for Gymnastics



Colibri® Supersoft Ball

NEW!

Colibri Supersoft Mini



Colibri Supersoft Football



Colibri Supersoft Football Dribbling



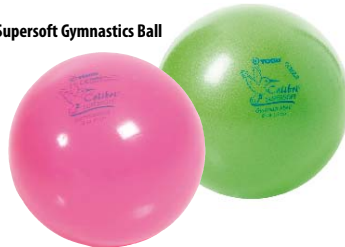
Colibri Supersoft Basketball



Colibri Supersoft Volleyball



Colibri Supersoft Gymnastics Ball



Colibri Supersoft Handball Women / Men



Colibri Supersoft Giant



Colibri Ball

The Colibri Ball - made in Germany - is a compact and robust training ball for sports lessons at school, kindergarden and children's club training. Due to the special material mixture it is a very dynamic and extremely durable sports ball. Equipped with a needle valve and available in 3 models, as handball, volleyball and gymnastic ball.

Colibri-Aero-Ball for Gymnastics

Art.No.:	Colour:	ca. Size: Ø	PU:
482020	red	16 cm	20

Colibri-Beachhandball F

Art.No.:	Colour:	ca. Size: Ø	PU:
482010	red	16 cm	20

Colibri-Volleyball

Art.No.:	Colour:	ca. Size: Ø	PU:
482000	red	16 cm	10

Contents: in poly-bag

Material: Ruton

Colibri Supersoft Ball

The Colibri Ball - made in Germany - as a Supersoft ball. In comparison to the Colibri Ball, it is extra soft thanks to a special material mixture. The Colibri Supersoft is even easier to grip and bounce softly and dynamically. The ideal and long-lasting sports ball for at home, in the garden and on the playground. Equipped with a needle valve and available in 9 different versions.

Colibri Supersoft Mini

Art.No.:	Colour:	ca. Size: Ø
487900	yellow, green, pink	12 cm

Colibri Supersoft Football

Art.No.:	Colour:	Weight:	ca. Size: Ø
487600	yellow, green, pink	300 g	22 cm

Colibri Supersoft Football Dribbling

Art.No.:	Colour:	Weight:	ca. Size: Ø
487700	yellow, green, pink	420 g	22 cm

Colibri Supersoft Basketball

Art.No.:	Colour:	ca. Size: Ø
487800	yellow, green, pink	22 cm

Colibri Supersoft Volleyball

Art.No.:	Colour:	ca. Size: Ø
487300	yellow, green, pink	21 cm

Colibri Supersoft Gymnastics Ball

Art.No.:	Colour:	ca. Size: Ø
487400	yellow, green, pink	16 cm

Colibri Supersoft Handball Women / Men

Art.No.:	Colour:	ca. Size: Ø
487500	yellow, green, pink	16 cm (Damen)
487200	yellow, green, pink	18 cm (Herren)

Colibri Supersoft Giant

Art.No.:	Colour:	PU:	ca. Size: Ø
487100	yellow, green, pink	6	28 cm

PU: 10

Contents: in poly-bag / shipping box

Material: Ruton

Dynair® Balance-Seat



Dynair® Ballkissen® Kids

NEW!



Dynair® Wedge Ballkissen® Kids

NEW!



Dynair Balance-Seat

For active sitting, balancing and training. Wonderful if used as super-sized building blocks. For sitting groups, in the waiting room and at home.

Art.No.:	Colour:
400090	red, blue
Size:	36 x 28 cm
Packing unit:	1
Contents:	Shipping box
Material:	Ruton

Dynair Ballkissen Kids

The legendary Dynair® ball cushion for kids. For balance and coordination exercises. Safe dynamic sitting.

The space saving alternative to the large ball at every desk.

red, green, blue, turquoise, pink, pearl, yellow, soft-violett (confetti), ice-blue (confetti), marble

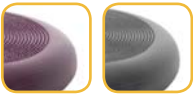
Art.Nr.:	Farbe:
400170	red, green, blue, turquoise, pink, pearl, yellow, soft-violett (confetti), ice-blue (confetti), marble
Size:	ca. 30 cm Ø
Packing unit:	5
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. Load:	200 kg
Specials:	AGR-quality-seal

Dynair Wedge Ballkissen Kids

For every kid in school and or at home during homework. Kids can move freely without losing concentration while seated. All advantages of the legendary ball cushion and a wedge cushion put into one. Supports upright posture. Enough room for leaning forward.

Art.No.:	Colour:
400140	red, green, blue, turquoise, yellow, pink, pearl
Size:	33 cm
Packing unit:	5
Contents:	in deco-box with exercise poster and pump
Material:	Ruton
Max. Load:	200 kg

Dynair® Extreme



Dynair Extreme

Sit on it and feel good. Brings you automatically in a upright and healthy position. The Dynair Extreme is the most recent and largest member coming from the Dynair family. With a diameter of 80 cm and a height of 18 cm it is perfectly suited as a meditation pillow and seat cushion. Smooth vibrations are being absorbed immediately by the cushion and emitted to the spine. In order to keep up a calm seating position small adjusting moves have to be made all the time, thus becoming a challenge for the spinal muscles and trunk muscles. Furthermore spinal training and exercises for improving trunk stability can be carried out perfectly in a dorsal or ventral position. Like all Dynair ball cushions, the Dynair Extreme is equipped with our well proven knobs on one side and with a smooth and soft surface on the other side. Therefore the Dynair Extreme suits also extremely well as a therapy cushion for certain disease patterns such as paresis, sensoric and motoric deficits or neurological and muscle dysfunctions.

Art.No.:	Colours:
400408	purple
401408	anthracite
Size:	ca. 80 cm Ø x ca. 18 cm
Packing unit:	1
Contents:	in box
Material:	Ruton with plug valve
Max. Load:	ca. 200 kg

Dynair® Senso® Mini



Dynair Senso Mini

A "wobbly toy" for small feet and hands in kindergarten, sports classes and activity trails. ... When tiny feet get a little bigger ... Can be used perfectly for child physio therapy, to increase awareness and stability training.

Art.No.:	Colour:	Size:
465400	red, blue, yellow, green	16 cm
465600	red, blue, yellow, green	20 cm
Packing unit:	4	
Contents:	in deco-box with pump	
Material:	Ruton	
Max. Load:	ca. 200 kg	

Jumper® mini



Jumper mini

The Jumper as mini version. Ideal for one leg excercises and rehabilitation. Approved Dynair technology (2/3 ball). Extremely dynamic rebound effect. More stability for joints and ankles. Don't slip away even on glossy surfaces. Better Grip material. Both sides to use. Vibration transfer.

European Patent No. 2092964

Jumper Mini actisan

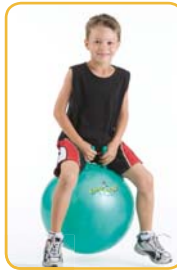
Art.No.:	Name:	Colour:	ca. Size:
410330	Jumper Mini actisan	anthracite	36 cm Ø x max. 18 cm

Jumper Mini

Art.No.:	Name:	Colour:	ca. Size:
410302	Jumper Mini	red	36 cm Ø x max. 18 cm

Packing unit:	2
Contents:	in box with exercise poster and pump
Material:	Ruton, fiberglass-strengthened plate
Max. load:	ca. 120 kg

Kangaroo® Ball ABS® Junior / Super



Leo Lion



Moonhopper®



Kangaroo Ball ABS Junior / Super

The jump ball with Anti-Burst-System ABS®: guaranteed* safety! Improve coordination. Train musculature without even noticing. Good for the spine and posture. *see instruction for use

Available in two sizes and 3 colours.

Art.No.:	Colour:	Size: ca. Ø
310600	blue, ruby-red, turquoise	Junior 45 cm
360600	blue, ruby-red, turquoise	Super 60 cm

Packing unit:	10
Contents:	in deco-box with exercise poster
Material:	Crylon
Max. Load:	ABS up to 60 kg (45 cm Ø), up to 75 kg (60 cm Ø), general up to 500 kg

Leo the Lion

Why not ride on a lion's back? Leo is particularly stable and wonderfully suited for children's strength and coordination exercises. Extremely durable.

Art.No.:	Colour:
400060	warm-orange
Size:	50 x 7,5 cm
Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. Load:	up to 60 kg

Moonhopper®

Jump and hop with fun and power. The legendary hopping fun. Very durable.

Also available for adults: see page 31.

Art.No.:	Colour:
666500	blue with yellow - NEW!
666600	blue with pink
666800	green with pink
666900	blue with red
Size:	ca. 40 x 30 cm
Packing unit:	5
Contents:	with tag, in poly-bag
Material:	Ruton
Max. Load:	ca. 70 kg

Knobbly catch training ball



Knobbly catch training ball

Perfect for small children's hands. Good for grasping and soft to the skin! Round, pleasant knobs made of skin-friendly material.

Art.No.:	Colour:
465100	red, yellow, blue
Size:	22 cm
Packing unit:	10
Contents:	in a box
Material:	Ruton

Knobbed ring



Knobbed ring

Very good to grasp and wonderfully soft. For schools, kindergarten and therapy. Moulded in one piece.

Art.No.:	Colour:
466000	yellow
Size:	16 cm
Packing unit:	50
Contents:	in a box
Material:	Ruton

Octositz® the Multi-Cube



Octositz the Multi-Cube

"I am small, round but still a cube!" "You can sit on me, balance or simply have fun with me!" Ideal for activity trails, for many fun actions and as an opportunity to sit down in the play corner. To increase coordination and balance. For muscle training and increased stability of the spine.

Art.No.:	Colour:
400700	red, green, blue
Size:	32 cm
Packing unit:	4
Contents:	in deco-box
Material:	Ruton

Powerball® ABS®

NEW!



Powerball ABS

The original Powerball ABS - with the airbag for your gym ball - for safe, dynamic and varied training. Also available in the special kids sizes XS (max 35cm diameter) and S (max 45cm diameter) for children. Available in any size in many different colors.

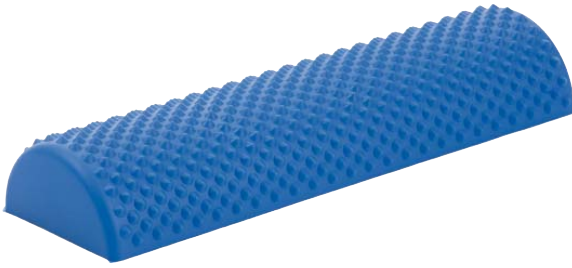
Guaranteed safety thanks to the ABS®. (* see instructions for use)

More sizes and other Safety categories see pages 55-58.

Safety category 4 ****

Art.No.:	Colours:	Size Ø:
406360	red, green, blue, silver, terra	max. 35 cm
406450	red, green, blue, silver, terra, pink, pearl, anthracite, marble	max. 45 cm
Packing unit:	4	
Contents:	in deco-box with exercise poster	
Material:	Crylon	
Max. Load:	500 kg (90 kg ABS guaranteed), AGR-quality-seal	

Senso® Balance Bar



Senso® Balance hedgehog + XL set of 2



GeoBalance® hedgehog + XL



Senso® Balance Cushion + XL set of 2



Senso Balance Bar

The air-filled Balance Bar. Ideal for building up your balance. With senso knobs to improve perception. Available in 3 different colours.

Art.No.:	Colour:
410100	red, blue, green

Maße/Size: 50 x 7,5 cm

Packing unit: 4

Contents: in polybag

Material: Ruton

Max. Load: ca. 200 Kg

Senso Balance hedgehog + XL set of 2

Balance, train and have fun. Improve coordination, flexibility and body awareness. A must for balance trails. For every age.

Available in two sizes and 7 colours.

Art.No.:	Colour:	Size ca. : Ø
465150	red, yellow, blue, green, pink, purple, black	16 cm
465170	red, yellow, blue, green, pink, purple, black	XL 18,5 cm

Packing unit: 6

Contents: in deco-box with exercise poster

Material: Ruton

Max. Load: ca. 200 kg

Geo-Balance hedgehog + XL

The variety of geometric shapes and bright colours is perfect for balance trails and to increase body awareness or coordination. 6 colours, two sizes and three geometric forms.

Available in two sizes and 6 colours.

Art.No.:	Colour:	Size ca. : Ø
465180	red, yellow, blue, green, pink, purple	16 cm
465190	red, yellow, blue, green, pink, purple	XL 18,5 cm

Packing unit: 6

Contents: in deco-box with exercise poster

Material: Ruton

Max. Load: ca. 200 kg

Senso Balance Cushion + XL set of 2

This is an addition to the Senso Balance product line. It has new, improved contact with the floor. The level of inflation and the special Senso raised nodules act as an ideal proprioception stimulant and are especially good for all walking and stepping exercises.

Ideal for perception training with young children and teenagers but also suitable as an added extra for adults.

Available in two sizes and 7 colours.

Art.No.:	Colour:	Size:
410490	red, yellow, blue, green	16 cm
410500	red, yellow, blue, green	XL 20 cm

Packing unit: 6

Contents: set of 2 in a box

Material: Ruton

Max. Load: approx. 150 kg

Senso® Balance Pad + XL set of 2



Senso Balance Pad + XL set of 2

This is an addition to the Senso Balance product line. It can be incorporated into any therapy thanks to the soft and hard-wearing material and the raised nodules, and also enables another level to be built into sensorimotor training. Available in a range of colours, the pads are an excellent aid when introducing people to walking therapies and multi-sensory training sessions. The low height of the Senso Balance Pads also gives them added versatility as position markers in any gymnasium and in any type of sport.

Available in two sizes and 3 colours.

Art.No.:	Colour:	Size:
410510	red, yellow, blue	16 cm
410520	red, yellow, blue	XL 20 cm

Packing unit: 10
Contents: set of 2 in a polybag
Material: Ruton

Senso® Ball Geo + XL



Senso Ball Geo + XL

The new fun and learn ball for kindergarden and leisure time. The variety of geometric shapes and bright colours is perfect for increasing perception, concentration and coordination. Ideal grip by using the geometric shapes.

Available in 4 colours and two sizes.

Art.No.:	Colour:	Size: Ø	PU:
465130	red, yellow, green pink (mixed)	9 cm	12
465120	red, blue, green, pink (mixed)	XL 18,5 cm	10

Contents: in a polybag
Material: Ruton
Max. Load: ca. 200 kg

Senso® Ball mini



Senso Ball mini

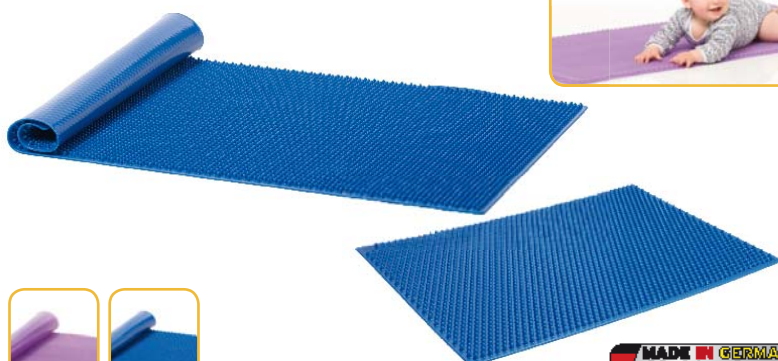
Roll – massage – enhance blood circulation. Gently activate the body. Stimulate meridians – start the energy flow. Stimulating knobs on the entire ball for long lasting effects. Sizes: 9 cm, 11 cm

Also available as Geo-Version with geometric forms!

Art.No.:	Colour:	Size:
465300	blue, red	9 cm
465500	blue, red	11 cm

Packing unit: 50
Contents: bulk
Material: Ruton

Senso® Mat Mini / Senso® Mat



Senso-Mat Mini / Senso Mat

To stimulate the ability of tactile perception of babies and infants. Suitable for ergotherapy or in kindergarden. The Senso® Mat can be combined with different bases for countless balance variations. Almost 7.000 Senso® noddles massage and stimulate.

The classic in a new dimension - 60 x 40 cm. Use this small but nevertheless generously studded mat to awaken your senses.

Art.No.:	colour:	Size:
400410	blue	120 x 60 cm
400413	amethyst	120 x 60 cm
400420	amethyst, blue	60 x 40 cm

Size: 120 x 60 cm or 60 x 40 cm
Packing unit: 4
Contents: in deco-box
Material: Ruton

Soft ball



Soft ball

Soft and light ball made of foamed material.

Art.No.:	Artide:	PU:	Size: Ø ca.
560720	Soft-Ball grooved set of 2	200	7 cm
560700	Soft-Tennisball grooved	400	7 cm
561900	Soft-Trainingsball	18	19 cm
562100	Soft-Trainingsball	14	21 cm
580700	Soft-Trainingsball without grooves	400	7 cm
560900	Soft-Ball	200	9 cm

Colour: yellow

Contents: Shipping box

Material: foamed material

Play- and Sportsballs

We offer multitude of play- and sportsballs. You will find our whole product range in our „Play & Sports 2017“ manual. Ask us, or scan the qr-code and get directly to the pdf-download of our manual „Play & Sports 2017“.

Punktball

White dots on a coloured background is an absolute classic. You are never wrong with a dotted ball.

Assorted in the colours red, blue and green.

Euroliga® Neon

Even in high grass it can't be missed. Colorful and eye-catching this ball will make every game feel like a League.

Special: hand decorated ball

Play- and Sportsballs



Art.No.:	Name:	PU:	Size: Ø ca.
217150	Punktball	10	14 cm / 5,5"
217190	Punktball	10	23 cm / 9"
138000	Euroliga Neon	10	23 cm / 9"

Material: Ruton

Putting Shot

Indestructible, will not damage the gym floor. The perfect competition preparation possible. To use indoor and outdoor. From 1 kg up to 9 kg.

Putting Shot



Art.No.:	Colour:	Weight:	Size Ø:
631000	black	1000 g	9,5 cm
631500	black	1500 g	9,5 cm
632000	black	2000 g	9,5 cm
632500	black	2500 g	9,5 cm
633000	black	3000 g	11 cm
634000	black	4000 g	11 cm
635000	black	5000 g	12,5 cm
636000	black	6000 g	13,5 cm
637200	black	7250 g	13,5 cm
660080	black	8000 g	13,5 cm
660090	black	9000 g	13,5 cm

Packing unit: 2

Contents: Shipping box

Material: Hytrel

Diving Ring, Diving Block, Diving Ball



Diving Ring, Diving Block, Diving Ball

Diving Rings: For diving training and having fun at the swimmingpool. 5 kg diving ring for training rescue teams on life boats.

Diving Block: In a new form as a 5-kg block to complement the proven 5-kg diving ring for the training of water rescue.

Diving Ball: In a new form as a 5-kg ball to complement the proven 5-kg diving ring for the training of water rescue.

Art.No.:	Name:	Colour:	Weight:	PU:
645000	Diving Ring	red, yellow, blue, green	ca. 140 g	60
645500	Diving Ring - 5 kg	black	ca. 5000 g	2
645600	Diving Block	black	ca. 5000 g	2
645700	Diving Ball	black	ca. 5000 g	2

Size: black ca. 30 cm, red, yellow, blue, green 18 cm

Contents: Shipping box

Material: Ruton

Theragym Ball ABS

Essential for rehabilitation, ergotherapy and psychomotor exercises. The large balls with the highest level of safety. Used by kindergartens - to improve flexibility and smoothen movement.

Guaranteed safety thanks to the ABS*.

(* see instructions for use)

Theragym® Ball ABS®



Art.No.:	Colour:	Size:
400850	blue-purple	85 cm
400950	ruby-red	95 cm
401000	ruby-red	100 cm
401200	orange	120 cm (without ABS)

Packing unit: 1

Contents: box

Material: Crylon

Max. Load: 85-100 cm up to 250 kg, ABS guaranteed 45 kg

Theragym Ball Senso ABS

The real large balls with soft knobs! To stimulate tactile and kinesthetic awareness. Ideal for working with babies. Very exciting for kindergarten thanks to the special surface.

Guaranteed safety thanks to the ABS*.

(* see instructions for use)

Theragym® Ball Senso® ABS®



Art.No.:	Colour:	Size:
410850	orange	85 cm
411000	ruby-red	100 cm

Packing unit: 1

Contents: box

Material: Crylon

Max. Load: up to 250 kg, ABS guaranteed 45 kg

Throwing balls



Throwing ring



Slow motion balls



Throwing balls

Pitch training for every age group Super grip - grooved surface.

Art.No.:	Colour:	Size Ø / Weight:	Packing unit:
450450	yellow	7,5 cm / 45 g	100
450650	yellow	7,5 cm / 65 g	100
450800	yellow	7,5 cm / 80 g	100
451500	yellow	7,5 cm / 150 g	50
452000	yellow	7,5 cm / 200 g	25
452500	yellow	7,5 cm / 250 g	25
453000	yellow	7,5 cm / 300 g	25
454000	yellow	7,5 cm / 400 g	25

Contents: Shipping box

Material: Ruten

Throwing ring

For throwing, catching and juggling! Air filled - with valve.

Art.No.:	Colour:
640000	red, blue, yellow, green

Size: 18 cm

Packing unit: 40

Contents: Shipping box

Material: Ruten

Slow motion balls

Optimal preparation in volleyball-, handball- and basketball training. The light weight and big size slow it down.

Art.No.:	Colour:	Packing unit:
481000	red, blue	8
481007	red, blue	30 (deflated)

Size: ca. 35 cm Ø

Contents: Shipping box

Material: Ruten

Dynair® Ballkissen® XXL Meditation and Yoga



Mat: TOGU® Premium Easy



similar to picture

Pilates Ballance Ball



Pilates Ball Power Pilates



Dynair XXL Meditation and Yoga

A TOGU classic with new dimensions. The Dynair XXL Meditation absorbs any motion and transforms them into small gentle movements. This enhances body awareness, breathing and facilitates concentration. Individual pressure adjustment possible.

Also available with actisan material.

Art.No.:	Colour:
400402	red
Size:	50 cm
Packing unit:	2
Contents:	in deco-box with exercise poster and pump
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	available as a set with DVD, AGR certificate

Mat: TOGU Premium Easy

The convenient training mat. Easy to fold and store (ca. 32 x 60 cm), light weighted – easy to transport. Made from high quality PE foam. The skin friendly fabric finish on top prevents crumbling. Material prevents moisture absorption.

Art.No.:	Colour:
971200	black
Size:	180 x 60 x 0,9 cm
Packing unit:	4
Contents:	in box
Material:	PE-foam

Pilates Ballance Ball

For challenging Pilates exercises. Design by Christin Kuhnert. Extra large and soft.

Art.No.:	Colour:
492000	blue
Size:	ca. 30 cm
Packing unit:	25
Contents:	in polybag
Material:	foamed Ruton
Max load:	ca. 120 kg during lying exercises

Pilates Ball Power Pilates

For "Power Pilates" programs by Juliana Afram. Soft and durable.

Art.No.:	Colour:
492100	blue
Size:	ca. 26 cm Ø
Packing unit:	25
Contents:	in polybag
Material:	foamed Ruton
Max load:	ca. 120 kg during lying exercises

Pilates Circle Premium



Pilates Foamroller Premium



Pilates Multiroll®



Pilates Circle Premium

Robust but light fibre ring. Diameter ca. 35 cm. Strengthening of muscles, through resistance training. Variable exercises possible. Suited for single and group training. For using at the gym or at home.

Art.No.:	Colour:
493500	black
Size:	ca. 35 cm Ø
Packing unit:	10
Contents:	in deco-box

Pilates Foamroller Premium

A wide range of exercises possible. This firm roll consist of durable EVA foam material. A length of 90 cm. Resists slipping away during the training. For using at the gym or at home.

Art.No.:	Colour:
400047	purple
Size:	90 x 15 cm
Packing unit:	6
Contents:	in foil with exercise poster
Material:	EVA Material
Max load:	ca. 150 kg

Pilates Multiroll

Special design for Pilates and stability exercises. Adjustable air pressure sets the level of difficulty. Pleasant, smooth surface. Can be combined with the Redondo Ball and Stonies.

Art.No.:	Colour:
400030	black, silver, red
Size:	80 x 18 cm
Packing unit:	4
Contents:	in poly-bag with pump
Material:	Ruton
Max. load:	200 kg
Specials:	available as a set with DVD

Redondo® Ball



Redondo® ball with actisan®



Redondo® Ball Touch



Redondo Ball

In sizes 18 cm, 22 cm und 26 cm. Soft and durable. Small – essential. The “foldable” ball for Mind-Body, Pilates, wellness and fitness!

Art.No.:	Colours:	Size: Ø	PU:
491300	anthracite	ca. 18 cm	16
491000	blue	ca. 22 cm	16
491100	ruby-red	ca. 26 cm	16

Contents: in deco-box with exercise poster

Material: foamed Ruten

Max load: ca. 120 kg during lying exercises

Redondo ball with actisan

A healthy body posture with the Redondo Ball.

With 18 cm and 22 cm in diameter this ball made of soft foamed material is a real TOGU classic. It serves as an ideal Pilates partner, for pelvic floor exercises and abdominal workout as well as for massaging the neck and deep relaxation.

A relaxation that can now be enjoyed by each gym member without any hesitation due to hygienic situation.

Actisan offers a reliable hygienic solution for all kinds of group training: the innovative material is highly effective against bacteria and other microorganisms on an ionic basis. It is constantly building up ions which are harmless for humans and are attacking only the metabolism of the harmful organisms. actisan is antibacterial as well as antimicrobial and destroys bacteria and other microorganisms at the same time. Therefore it is much more efficient than the usual wipe off disinfection and this effect lasts for at least five years. The user saves time and money and wins faith and well-being for his customers.

Art.No. :	Colour:	Size: Ø
420600	anthracite	ca. 18 cm
420470	anthracite	ca. 22 cm

Packing unit: 16

Contents: in deco-box, with exercise poster

Material: Ruten with actisan, with plug valve

Max. load: approx. 120 kg for exercises in lying position

Redondo Ball Touch

The classic Redondo Ball new with smooth Touch knobs. Easily and without using a pump to inflate and deflate. The foldable ball with knobs. Additional sensoric impressions can be set and Redondo Touch can be used for massage.

Art.No. :	Colour:	Size: Ø
493000	anthracite	ca. 18 cm
493100	blue	ca. 22 cm
493200	ruby-red	ca. 26 cm

Packing unit: 16

Contents: in deco-box with exercise poster

Material: foamed Ruten

Max load: ca. 120 kg during lying exercises

Redondo® Ball „feel Redondo“ & DVD



MADE IN GERMANY
30-Jahre-Sarantia



Redondo Ball „feel Redondo“ 6 DVD

Soft and durable. Small – essential. The “foldable” ball for Mind-Body, Pilates, wellness and fitness!

Also available as set with DVD of Michaela Busch und Gunda Slomka

Art.No.:	Specials:	Colour:
491600	without DVD	green
491608	with DVD	green
Size:	ca. 26 cm	
Packing unit:	16	
Contents:	in deco-box, with exercise poster	
Material:	foamed Ruton	
Max load:	ca. 120 kg during lying exercises	

Redondo Ball Mini Set of 2

The popular training and pilates ball in a new size and as a set of 2: The Redondo ball mini set - made in Germany - offers you a variety of new exercises. Designed as a pair it is handy small (about 14 cm diameter per ball) for a demanding body workout and health training. Due to the unique anti-slip nature of the Redondo balls, the duo is suitable for many new exercise positions and challenges.

In many online videos and on training charts from Gabi Fastner, you will find numerous suggestions and motivation for your personal training at home, in the club or gym.

Art.No.:	Colour:
491900	blue
Size:	2 x ca. 14 cm Ø
Packing Unit:	4
Contents:	Set of 2 in box
Material:	foamed Ruton

Redondo Ball Plus

The popular and most versatile training tool Redondo Ball – made in Germany – in a new size “Plus” allows a lot of new exercises for beginners and advanced users in fitness and health workout. This new kind of mid-sized gymnastic ball is specifically designed for safe and healthy exercising. Due to its soft and handy surface the Redondo Ball Plus is comfortable to use and provides security for balance training. In addition, the stability of the Redondo Ball Plus is ideal for exercises in sitting and kneeling and is particularly well suited as a dynamic support surface. With its own light weight of about 500 g and its size of about 38 cm diameter, it allows also perfect swinging and rotating movements to strengthen your body. The Redondo Ball Plus can be in- and deflated easily without any pump needed.

New: Now also available in actisan!

Art.No.:	Colour:	Size Ø:
491400	green	ca. 38 cm
491800	antracite (actisan)	ca. 38 cm
Size:	ca. 38 cm Ø	
Packing Unit:	12	
Contents:	in deco-box with exercise poster	
Material:	foamed Ruton	

Redondo® Ball Mini



Redondo® Ball Plus



actisan



Relax-Nex®



MADE IN GERMANY
30-Jahre-Garantie

Relax-Nex

Relieve the spine. Sink into deep relaxation. Have your head supported by a smooth air cushion. During meditation, sunbathing or sports. May relieve tension-headaches. Hygienic and washable.

Art.No.:	Colour:
400470	silver-grey, amethyst
Size:	23,5x11cm
Packing unit:	16
Contents:	in deco-box
Material:	Ruton
Max. load:	ca. 200 kg
Specials:	new in piloga-packaging line

Senso® Mat Mini / Senso® Mat



MADE IN GERMANY
30-Jahre-Garantie

Senso Mat Mini / Senso Mat

A luxurious high quality mat. About 7.000 Senso knobs enhance body awareness. For yoga, meditation and relaxation. Special cover for massage tables, training mats and floors.

The classic in a new dimension - 60 x 40 cm. Use this small but nevertheless generously studded mat in your group sessions (health and fitness) and it will awaken the senses of the participants through the soles of their feet. You can get the Senso effect in your step classes and dance lessons - so simple, safe and uncomplicated.

Art.No.:	Colour:	Size:
400420	amethyst, blue (Senso Mat Mini)	60 x 40 cm
400413	amethyst (Senso Mat)	120 x 60 cm
400410	blue (Senso Mat)	120 x 60 cm
Packing unit:	4	
Contents:	in deco-box	
Material:	Ruton	

Spirit-Ball



Spirit-Ball

Designed by Lucia Nirmala-Schmidt. Extra thick wall. Scent-free. Diameter ca. 16 cm.

Art.No.:	Colour:
491200	ruby-red
Size:	ca. 16 cm
Packing unit:	20
Contents:	in polybag
Material:	foamed Ruton
Max load:	a. 120 kg during lying exercises

TOGU® Toning® Ball

NEW!



TOGU Toning Ball Set of 2

The Toning Ball 2-set - made in Germany - is designed to meet the requirements of Pilates programs and is an ideal additional weight for many fitness and yoga exercises. The weight is placed in the center of the hand and therefore ergonomic and joint-protective. Increase the training effect and strengthen arms, shoulders and upper body with the TOGU Toning balls.

Art.No.:	Colour:	Size / Weight:
400650	amethyst, pearl	ca. 10 cm Ø and 500 g each
401650	amethyst, pearl	ca. 10 cm Ø and 900 g each

PU:	1
Contents:	set of 2 in box
Material:	Ruton
Max. Load:	up to ca. 150 kg

Yoga Balance Cushion

The first inflatable cushion developed specifically for yoga which allows the individual to adjust the height as required to obtain a relaxed seating position and upright posture. The gentle vibrations of the body are absorbed by the air cushioning and relayed back to the body. Ideal for beginners who have the soft support of the cushion as they move and exercise. A mini pump is supplied to make light work of inflating and deflating the YOGA Balance Cushion. A novel resource to bring variety to your daily yoga routine.

Yoga Balance Cushion



Art.No.:	Colour:
400290	purple
Size:	approx. 40 x 40 x 30 cm
Packing unit:	4
Contents:	in a box, with pump
Material:	Ruton
Max. load:	approx. 150 kg
Specials:	seat height easily customizable

Accessories: Ball net large & Ball net small

The practical solution for trainers, therapists and clubs: the ball net single with pull loop holds a ball of size 9, (= 23cm in diameter). The ball net large can hold up to 10 balls with the size 9" (= 23cm in diameter). Also suitable for Redondo balls, gymnastics balls and Senso balls.

Accessories: Ball net large & Ball net small



Illustrated balls are not included

Art.No.:	Name:	PU:
921500	Ball net big	50
920500	Ball net small	120

Colour:	white
Contents:	in box
Material:	polyester

example of use

Ball bowl & Ball Bowl Dynamic Drums



Ball bowl

The classic with the circular whole in the middle: so the ball always has contact to the ground and does not slip away. Now available in an attractive new colour!

NEW: New Ball Bowl for Dynamic Drums!

Art.No.:	Colour:	Name:	PU:	Size:
930005	black	Ball Bowl Dynamic Drums	2	ca. 45 cm Ø x 21 cm

Art.No.:	Colour:	Name:	PU:	Size:
930002	silver	Ball Bowl	4	one size fits all
930000	black	Ball Bowl	4	one size fits all

Contents: Shipping box

Material: PVC

Ball net large & Ball net small

The practical solution for trainers, therapists and clubs: the ball net single with pull loop holds a ball of size 9, (= 23cm in diameter). The ball net, large can hold up to 10 balls with the size 9" (= 23cm in diameter). Also suitable for Redondo balls, gymnas-tics balls and Senso balls.

(balls are not included)

Art.No.:	Name:	PU:
921500	Ball net large	50
920500	Ball net small	150

Colour: white

Contents: In a box

Material: polyester

Ball net large & ball net small

NEW!



example of use

Cover for Dynair® Ballkissen® & Airgo® Seat Cushion



Cover for Dynair Ballkissen and Airgo Seat Cushion

The useful textile cover with zipper for Dynair Ballkissen® models in the sizes 33 and 36cm diameter.

NEW: Now also available for the Airgo seat cushion.

All covers are washable.

Art.No.:	Colour:	Size:
930300	black (Dynair Ballkissen)	ca. 33 cm Ø
930360	black (Dynair Ballkissen XL)	ca. 36 cm Ø
930640	black (Airgo Seat Cushion)	ca. 40 x 28 cm

Packing unit: 5

Contents: In a box

Material: velours-like surface, washable

Comfort-Cover



Comfort-Cover

The soft comfort-cover ensures optimal sitting comfort.

Fitting for the Dynair Premium Wedge-Ballkissen, the Airgo Backcushion and the Airgo Seatcushion.

Art.No.:	Name:	Colour:
930700	Dynair Premium Wedge-Ballkissen (1)	black
930600	Airgo Backcushion (2)	black
930400	Airgo Seatcushion (3)	black

Packing unit: 5

Contents: In a box

Material: special climate-material

Cork Cover for Dynair® Ballkissen® & Dynair Wedge-Ballkissen®



Cork Cover for Dynair Ballkissen and Wedge-Ballkissen

The new cork cover for your original Dynair Ballkissen.

The natural cork material is extremely resistant, breathable and even fire resistant.

The TOGU embossed logo and the original cork looks are a real eye-catcher in the office and at home. Also available for Dynair Premium Wedge-Ballkissen.

Washable at 30 degrees celsius.

Art.No.:	Colour:	Size:
930620	kork (Dynair Ballkissen XL)	ca. 36 cm Ø
930630	kork (Dynair Wedge-Ballkissen)	ca. 36 x 37 cm

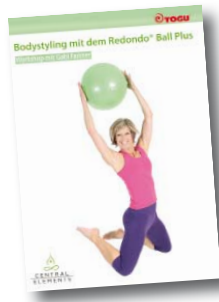
CD - Fiesta do Brasil & TIEMU - shake & shape



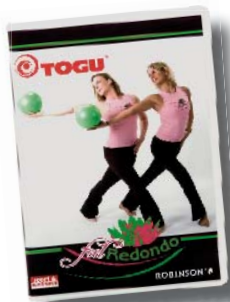
DVD - Bodystyling mit Brasil®



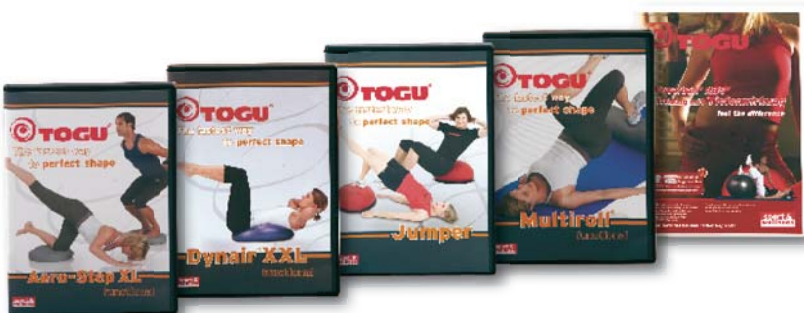
DVD - Bodystyling mit dem Redondo® Ball Plus



DVD - Feel Redondo®



DVD - Perfect Shape - Series



CD - Fiesta do Brasil & TIEMU shake & shape

This Music CD fits the programmes of Gabi Fastner using training tools like Brasil, Topanga and Redondo Ball.

Art.No.:	Name:	PU:	Length:	BPM:
939552	Fiesta do Brasil	10	ca. 62 min	126
939640	TIEMU shake & shape	10	ca. 62 min	110 / 115

Brasil DVD - Bodystyling mit Brasil

A 60 minute fitness program in german language, that is fun and easy to make and takes very little time. Training with the Brasil animates the organism, provides greater fitness, strengthens the muscles around the spine, improves posture and strengthens connective tissues. They also improve your body awareness and coordination skills.

Art.No.:	Name:	Language:
939620	Bodystyling mit Brasil	german

Length: ca. 65 min

PU: 10

Specials: also available as a set with the product

DVD Bodystyling mit dem Redondo Ball Plus

Gabi Fastner presents exercises around the new Gymnastic Ball Redondo Ball Plus. The DVD is designed for professionals as trainers and coaches as a teaching video as well as a home training video for those who want to keep fit.

Art.No.:	Name:	Length:
939630	Bodystyling mit dem Redondo Ball Plus	ca. 60 min

PU: 10

Language: german

DVD Feel Redondo

A small ball with great possibilities - effective exercises for your back and abdominal. Mobilization of the spine.

german

Length: ca. 220 min

Art.No.: 939590

Packing unit: 10

Specials: only german language, also available as a set with the product

DVD Perfect Shape - Series

Perfect Shape Training is now – a workout based on the sport of the pro's: you will not exercise every single muscle. You will exercise a whole movement. The perfect training for everyone: saving time and having fun. The DVD Perfect Shape series is available for 5 different top training products.

Art.No.:	Name:	PU:	Length:	Language:
939510	Aero-Step XL functional	10	ca 60min	german/english
939530	Dynair XXL	10	ca 60min	german/english
939540	Jumper	10	ca 60min	german/english
939520	Multiroll functional	10	ca 60min	german/english
939500	Powerball	10	ca 60min	german

Specials: each DVD also available as a set with the product

Mat: TOGU® Premium Easy



similar to picture

Pump: Ball pump



Pump: Dual-action pump



Pump: Powerball® Pump



Mat: TOGU Premium Easy

The convenient training mat. Easy to fold and store (ca. 32 x 60 cm), light weighted – easy to transport.

Made from high quality PE foam. The skin friendly fabric finish on top prevents crumbling. Material prevents moisture absorption.

Art.No.:	Colour:
971200	black
Size:	180 x 60 x 0,9 cm
Packing unit:	4
Contents:	in deco-box
Material:	PE-foam

Ball pump

For all products with needle-valve. (Needle is placed inside the handle.)

Art.No.:	Colour:
904400	white
Size:	15 cm
Packing unit:	50
Contents:	Shipping box

TOGU Dual-action pump

For all Products with a needle valve. Needle is placed inside the handle. Including a flexible tube to screw on.

Art.No.:	Colour:
965550	white
Size:	ca. 20 cm
Packing unit:	24
Contents:	in a polybag

Powerball Pump

The handy pump for all MyBall, Powerball products and other products with plug-valves

Art.No.:	Colour:
966600	white
Size:	ca. 30 cm
Packing unit:	10
Contents:	Shipping box

Pump: Set for inflating special sport balls

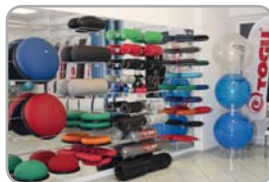


Stacking aid set of 3



TOGU® Wall

NEW!



example of use

Set for inflating special sport balls

Including: 2 plastic valves; 2 needle-valves; plastic-cap for ball-pump; valve-drawer for plastic-valve; valve-drawer for needle-valve; instructions.

Art.No.:	Colour:
910000	white
Packing unit:	10
Contents:	in a polybag

Stacking aid set of 3

Very durable, transparent material.

Art.No.:	Colour:
930500	transparent
Size:	3 x ca 141 x 20 cm; (ca. 45 cm Ø)
Packing unit:	1
Contents:	in a set of 3 rings

TOGU Wall

The new TOGU Wall is an intelligent combination of a presentation space and storage aid for our training and therapy tools.

The system can be used in a modular way. One article consists of two single elements each with a size of 2m (height) x 1m (width) (Walnut). The new model of the TOGU Wall in mirror optics consists of one element of 1.20 m width and 2 m height.

The optional shelves and brackets has to be ordered extra according to the needs in the training and therapy room. These parts can be attached easily to the wall system. Standard fixing material is included. Individual requirements for the wall fastening must be observed. We offer a customized product with various colors upon request. The material is very robust and easy to clean.

Art.No.:	Contents:	Colour:	Size:
902035	TOGU Wall	mirror	1,2m x 2 m x 1 cm
902030	TOGU Wall	walnut	2 m x 2 m x 1 cm
902036	TOGU Wall with 18 hangers	mirror	1,2m x 2 m x 1 cm
902031	TOGU Wall with 18 hangers	walnut	2 m x 2 m x 1 cm
PU:	1		
Material:	MDF		

Training Charts



Aero-Step®
Art.Nr.: 980609



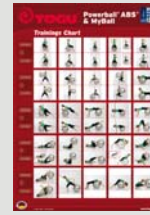
Dynair® Ballkissen®
Art.Nr.: 960244



Redondo® Ball
Art.Nr.: 980303



Brasil®
Art.Nr.: 980608



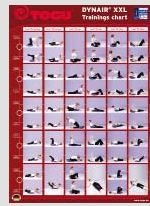
Powerball® ABS® & MyBall
Art.Nr.: 980622



Pendel® Ball
Art.Nr.: 980611



Functional Training
Art.Nr.: 980600



Dynair® XXL
Art.Nr.: 980605



Jumper®
Art.Nr.: 980606



Jumper Physio
Art.Nr.: 980607



Piloga®
Art.Nr.: 980604



Dynair® Pro
Art.Nr.: 980610



Balanza® Ballstep®
Art.Nr.: 980618



Gesund Trainieren - Rücken
Art.Nr.: 960359



Rückenfit - Brasil
Art.Nr.: 980612

... and many more!

For most of our products we have Training Charts. Please don't hesitate to ask us for more information!



Scan this QR-code...

...and get directly to our webpage.

Books (only available in German)



Aktiv und beweglich 60+
Autorin: Gabi Fastner

Zielgruppe: Trainer und Endverbraucher
ISBN 978-3-89899-997-7



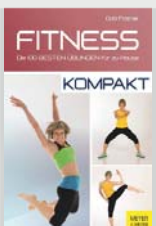
Bodyforming für Frauen
Autorin: Gabi Fastner

Zielgruppe: Trainer und Endverbraucher
ISBN 978-3-8354-1308-5



Das große AGR Rückenbuch
Autor: Thorsten Dargatz

Zielgruppe: Endverbraucher
ISBN 3-936119-12-0



Fitness kompakt
Die 100 besten Übungen für zu Hause
Autorin: Gabi Fastner

Zielgruppe: Endverbraucher
ISBN 978-3-89899-965-6



Faszien kompakt
Training für das Bindegewebe
Autorin: Gunda Slomka

Zielgruppe: Trainer und Endverbraucher
ISBN 978-3-89899-995-3



Rund um den Ball

Autorin: Gabi Fastner
Zielgruppe: Trainer und Endverbraucher
ISBN 978-3-89899-911-3



Trainingsbuch Brasil®
Autorin: Gabi Fastner

Zielgruppe: Physiotherapeuten,
Übungsleiter, Trainer, Freizeitsportler
ISBN 978-3-89899-832-1



Funktionelles Figurtraining
Autorin: Gabi Fastner

Zielgruppe: Endverbraucher
ISBN 978-3898997522



Gymnastik für den Beckenboden
Autorin: Ulla Häfeling

Zielgruppe: Endverbraucher
ISBN 978-3-89899-539-9



Funktionelles Zirkeltraining

Autoren: Jörn Rühl, Vanessa Laubach

Zielgruppe: Übungsleiter
ISBN 978-3-89899-664-8



Koordinationstherapie Propriozeptives Training

Autoren: Ulla Häfelinger, Violetta Schuba

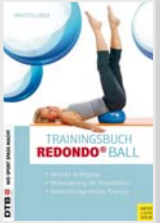
Zielgruppe: Trainer, Therapeuten,
Übungsleiter
ISBN 978-3-89899-571-9



Gesundheitsbewusstes Krafttraining

Autorin: Yvonne Bechheim

Zielgruppe: Sportlehrer, Übungsleiter,
Trainer, Endverbraucher
ISBN 978-3-7853-1887-4



Trainingsbuch Redondo Ball

Autoren: Inge Kracht und Monika Ellinger

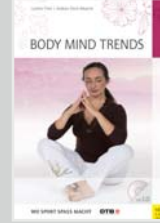
Zielgruppe: Endverbraucher
ISBN 3898994228



Pilatestraining 50+

Für mehr Beweglichkeit & Ausstrahlung
Autorin: Claudia Hölzl

Zielgruppe: Trainer und Endverbraucher
ISBN 978-3-89899-835-2



Body Mind Trends

Autorinnen: Gudrun Paul, Andrea Flach-Meyer

Zielgruppe: Übungsleiter, Endverbraucher
ISBN 978-3-89899-792-8



Körperhaltung in Training und Alltag

Autorin: Karin Albrecht

Zielgruppe: Trainer und Ausbilder, am
Thema wissenschaftlich Interessierte
ISBN 3-8304-7137-8



Funktionelles Training mit dem großen Ball

Autorin: Karin Albrecht

Zielgruppe: Trainer, Ausbilder
und interessierte Endverbraucher
ISBN 3-8304-7248-X



Pilates während der Schwangerschaft und Rückbildung

Autorin: Sabine Böisinger

Zielgruppe: Hebammen, Trainer, Kursleiter,
Schwangere, Mütter
ISBN 978-3-89899-793-5



Flacher Bauch - Starker Rücken

Effektives Training für die Körpermitte
Autoren: Fastner/Manhart

Zielgruppe: Trainer, Endverbraucher
ISBN 978-3-89899-887-1



Besser trainieren!

Autor: Dr. H.-W. Müller-Wohlfahrt; Oliver
Schmidtlein

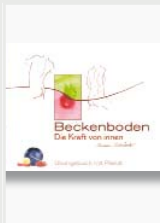
Zielgruppe: Endverbraucher
ISBN 978-3-89883-170-3



mami sports

Autorin: Vroni Raab-Kronski

Zielgruppe: Trainer, Hebammen,
Schwangere und Mütter
ISBN 978-3-981-81450-7



Beckenboden - Die Kraft von innen

Autorin: Susanne Schwärzler

Zielgruppe: Trainer, Übungsleiter,
Hebammen, Endverbraucher
ISBN 978-3-00-030368-5



Das neue Core Training

Autorin: Eri Trostl

Zielgruppe: Männer, Endverbraucher,
Trainer, Coaches
ISBN 9-783959611039



Groupfitness Workout Basics & Variationen

Autoren: Anke Haberlandt und Ilka Holst

Zielgruppe: Trainer, ambitionierte
Fitnessportler
ISBN 9783840375514



Schmerzfrei und beweglich durch Faszientraining

Autorin: Yvonne Bechheim

Zielgruppe: Endverbraucher
ISBN 978-3-7853-1930-7

showing competence - develop sale

Selling is easy

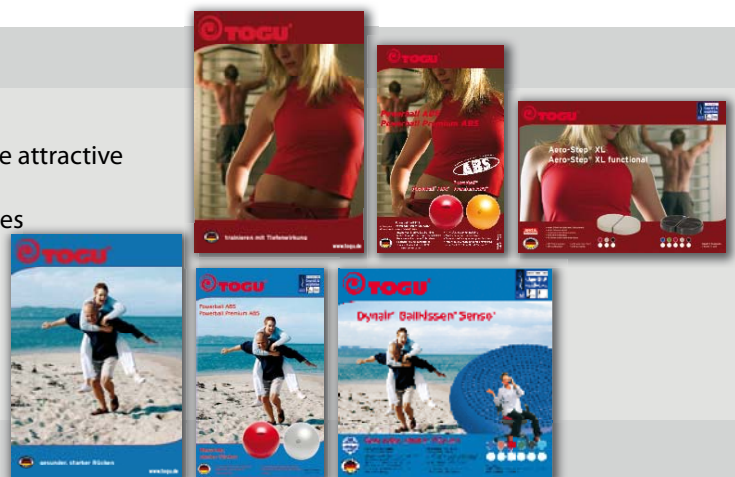
Our modern, target group orientated packaging lines create interest and demand. By the way you will find all selling arguments on the front – self-explanatory and without a course of instruction – take the easy way.



TOGU Supports your sales promotion efforts

Decoration packages that make your showroom even more attractive

- 5 decoration packages matching the TOGU packaging lines
- Distinct picture and color statement
- Each decoration package consists of two decoration cardboard boxes and one poster



Booklets for Your customers

The convenient catalogue in a small format.

It's lightweight, handy, well arranged, with a comprehensive product overview and well suited as a take-away for customers.



Art.-No.: 960002 and 960500

showing competence - develop sale

Instructions, Flyer and Training Charts

Ideas for exercises and information on our products.

Training Charts exist for most of our products.
Please don't hesitate to ask us for more information.



„A day in motion“ – a Health Day in your store

You would like to inform customers on health topics and therefore you are planning an event?

TOGU supports you by providing relevant contacts to our qualified instructors. Your customers will receive suggestions for exercises and profound information on health topics from a professional.

- Relevant contact to a qualified instructor
- Exercises and information on several health topics
- In connection with high quality products from TOGU
- Poster and decoration material

Pictures and videos

Up to date product pictures, exercise pictures and short video clips in digital format.

Use the power of moving images. Especially video clips enjoy great popularity and are suitable to attract customer interest.

A comprehensive choice of pictures and video clips for your catalogue design and homepage is made available for you on our product DVD.



www.youtube.com/TOGU1956



Motion - remedy of the 21st century

Training and education

Intelligent training

For more than 50 years, TOGU has been standing for top quality products and forward-thinking innovation in the fitness and health market. The following training and education concepts were developed by national and international experts in the fitness and health sector and offer top-level health-based training using safe products 'Made in Germany'. That is why professionals trust TOGU.

Ask your local distributor or dealer for more information.

In-house training

The In-house training concept takes place on your premises and brings you one step closer to the theory and practice of the TOGU training concept for fitness and health. This opportunity is aimed at clubs, studios and fitness sports institutes. An experienced instructor will be responsible for the training and will help familiarise you with the essential products, as well as motivating your employees or customers!

Simple ask for TOGU In-house training and we will be happy to advise you on any matter!

Contact the TOGU team by phone on: +49 (0) 80 51 - 90 38 - 0 or by email: info@togu.de



TOGU® ACADEMY

NEW: Official Master Education course

TOGU ACADEMY – 13th - 16th of September 2018

TOGU Academy makes you familiar with the concept of Healthy Training and how to educate trainers and therapists in using TOGU products.

TOGU Academy addresses to multipliers: educators of trainers, sports coaches and teachers, physiotherapists, practitioners and professionals in health, movement and fitness business.

TOGU Academy is designed for international participants. Presentation language is English.

- Experience the TOGU spirit and manufacturing of a TOGU product
- Learn more about the Healthy Training concept: How to use and benefit from TOGU products
- Learn more about specific application of TOGU products in daily training and therapy
- Special features for physical therapy and group fitness
- Get your certificate: "Official TOGU Master Educator"

Interested? Please contact us by phone +49 8051 90380 or info@togu.de



FT-COACH® – the next generation

FT-Coach (Functional Training Coach) is a practical-oriented training concept based on scientific facts and many years of experience in training and therapy. FT-Coach is directed at both physical education teacher, personal fitness trainers, coaches and physiotherapists who want to get to know the specific characteristics of modern functional training and enhance their knowledge. Basic knowledge of anatomy, physiology, kinetics and biomechanics is required.

The training concept includes 5 modules: module I is a two-day seminar, the modules II-V are each one-day seminars.

Contents Module I*: „Assessment and Corrective Training“

- Principles of Functional Training
- Functional anatomy, kinesiology and biomechanics
- Understanding Movement: proprioception and coordination
- Functional Assessment (Posture, Breathing, Mobility, Stability, Fundamental Movement Patterns)
- Corrective Training of Movement Pattern deficits
- Creating corrective training strategies for different levels and types
- Creating effective and safe Functional Training programs for different levels

Further modules)

- Module II: „CORE Performance“
- Module III: „Strength Conditioning“
- Module IV: „Athletic Development“
- Module V: „Active Recovery“

Further Information:
info@rebody.eu www.rebody.eu



*The contents of module I are considered as required for all the following FT-Coach modules



Panos Pantas

has a PhD in biochemistry and is working as a personal trainer and international presenter of functional training in Europe and Asia for more than 20 years. He is the owner of the Rebody center in Barcelona (www.rebody.eu) for more than 5 years. Panos is one of the developers of the FT Coach training concept. His international team and he are representing FT-Coach worldwide since 2013.



Funktionelles Zirkeltraining - das moderne Sensomotoriktraining

Developed by **DTB**

- The functional circle training is an attractive offer for the club, because of the diversified training which addresses men and women alike and also because there is no need to provide the same tool to every single participant. Using the slogan "fitness center gym" the circle offers a modern concept for clubs, ranging with its possibilities all the way to installing a fixed circle in a separate room as an introductory fitness studio.
- The functional circle training concept is based on the latest available scientific knowledge. It combines functional strength exercises, core training and sensomotoric training. Nine coordinated circles offer an ideal training and fun for all. The target group contains health and fitness athletes as well as active contest athletes. Due to the ability of variation, each of the workout stations can be adjusted to the groups demand.



Jumper® - Cardio Strength Interval Training

Developed by **Panos Pantas**

- challenging stabilization and balance exercises, with a high fun factor and an ingenious trampoline effect ideal for group training!
- The intense interval training is hard on calories and contributes to a healthy weight loss
- The jumper has been awarded with the AGR Quality seal (campaign for a healthy back)

Workshops | Inhouse Training



Panos Pantas



DYNAIR® XXL and Fascia in Motion

developed by **Gunda Slomka**

Fascia in Motion

The education programme „fascia in motion „ by Gunda Slomka represents a mix between theoretical basis mediation and its implementation and applicability for the fitness and group fitness training.

The concept for the training tool Dynair® XXL :

Stability training in a new dimension.

With the special concepts:

Dynair® XXL Yoga and Pilates Dynair® XXL by Michaela Busch and Christiane Wolff



Workshops | Inhouse Training



Gunda Slomka

www.4more-education.de



Michaela Busch

www.bewegungsraum-Hannover.de



Christiane Wolff

www.christiane-wolff.de

FASZIO® – Holistic fascial training

developed by **Heike Oellerich** and **Miriam Wessels**

FASZIO® puts scientific findings into motion: The varied , multi-directional training gives impulses for your whole body , all the senses and is geared to the requirements of a healthy everyday life . The movement concept of FASZIO® includes 6 strategies that make flexible and movable and give explosive strength and stability.

In the theoretical knowledge training will be generally understandable way and given suggestions to develop one's understanding of movement with new inspirations. Successful completion entitled to designate „DTB FASZIO® instructor“.



Education | Inhouse Training



Heike Oellerich

www.faszio.de



Miriam Wessels

www.faszio.de



BRASIL® - an effect that reaches deep inside

Developed by **Gabi Fastner**

- fast - easy - effective.
- innovative body shape training with a profound shaking effect.
- an ingenious filling consisting of air and weight offers an exact feed back on your movements
- small, handy, easy on your joints!



Workshops | Inhouse Training



Gabi Fastner
www.gabi-fastner.de

The new back school from the Confederation of German Back Schools

The bio-psycho-social concept of the new back school takes account of physical aspects as well as providing methods of relaxation and dealing with pain. The new back school is based on the quality standards of the Confederation of German Back Schools and has gained support from the German Ministry for Health and the German health insurance funds. The key content of the concept includes the improvement of coordination abilities, increasing core stability and promoting daily physical activity. The use of small items of special equipment helps achieve these goals. Sitting balls, ball cushions and various other movable supports help with the coordination and proprioceptive training concept. The small items of equipment also encourage course participants to incorporate the exercise programme into their free time.



Workshops | Inhouse training



Ulrich Kuhnt
(Manager of the Back School in Hannover, member of the management team at the German Association of Back Schools)
www.ulrich-kuhnt.de



TOGU® for children (Dynair XXL, Jumper, Powerball)

Concept assistance by **Kirsten Riedel** and **Tanja Finken**

- Full-body workout through play
- Variety of exercises with Dynair ® XXL, Jumper, AeroStep, Powerball, etc.
- Challenge and encouragement for children in “shaky” situations
- Training of sensorimotor functions and coordination as the basis for:
 - Brain development
 - Self-discovery and body awareness
 - Self-confidence and self-esteem



Workshops | Inhouse Training



Kirsten Riedel



Tanja Finken

Jumper® Double

Developed by **Gabi Fastner** and **Michael Pistauer** and **Patrick Arnold**

Jumper double is a set of two Jumper mini: one in green and one in red with a concept workout concept for more effect and fun in your training.

It allows new possibilities in your fitness and health training improving balance, coordination and strength. You can use it in group and also personal training. Different positions and the both sides to use of the Jumper double create a huge variety of exercise progressions. To play with both colours red and green can increase physical and mental fitness.

Ideal to use in Group Fitness classes, Functional Training und therapy.



Workshops | Inhouse Training



Gabi Fastner
www.gabi-fastner.de



Michael Pistauer



Patrick Arnold

TOGU® PHYSIO – experience the sensorimotoric function + Functional Training

Concept assistance by **Sven Kruse** and **Michaela Kreitmair**

This concept is adjusted to:

- the application with inflated sensorimotoric training equipment for the improvement of the sensorimotoric system (intense sensing and (stimulus) processing), stabilisation and strength
- the improvement of the coordination of the local and global system and the creation of new moving patterns
- Learn more about the incredible versatility of the Jumper, Aero-Step Pro, Dynair-Series and many other TOGU products.
- TOGU-Training equipment can be applied from the beginning during a therapy and will put your patients in best shape again.

Inhouse Training



Sven Kruse



Michaela Kreitmair

Specialists for back-friendly situational prevention

Developed by the AGR e.V. (Campaign for Healthier Backs) - a distance learning course for doctors and therapists

- Supports the doctor/therapist in the day-to-day work of advising patients, extending the range of services provided and helping those suffering from backache in the difficult task of making their surroundings back-friendly.
- AGR-trained „specialists for back-friendly situational prevention“ thus act as the ideal contact point for people seeking to take a preventive approach or who already suffer from backache -private and the working environment.
- In many cases, these „specialists“ also offer workplace analysis and advice.



For more Information
www.agr-ev.de
→ doctors and therapists

POWERBALL® ABS® - stability training at the highest level

Developed by Karin Albrecht

- the great ball rediscovered again the reason - it is an effective training tool
- Sensorimotoric function, coordination, stability and strength can be improved and trained with a lot of fun
- The Powerball ABS series has been awarded with the AGR Quality Seal (campaign for a healthy back)



Workshops | Inhouse training



Karin Albrecht
www.star-education.ch

AERO-STEP® Pro - the first step towards better sensorimotoric function

Developed by Karin Albrecht

- B.CO Aero-Step Pro, a concept which greatly improves the quality of exercises during training
- Aero-Step Pro is the ideal training tool for enhancing the sensorimotoric function, coordination, stabilization and strength for group exercises



Workshops | Inhouse training



Karin Albrecht
www.star-education.ch

Partners








Strong partners in an efficient network

Our partners design and market concepts in the fields of health, fitness and sports. Supported by us and using TOGU equipment together we create high quality products and best practice for the professional educational market.

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 <p>ROBINSON Zeit für Gefühle</p>	<p>ROBINSON Zeit für Gefühle Robinson Club GmbH Karl-Wiechert-Allee 4 30625 Hannover www.robinson.de</p>	 <p>4more EDUCATION</p>	<p>4more education® Gunda Slomka Praetoriusweg 3 D – 30655 Hannover g.slomka@4more-education.de www.gunda-slomka.de</p>
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 <p>EURO EDUCATION European Fitness School</p>	<p>Euro Education Barbara Raab Henkelstr. 22 D – 85354 Freising Tel.: +49 (0)8161/49 69-41 Fax: +49 (0)8161/49 69-42 info@euro-education.de www.euro-education.de</p>	 <p>FASZIO Ganzheitliches Faszientraining</p>	<p>Faszio - Miriam Wessels und Heike Öllerich Woltersstraße 29 22453 Hamburg Tel: +49(0)40-51493632 Fax: +49(0)40-51493631 info@faszio.de www.faszio.de</p>
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Our Educators

Germany



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Fastner Gabi
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Fleichaus Joachim
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Finken Tanja
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Our Educators - Germany



Haberlandt Anke

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Häfeler Ulla

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Harder Carola

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Harvey Chris

Mitgründer von 4more education, DTB-Ausbilder, internationaler Presenter, Health- und Fitness-trainer, DVNLP Master & Coach, Autor, TOGU® Schwerpunkte: TOGU® Body Workout, Dynair® XXL functional.



Harvey Kate

(geb. Paffenholz) ist internationale Referentin, Personal Trainerin und Presenterin in den Bereichen GroupFitness und Pilates. Als ausgebildete Master Trainerin, Dipl. Sozialpädagogin, NLP- Practitioner und Heilpraktikerin i. A. hat sie sich vielseitig im Gesundheitssport qualifiziert. Mitglied der Pilates - Expertengruppe des DTB. TOGU Schwerpunkte: Pilates, Techniktraining, Personal-Training.



Hauser Sara

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Häuser Robert

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Claudia Hölzl

zertifizierte Gesundheitstrainerin und Fitness-coach; Lehrbeauftragte des BLSV e.V., DOSB Ausbilderzertifikat; staatl. geprüfte Referentin für rückengerechte Verhältnisprävention AGR e.V.; Autorin von Filmen und Fachbüchern, zahlreiche Lizenzen im Gesundheits- und Fitnessbereich, Pilatespezialistin, Körpertherapeutin, (Entspannung, Wellness- und Sportmassage, Taping).



Hübel Dirk

Geschäftsleitung - Health & Fitness Academy, Inhaber HFA-Consulting, Dozent der Universität Jena, Experte - Betriebliches Gesundheitsmanagement, Dipl. Sportwissenschaftler, Diplom Personal Trainer in Jena, Berater für die IKK-Thüringen.



Jackson Sharon

Sportlehrerin B.Ed. Hons. (Bachelor of Education Honours Degree), DOSB Ausbilderin Zertifikat, Dipl. DTB-Ausbilderin, Drums Alive® Master Instructor, DTB Group-Fitness-Master Trainerin, Qualifizierte Leiterin Sport in der Prävention, TOGU-„BeComplete“ Master Educator, TOGU Schwerpunkte: Kinder- & Jugendtraining, Head Dynair XXL Kids, Jumper®.



Kamm Sabine

Referentin und Ausbilderin mit Schwerpunkt Prävention und Gesundheitssport internationale Presenterin diplomierte Pilates Instructor Expertin Seniorensport Schwerpunkte: Dynair XXL, Brasil, AeroStep XL, Redondo Ball, Jumper, Powerball, Stonies.



Keller Matthias

Physiotherapeut B.A. Fachlehrer für medizinische Trainingstherapie, leitet zusammen mit Oliver Schmidlein das „OS Institut Bewegung für Orthopädie und Sportmedizin“ und ist dort verantwortlich für die Konzeption und Durchführung des OSPHYSIO Seminarsystems sowie für die Koordination verschiedener Forschungsprojekte.



Knoll Stefanie

Staatl. geprüfte Gymnastiklehrerin, Lizenzen: Kickbox-Aerobic Basic Instructor, TOGU Jumper® Instructor, TOGU Brasil® Instructor, Indoor-Cycling Instructor, Nordic Walking Instructor, Aqua-Fit B-Lizenz Instructor, Pilates Matwork Instructor, Rückenschulleiter, Kurse: Seniorensport; Wirbelsäulengymnastik; Pilates; Nordic Walking/ Laufkurse, KNS Bewegungsprofi.



Klinkenberg Nina

Staatl. geprüfte Fitnessfachwirtin (BSA, IHK) Heilpraktikerin Psychotherapie (HPG) Referentin/Dozentin/Ausbilderin



Koch Daniel

Diplom-Biologe, Personal Trainer, Ernährungscoach, Master Trainer Sen Fi & Drums Alive, Dozent, Ausbilder und Presenter für den LSV Schleswig-Holstein, Hamburger Sportbund, Landessportbund Berlin. TOGU® Schwerpunkt: Funktionelles Training mit dem Jumper®, Dynair® XXL, Aero Step® XL, Multiroll und Powerball®.



Kreitmair Michaela

Dipl. (A) Physiotherapeutin, Master of advanced Sportphysiotherapy, Physiotherapeutin des Bayerischen Fußballverbandes, Physiotherapeutin des TSV 1860 München, Jumper®. Dozentin an FH Rosenheim, Manualtherapeutin, Manuelle Lymphdrainage, Kinesiotaping.



Kruse Sven

Sportphysiotherapeut DOSB, Betreuer von Weltmeistern und Olympiasiegern in diversen Sportarten. Mitglied im FT-Coach Ausbilder-Team.



Kuhnert Christin

Pilates-Pionierin, Pilates-Ausbilderin mit eigenem Konzept, Ausbildungen: Spiraldynamik®, 3D-Massage, Franklin-Methode®, Gyrotonic®, Beckenboden und Faszien-Training, Heilpraktikerin mit dem Schwerpunkt „Bewegung-Ernährung-Homöopathie“, Buchautorin, Entwicklerin Rehaorientierten Trainingskonzeptes mit dem TOGU® Pilates Ballance Ball.



Kuhnt Ulrich

Sportpädagoge, Mitglied des Vorstandes des BdR e. V. (Bundesverband der deutschen Rückenschulen), Inhaber Rückenschule Hannover und Stützpunktleiter BdR Hannover



Lichtenberger Sandra

staatl. geprüfte Sport- und Gymnastiklehrerin, Dozentin an der Sport- und Gymnastikschule Glucker und am Gluckerkolleg Kornwestheim, liz. Pilates-, Yoga- und Qi Gong Lehrerin, Aerobic- und Fitnesstrainerin.



Maneke Christiane

Ausbilderin, Leiterin betriebl. Gesundheitsförderung, Leiterin & Referentin des BdR-Stützpunktes Sachsen-Anhalt, Pilates, Rückenschule, Powerball ABS, Aero-Step® XL, Jumper®-Instructor. TOGU Schwerpunkte: Powerball ABS, Aero-Step® XL, Redondo Ball, Dynair Extrem, Pendel Ball.



Meier Hape

Seit 1986 Krankengymnast und Sportphysiotherapeut, seit 1990 Inhaber des ambulanten „Reha-Zentrum Valznerweiher“ in Nürnberg u. a. Betreuung von Spitzensportlern, Ausbilder, fachlicher Leiter der Fortbildungsakademie AMS, ständiger Lehrbeauftragter des DOSB, Mitglied des Experten Teams Fitness Robinson, Buchautor.



Mende Dietrich

gepr. Personaltrainer, adv. Fascial Fitnesstrainer, Absolvent der Trainerakademie Köln, Fachtrainer med. Prävention und Rehabilitation, Rückenschulleiter, Inhaber „nic-education“, Referent für div. Ausbildungsinstitute im Bereich Personal Training und Marketing.

Our Educators - Germany



Mende Nici

TÜV zert. Personaltrainerin, adv. Fascial Fitnesstrainerin, Dipl. Trainerin med. Fitness, gepr. Rückenschulleiterin, Groupfitness Mastertrainerin, Konzeptentwicklerin Fascial Fitness für Senioren und Fascial Coach. Referentin für div. Ausbildungsinstitute im Bereich Personaltraining, Groupfitness, Fasziendfitness, trainingsorientierte Anatomie und Physiologie.



Michèle Corinna

Sport- und Betriebswirtschaftslehrerin, DTB-Ausbilderin GroupFitness, Ausbildungsleiterin GroupFitness im BW Karlsruhe, Mitinhaberin 4more-education, Mitinhaberin STZ-GmbH, Pilates-Trainerin, Autorin, TOGU Schwerpunkte: Dynair XXL, Pilates, Jumper.



Missalek Beate

Sport-, Gymnastiklehrerin und Rückenschullehrerin, DTB u. DOSB-Diplom Ausbilderin, Inhaberin von MOVEDU Gesundheitsmanagement Missalek, Gesundheitsprojekte, Ergonomicoachings, Gesundheitstage, Seminare, Vorträge. TOGU Schwerpunkte: Rückengesundheit, funktionelles reaktives Training, Powerball ABS, Jumper, Aero Step XL, Redondo Ball, Brasil.



Dr. Mommert-Jauch Petra

Diplomsportlehrerin, Lehrbeauftragte an der Eliteuni. Karlsruhe & Universität Konstanz, Inhaberin des ISR-Instituts für Sport & Rehabilitation, Geschäftsführerin & Ausbildungsleiterin DWI-Deutschen Walking Institutes e.V.



Moudjendé Monika

Sport- und Gymnastiklehrerin, Referentin für Gruppenfitness, Ausbilderin Pilates – und Rückenschultrainerin an der Sportschule Berlin und bei den Verbänden BTB und ESAB. TOGU Schwerpunkte: Jumper®, Dynair® XXL, Brasil.



Müller Simone

Gymnastiklehrerin mit 20 jähriger Berufserfahrung, Diplom Sozialpädagogin, Polestar zertifizierte Pilates Trainerin für Matte seit 2006, 2010 Ausbildung in Pilates Allegro bei Bodymotion, Aroha Instructorin, Referentin und Ausbilderin für diverse Sportverbände und Institute, Inhaberin eines Yoga und Pilates Studios in Offenbach, Togu Schwerpunkt: Pilates und Yoga



Müller Stephan

Sportlehrer, Sporttherapeut und Sportphysiotherapeut, langjähriger Experte beim Aufbau von Personal Trainer Lounges sowie in der Ausbildung erfolgreicher Personal Fitness Trainer und Ernährungsberater an Universitäten und staatlichen Sportschulen. Inhaber des GluckerKolleg, der Glucker PT Lounge und der PT Lounge GmbH. Ernährungsberater zahlreicher Olympiasieger und Weltmeister.



Napierski Esther

Dipl. Personal Trainerin, Ausbilderin, ZDF Fitness Coach, Expertin Functional Training, Wirbelsäulen/Rücken Expertin, Internationale Presenterin, Jumper®.



Neff Jochen

Staatl. geprüfter Sportlehrer, Athletentrainer Profisport (1. und 2. Bundesliga), int. Ausbilder für Personal Fitness Training, Referent im Gesundheitsbereich, TOGU Schwerpunkte: Jumper.



Niekerke Katrin

Staatl. geprüfte Gymnastiklehrerin, Dipl. Gesundheitsmanagerin (FH), Fitnessfachwirtin IHK, Referentin Fitness-/ Gesundheitsbereich, Dozentin BSA Akademie, Bode-Schule München, Deutsche Hochschule für Prävention und Gesundheitsmanagement, TOGU Schwerpunkte: Redondo Ball, Powerball ABS, Multiroll, MyBall, Brasil GroupTraining und PersonalTraining, Dynair Ballkissen, Aero-Step XL, Kinder.



Obenauer Kerstin

Dipl. Sportwissenschaftlerin, Liz. Aerobicinstructor, Liz. Fitnesstrainer, Rückenschullehrer, Referentin und Ausbilderin DTB und HTV, Autor, TOGU Schwerpunkte: Vitaltraining, Sturzprophylaxe, Venenpower.



Pastrelli Kamada Yara

Dipl. Sportwissenschaftlerin, Leiterin des Bereichs Group-Fitness bei ELEMENTS, Instruktorin für Pilates, JUKARI Fit to Fly, Aqua TRX, deepWORK und Zumba.



Pistauer Michael

Diplom-Sportwissenschaftler, Stellvertretender Schulleiter und Dozent der KNS München, Fachbereiche: Sportsysteme, Leichtathletik, Koordination, Lauftraining, Organisation und Recht, Sportliche Leitung des TSV Waldtrudering e.V., Lizenzierter Life Kinetik Trainer.



Raab Barbara

Eine der erfahrensten Ausbilderinnen europaweit, Inhaberin der Euro Education, Mitbegründerin der Euro Conventions, Konzeptentwicklerin der B-Lizenz Power-Vit®, Bewegter Rücken & Slings In Rhythm, Fitness Award August 2005, Robinson® Expertin, TOGU Schwerpunkte: Dynair® XXL, Redondo Ball, Powerball® ABS®, Aero-Step® XL, Brasil®.



Raab Vroni

Dipl. Sportwissenschaftlerin univ. Reha und Prävention, Euro Education Mastertrainerin, Internationale Presenterin, Ausbilderin beim Bay. Landessportverband, Referentin S-Lizenz, Referentin B-Lizenz und PowerVit®, Konzeptentwicklerin von PowerVit® Complete (AeroStep TOGU), Robinson® Expertin. TOGU Schwerpunkte: Dynair® XXL, Redondo® Ball, Powerball® ABS®, Aero Step® XL.



Rehl Daniela

Staatlich geprüfte Gymnastiklehrerin, Lizenzen: TOGU® Brasil®, TOGU® Jumper®, Aero-Step®, Erfahrungen/Kurse: Ausgleichsgymnastik, Senior-Fit, Body-Power, Dance Aerobic, Step-Aerobic, Aerobic, Latin Dance.



Riedel Kirsten

DTB-Aerobic-Trainerin inkl. Step-Kurzausbildung, DTB-Trainerin Pilates, Drums Alive-Instructorin inkl. Kids Beats, Zumba-Instructorin, Kursleiterin und Ausbilderin Kids in Action, Referentin für den DTB und diverse Landesturnverbände, Leiterin diverser Schulprojekte



Schneider Justus

Diplom Sportlehrer (DSHS Köln), Personal Trainer, Referent und Experte für verschiedene Medien (Fit For Fun, Men's Health), Ausbilder für Sport- und Fitnesskauffleute, Functional Training Experte, Schwerpunkte: Gesundheitssport und Leistungssport, ehem. Leistungssportler Stabhochsprung u.a.



Schuba Violetta

Dipl. Sportwissenschaftlerin, Ausbilderin beim DTB & HTV u.a. mit folgenden Gesundheitsthemen: GroupFitness, Pilates. Osteoporose, Nordic Walking, Rückenschule, PersonalTraining, Body&Mind, Autorin, TOGU Schwerpunkte: Prävention, Rücken, Body & Mind, Jumper®.



Sehringer Diana

Personaltrainerin, Unternehmenscoach, Referentin und Ausbilderin Fitness- und Gesundheitsbereich, Prävention und Stressbewältigung, ArohaAdvancedTrainer®, PilatesTrainerin, FlexibarTrainerin, ErnährungsCoach, Schwerpunkte: AeroStep XL, Powerball, Jumper, FT Circle, Dynair XXL.



Seifert Sascha

Ausbilder für Personalfitnesstrainer, Sportheilpraktiker, Osteopath (B.A.O.), Sportphysiotherapeut DOSB. Geschäftsführer PHYSIOCORE ACADEMY und BEFIT@WORK.



Silvester Win

M. A. Gesundheitsmanagement, med. Ayurveda Spezialist, Inhaber und Ausbildungsleiter der Q-Fitness Academy, Schwerpunkte: psycho-soziale Gesundheit, Auszeit-/ Kloster-Seminare, betriebliches Gesundheitsmanagement, Athletik-Training, funktionelles Training für Einsteiger. TOGU Schwerpunkte: Aero Step XL, Redondo Ball, Jumper, Brasil, Powerball ABS, Bodystyling mit Kleingeräten.



Slomka Gunda

Sportwissenschaftlerin, Sportlehrerin & -therapeutin: Orthopädie und Rheumatologie (DVGS), int. Referentin, Ausbilderin, Expertin, Beraterin und freie Mitarbeiterin für ROBINSON Events und Euro Education, Autorin, TOGU Schwerpunkte: Dynair XXL, Feel Redondo.



Dr. Sommer Gerrit

Mannschaftsarzt der dt. Snowboard-Nationalmannschaft, FA d. Allgemeinmedizin / Sportmedizin / Chirotherapie / Naturheilkunde / Akupunktur, int. Referent für Sportmedizin und Propriozeption, Entwickler von TOGU® Sport, Jumper®-Instructor, Olympia-Arzt 2006/2010/2014. TOGU Schwerpunkte: funktionelles Training, sportsspezifische Trainingstherapie, Rehabilitation, Sturzprophylaxe, Propriozeption.

Our Educators - Germany



Stergiou Ilias

Gründer und Betreiber von AGOGE FITNESS Düsseldorf, offizieller Partner von Crossfit Inc., leistungsorientiertes Athletik Training und Kettlebell Lifting. Coach für Privatpersonen und Athleten, international Trainer, Zusatzqualifikationen: RKC, CKT, Crossfit Trainer, Strength and Conditioning Coach, Food Coach.



Stock Steffi

Steffi Stock ist mehrfach lizenzierte Lehrerin für Fitness mit Spezialisierungen im Bereich Präventions- und Gesundheitssport. Seit 2008 bildet sie für unterschiedliche Organisationen in den Bereichen Rückenfitness, Body&Mind, Präventionssport und Kommunikation aus.



Subatti Serdar

Staatl. gepr. Gymnastiklehrer, Qualifikationen: Gruppfitness B-Lizenz, Zumba Fitness, Aqua-Fit-Instructor, Indoor-Cycling, Nordic Walking, Gerättraining, klassische Massage im Sport- und Wellnessbereich, Tätigkeitsbereiche: Hip Hop, Zumba, Wirbelsäulengymnastik, Bauch-Beine-Rücken-Po, Seniorengymnastik, Body Power, Cardio Fit, Step Aerobic, Bodystyling.



Trostl Eri

PREMIUM PERSONAL TRAINER®; Dipl. Mental Coach; Dipl. Ernährungsberaterin KPN; Pilates Ausbilderin und Trainerin; Spezialistin, Coach & Referentin für Bewegung & ganzheitliche Veränderungsprozesse in Firmen; Seminarleiterin für BGM in Firmen; Outdoor & BodyMind Expertin für Führungskräfte, Manager & Unternehmer; Coach & Trainerin für Kinder & Jugendliche; Inhaberin der Bewegungsdimension (München); Autorin/Fachbuchautorin



Turleyski Anja

Gesundheitswissenschaftlerin, Inhaberin von Sportcoaching Bremen und Sportlerin aus Leidenschaft, langjährige Erfahrung im Kinder- und Jugendbereich, Fitnesstrainer-A-Lizenz und Aerobic-B-Lizenz. Referentin in den Bereichen Rückengesundheit, Athletik- und Ausdauertraining tätig. TOGU-Schwerpunkte: Funktionelles Zirkeltraining, Brasil, Jumper.



Vatter Jens

Sport-Ökonom, European Master in Health&Fitness, selbstständiger Personal Trainer, Mental Coach und Food Coach.



Weiler Ute

Inhaberin der Pilates Bodymotion Ausbildungen Gbr., „Second Generation Pilates Teacher“, „Lolita San Miguel Pilates MasterTM“, Buch und DVD Autorin. Sportwissenschaftlerin und Anglistin. TOGU Schwerpunkte: Pilates, Übergewicht, Dynair® XXL.



Werther Sabrina

Staatl. geprüfte Gymnastiklehrerin, Lizenzen: Grundkurs Kinesthetic, Cardiofitness Trainer -, Gesundheitstrainer-, Sportrehabilitationstrainer-BSA, Ernährungs-B-Lizenz, Nordic Walking, BLSV, Aerobic, Step-Aerobic, Ganzkörpertraining B-Lizenz, TOGU Jumper, TOGU Brasil, Gerättraining, Kickbox Trainer, Aquafitness Trainer, Rückenschultrainer, Inline Trainer



Winkler Frauke

Fachwartin Aerobic WTB, Dipl. DTB-Ausbilderin, DTB Group Fitness-Master-Trainerin, DTB Trainerin Wellness & Gesundheit, TOGU Schwerpunkte: kinder & Jugendtraining, Head Dynair® XXL Kids, Jumper®.



Wolff Christiane

Staatlich geprüfte Sport- & Gymnastik-Lehrerin, lizenzierte Pilates-Instruktorin, n TriYoga®-Lehrerin, Yogalehrerin BDY/EYU, Weiterbildung in Hormon Yoga, imaginativer Bewegungspädagogik nach Eric Franklin und Spiraldynamik®, intern. Referentin, Ausbildungsleiterin bei Pilates Bodymotion, bekannt durch zahlreiche Buch- und DVD-Veröffentlichungen.



Zapf Betina

Staatl. geprüfte Gymnastiklehrerin, Lizenzen: Kickbox-Aerobic Basic Instructor, TOGU® Jumper® Instructor, TOGU® Brasil® Instructor, Indoor-Cycling Instructor, Nordic Walking Instructor, Aqua-Fit B-Lizenz Instructor, Pilates Matwork Instructor, Lizenz Rückenschule.



Ziller Martin

Staatlich geprüfter Gymnastiklehrer, Lizenzen: Group Fitness -Instructor (B-Lizenz), Kickbox-Aerobic Basic Instructor, Nordic-Walking Instructor (BLSV), Laufcoach, Spiraldynamik, Kurse: Bodystyling, Step-Aerobic, Jazz-Dance.



Bogdan Feri

Feri ist Diplom Sportlehrer und Physiotherapeut. Personal Trainer der IFAA in dieser Funktion betreut er das ATP Tennis Tour und der deutschen Nationalmannschaft im Ringen und MMA. Durch innovative Hingabe zur Athletik und Physiotherapie kreierte mit TOGU neue Produkte für BGM und medi. PT wie das Fit Bag, die 3 D Air Pads, TriGon Elements und das neue Ball Griff von TOGU.



Peter Gabi

med. Fachangestellte, seit 2003 Übungsleiter im Verein, Ausbildung beim STB, Trainer C Fitness und Gesundheit, DTB Rückentrainer, DTB Ausbilder Dipl. und Referentin für den STB Referentin für rückengerechte Verhältnisprävention bei der AGR.



Stengele Martin

Sporttherapeut Referent für rückengerechte Verhältnisprävention (AGR e.V.) Lehrteam des DTB, STB + WLSB Personal Fitness Trainer Life Kinetik Trainer



Lange Melanie

Gesundheitstrainerin & Referentin – Hauptprofil Stressbewältigung/ Entspannung/Tanzfitness, lizenzierte Zumba®, Zumba® Kids und Zumba® Kids Jr. Trainerin, lizenzierte Life Kinetik® Trainerin. Leitet zusammen mit Gabriele Brandes das Unternehmen „UB Gesundheit“ – Ernährung, Bewegung, Entspannung, Fasten, betriebliche Gesundheitsförderung. TOGU Schwerpunkte: TOGU® Brasil®, Brasil® Base, Dynair® Extreme, Jumper® double



Koller Nadja

Sportwissenschaftlerin M.A./Sporttherapeutin (DVGS) Personal- und Groupfitness Trainerin Presenterin und Referentin für Firmen und verschiedene Institutionen Expertin für Pilates, Rücken-, Beweglichkeits- und Funktionelles Training



Oellerich Heike

Trainerin für Wellness und Gesundheit, Haltung und Bewegung, Rücken und Beckenboden; DTB-Referentin und -Ausbilderin; Expertin für Beckenboden, Sport in und nach der Schwangerschaft; Entwicklung von Bewegungskonzepten wie »Bauch-Yoga«, »Mama fit – Baby mit!« und »FASZIO®«, Fachbuchautorin für Bewegungsthemen z.B. »Faszien Training«, blv



Boesinger Sabine

Ausbilderin für Pilates und Yoga, Yogalehrerin BYV/EYU, zertifizierte Ausbilderin für die 500 Stunden Yogaausbildung nach YA und arbeitet auch mit Yoga im therapeutischen Rahmen und Hormon yoga, Referentin für Seminare zum Thema Burn-Out Prävention, Stressbewältigung und Achtsamkeitstraining, Inhaberin eines Yoga- und Pilates-Studios in Hamburg und Fachbuchautorin.



Hergert Sonja

Sportwissenschaftlerin M.A., Physiotherapeutin, Fascial Fitness Trainerin, Lehrkraft an Physiotherapieschulen, Nordic Walking Instructorin, Personal Trainerin, Rückenschulleiterin, Mind Body Instructorin. Referentin für Fitness- und Gesundheitssport für verschiedene Verbände, Turngare, Sportkreise, Kongresse sowie »Train the Trainer- Seminare der Volkshochschulen Hessen und Rheinland-Pfalz



Wessels Miriam

Diplom Sportwissenschaftlerin, Heilpraktikerin, Ausbilderin von Yogalehrern für Kinder, Jugendliche und Erwachsene mit Schwerpunkt Kundalini Yoga, Rückenschullehrerin sowie Beckenbodentrainerin, DTB-Referentin und -Ausbilderin; Entwicklung von Bewegungskonzepten wie »Bauch-Yoga«, »YogaDancing®«, »ASANADANCE®«, »mantra moves®«, »Meridian-Yoga« und »FASZIO®«, Fachbuchautorin für Bewegungsthemen



Bechheim Yvonne

Diplom-Sportlehrerin, Inhaberin des Fortbildungsinstituts „Independent Workout“, zertifiziert Präventionskurse nach §20 SGB V, Fachbuchautorin, TOGU Schwerpunkte: Faszientraining, Gesunder Rücken, Koordination, Gruppen-, Firmenfitness



Brennecke Peggy

- Physiotherapeutin, Gesundheitswissenschaftlerin B.Sc.; - Gesundheits- und Pilatestrainerin, Rückenschul- und Rehasportlehrerin; - 25 Jahre Erfahrungen im Group- und Einzeltraining; - Referentin verschiedener Bereiche und Institutionen im Gesundheitssport u.a. Rücken, Pilates, Training mit Älteren.



Krambeck Petra

Staatlich geprüfte Entspannungstrainerin, DTB-Trainerin und Ausbilderin, Faszientrainerin, Drums-Alive und LaGym-Instructorin, Trainerin für Präventionsgruppen im Bereich Haltung & Bewegung, Streßbewältigung und Sturzprophylaxe, DTB-Ausbilderin, TOGU-Schwerpunkte: Redondo Ball, Redondo Ball Plus, TOGU-Brasil, TOGU-Blackroll-Produkte



Wengert Mathias
 - Dipl.-Sportwissenschaftler, Bachelor Gesundheitsmanager, Personal Trainer & Coach, - Personal Training, Firmen Fitness Kurse, BGM, Coaching, Seminare, Vorträge, - Referent für Balance- & Krafttraining für Senioren (Sturzprävention) bei AOK, DTB, STB, BAGSO, - AGR Referent für rückengerechte Verhältnisprävention, - Functional Outdoor Training



Meidinger Heike
 Ausbilderin für Group-Fitness-Trainer; Internationale Referentin; Referentin beim DTB; Bereichsleiterin für Kurskoordination; DTB-Group-Fitness-Mastertrainerin / Mastertrainerin für Jumping Fitness; Liz. Fitnesstrainerin DSSV; Übungsleiterin Rehasport; viele weitere Lizenzen im Groupfitness-Bereich



Otto Heike
 ÜL B-Lizenz Haltung und Bewegung, Fascial Fitness Trainerin, Kursleiterin im Erwachsenenbereich beim BC 23 Meerhof, Kursleiterin, Betreuung und Aufsicht der Trainingsfläche im Trainingszentrum PRO FORMA/Marsberg



Pitschula Brauer Sabine
 Rehasportlehrerin DOSB B - Lizenz Profile Orthopädie, Neurologie und innere Medizin, DTB - Pilates Trainerin, Yogalehrerin, Autorin



apl. Prof. Dr. Scharenberg Swantje
 Sportwissenschaftlerin, Leiterin FoSS (Forschungszentrum für den Schulsport und Sport von Kindern und Jugendlichen) am KIT (Karlsruher Institut für Technologie). Autorin und Referentin DTB.

Our International Educators

Belgium



Allemeersch Inge
 Physiotherapist, fitness instructor and product manager for the company Gymna, leader on the Belgian market for physiotherapy material and equipment.

Responsible for selection of products, education and formation.

Denmark



Andersen Tor
 Educator in group exercise and fitness and developer of training programs in many different levels. Teaches at large conventions both in Denmark and abroad.



Johnsen Jacob
 Boden- und Rhythmus-Turntrainer. Sportlehrer für Juniorenturner von 12 bis 18 Jahren. Selbst früher aktiv im Bodenturnen. Eigenes Unternehmen für Kleinturngeräte (bspw. Seile, Bälle, Keulen) in Dänemark.



Svensson Jan
 Teaching within the fitness business and many different types of sports. Dance, thai bo, muscle training, EFFEKT, Bodytoning and Functional training for association and conventions

Greece



Arvanitidou Despina
 Dipl. Sportlehrerin, Ex-Geräteturnerin und Profi Aerobic-Athletin, Expertin in Functional Training, Personal Training, Yoga, Pilates. Teilinhaberin, Organisatorin und Ausbilderin der Fitness-Schule GR.A.F.T.S. HELLAS



Kombidou Eleytheria
 Dipl. Sportlehrerin, Ex-Leichtathletin im Sprint, Personal Trainerin für Sportler und Fitness-Schule GR.A.F.T.S. HELLAS.

Our International Educators

Greece



Sfingos Niko

Dipl. Sportlehrer, Absolvent der DSHS-Köln, Ex-Leichtathlet im Sprint, Inhaber der Firma SportScout und Verkaufsleiter der Firma Ermis - Exceed-athletic.

Israel



Galazan Shimon

Fitness coach, graduate of the Wingate sports institute, specializes in personal training workouts, functional training and stability development. Gym coach in ENERGYM Sports and responsible for all the training of ENERGYM sports. Expert in Jumper, Dynair, Multiroll



Maderer Shelly

Educator GroupFitness classes. Professional gym manager and personal training gym owner Master in physical education

Japan



Asuka Iso

Physiotherapist and Athletic Trainer. Speciality: Physiotherapy in musculoskeletal disorders, Educator in core training and TOGU FT-Physio

Norway



Dan Vegard Pedersen

Physiotherapist and Personal Trainer Specialty in MSK and sports injury rehabilitation Crossfit Trainer level 1 trainer, with specialization in Olympic lifting Group training Instructor Product specialist and educator for AlfaCare.

Austria



Gatol Uschi

Aerobic- und Fitnesstrainerin, Kindergartenpädagogin, Motopädagogin, Lehrwartin für Kinder & Jugendtraining, Presenterin, Kid-Fit-Fun Ausbildungsleitung, Schwerpunkte: TOGU® Kid-Fit-Fun, Kinder- und Jugendtraining, Kinder-Yoga, Dance for Kids.



Gruber Kurt

Diplomsportlehrer Leiter der ÖTB-Turnakademie



Suzanna König

Internationale Referentin verschiedener Bereiche, z. B. Beckenboden, Haltung, rückengerechte Bewegungsprogramme und Antara®, 25 Jahre Erfahrung im Einzel- und Grouptraining, Leitung der BASK®.



Ernst Michael

Diplom- Sportwissenschaftler TOGU Official Master Educator Personal Trainer Spezialist für Rückentherapie Masters degree in Sports Science, Toгу Official Master Educator Personal Coach, Expert for Back Pain Treatment



Gandner Monika

Studierte Wirtschaftswissenschaftlerin, ehem. Leistungssportlerin und Marathonläuferin, Ironman Finisherin. Ausbilderin und Referentin für Indoorcycling und Pilates, Pilates Master Trainerin und internationale Referentin, IRON SYSTEM™ Instructor, deepWORK® Trainerin, five® Faszientrainerin und Trigger Point Therapeutin;

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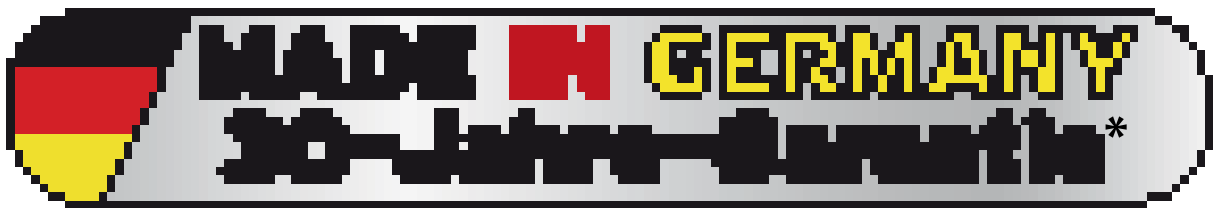
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INDEX 2018

Article	Page	Article	Page	Article	Page
A Actiball	44	Chiming Medicine Ball	62	Fascial Fitness Ball set of 3	49
Actiball Grip	44	Colibri Supersoft Mini	68	Fascial Fitness Ball XS	49
Actiball Relax	45	Colibri Supersoft Basketball	68	Fascial Fitness Ball S	49
Actiball Relax 3er Set	45	Colibri Supersoft Dribbling Football	68	Fascial Fitness Perineum Egg ball	49
Actiball Relax Thermo	44	Colibri Supersoft Football	68	Fascial Fitness Medicine ball	51
Actiroll Wave S	46	Colibri Supersoft Giant	68	Faszio Ball allround	48
Actiroll Rumble M	45	Colibri Supersoft Gymnastics Ball	68	Faszio Ball local	48
Actiroll Wave M	46	Colibri Supersoft Handball Ladies	68	G Gymnasticball Standard 300 g, unlacquered	54
Actiroll Rumble L	45	Colibri Supersoft Handball Men	68	Gymnasticball Best Quality 300g, unlacquered	54
Actiroll Wave L	46	Colibri Supersoft Volleyball	68	Gymnasticball Best Quality 300g, lacquered	54
Aero-Step one	21	Colibri-Aero-Ball f. Gymnastics	68	Gymnasticball Standard 420 g, unlacquered	54
Aero-Step	20,66	Colibri-Beachhandball F	68	Gymnasticball FIG Best Quality 420g, unlacquered	54
Aero-Step Pro	20	Colibri-Volleyball	68	Gymnasticball FIG Best Quality 420g, lacquered	54
Aero-Step Pro actisan	13,20	Cover for Airgo active seat cushion	84	H happyback Ballkissen	11
Aero-Step XL functional	20	Cover for Airgo Sitrting	8	happyback Fitnessball	55
Aero-Step XL	20	Cover for Ballkissen 33cm	84	happyback Relax-Nex	61
Airgo Active seat cushion	8	Cover for Ballkissen XL 36cm	84	J Jacaranda	51
Airgo Active seat cushion with cover	8	Comfort-Cover for Airgo Active Back Cushion	84	Jumper	30
Airgo Active Seat Cushion Comfort	8	Comfort-Cover for Airgo Active Seat Cushion	84	Jumper double in a set of 2	31
Airgo Active Back Cushion Backswing	8	Comfort-Cover for Dynair Premium Wedge Ballkissen	84	Jumper with actisan	13,30
Airgo Active Back Cushion Comfort	8	Cork cover for Ballkissen XL 36cm	84	Jumper Perfect Shape Set incl. DVD	30
Airgo Wheelchair Seat Cushion	8	Cork cover for Dynair Premium Wedge Ballkissen	84	Jumper Pro	30
Airgo Wheelchair Back Cushion	8	D Diving block	52,76	Jumper Pro with actisan	30
Airgo Sitrting	8	Diving ball	52,76	Jumper Pro plate	30
Airgo Sitrting with cover	8	Diving Ring	52,76	Jumper mini	30,7
Air Parcours	66	DVD Bodystyling mit Brasil (german language)	85	Jumper mini with actisan	30
Anti-Stress Ball	38	DVD Perfect Shape Aero-Step	85	JumpStep	31
Anti-Stress Ball in display box (12pcs)	38	DVD Perfect Shape Dynair XXL	85	K Kangaroo-Ball Junior ABS	71
Backfit at Work Set	11	DVD Perfect Shape Multiroll functional	85	Kangaroo-Ball Super ABS	71
B Backswing Trainer	21	DVD Perfect Shape Jumper	85	Knobbed Ball Classic	40
Balance Block	11	DVD Perfect Shape Powerball	85	Knobbed Ball Classic in a set of 2	40
Balance Board	21,66	DVD Feel Redondo	85	Knobbed ball long	41
Balanza	22	DVD Redondo Ball Plus Workout	85	Knobbed Ball Trend	40
Balanza Freeride	22	Dynair-A	25	Knobbed Ball Trend in a set of 2	40
Balanza Ballstep	22	Dynair Balance Hocker	69	Knobbed cushion	63
Balanza Ballstep Group	22	Dynair Ballkissen Kids	9,69	Knobbed Ring	72
Balanza Ballstep mini	22	Dynair Ballkissen Kids konfetti	9,69	Knobbly Catch Training Ball	72
Balanza Ballstep XXL	23	Dynair Ballkissen Kids Marble	9,69	Knobbly Sound Ball	62
Balanza Kids Seesaw	23,67	Dynair Ballkissen	9	L Lagerungshilfe Rolle ohne Bezug 15 cm	60
Balanza Circle	23	Dynair Ballkissen konfetti	9	Lagerungshilfe Rolle mit Bezug 15 cm	60
Balanza Physiowippe	23	Dynair Ballkissen Marble	9	Lagerungshilfe Rolle ohne Bezug 20 cm	60
Ball-net single	83,84	Dynair Ballkissen Senso	9	Lagerungshilfe Halbrolle ohne Bezug	60
Ball-net large	83,84	Dynair Ballkissen XL	9	Lagerungshilfe Halbrolle mit Bezug	60
Ball Bowl	84	Dynair Ballkissen XL Marble	9	Leo	71
Ball with grip	62	Dynair Ballkissen XL with actisan	9,13,25	M Massage Nex	60
Bantoo in a set of 2	38	Dynair Ballkissen Senso XL	9	Mat Premium Easy	78,86
Bantoo Roller	39	Dynair Ballkissen Plus	9	Mat Senso	43,74,82
Bike Balance Board classic	24	Dynair Ballkissen XXL Level III	26	Mat Senso mini	43,74,82
Bike Balance Board pro	24	Dynair Ballkissen XXL Level IV	26	Medicine Ball classic	51
Bike Balance Board easy	24	Dynair Ballkissen XXL Meditation	78	Medicine Ball Fascial Fitness	51
Blackroll	46	Dynair Ballkissen XXL with actisan	13,26	Medicine ball with actisan	14,51
Blackroll soft	46	Dynair Cardo Ballkissen	10,26	Mini-dumbbell	51
Blackroll 45	46	Dynair Comfort Wedge-Ballkissen	10	Moonhopper	71
Blackroll 45 soft	46	Dynair Extreme	27,70	Moonhopper Sport	31
Blackroll Ball	47	Dynair Golf Pro in a set of 2	27	Multiroll functional	31
Blackroll DuoBall	47	Dynair Wedge Ballkissen Kids	10,69	MyBall	55
Blackroll mini	47	Dynair Wedge Ballkissen Premium	10	MyBall blue-transparent	55
Blackroll Set	47	Dynair Keil-Ballkissen Plus	10	MyBall transparent	55
Bodybone	39,48	Dynair Pro	27	MyBall Marble	55
Bodybone XL	39,48	Dynair Senso Mini in a set of 4	28,70	MyBall with actisan	14,55
Bodyroll in a set of 2	39	Dynair Walker Comfort (a pair)	28	MyBall Soft	55
Bodyroll Senso in a set of 2	40	Dynair Twist in a set of 2	28	N Nex	61
Bonito	67	Dynamic Drums Ball	59	O Octositz	72
Brasil set of 2 in polybag	50	Drums Ball bowl	59	OS Roller Premium 45 cm	49
Brasil Aqua set of 2	50	Dynamic Drums sticks	59	OS Roller Premium 90 cm	49
Brasil Base	38,50	Dynanza Surf	29	P PAB pressure air biofeedback Basic Set	14,32,63
Brasil Base mit Brasil in a set of 2	38,50	Dynaswing	29	PAB pressure air biofeedback Basic (Device)	14,32,63
Brasil Base mit Brasil in a set of 2+DVD	38,50	E Earthball	62	PAB pressure air biofeedback Pro Set	14,32,63
Brasil Base Plus	25	F Fascial Coach Ball	48	PAB pressure air biofeedback Pro (Device)	14,32,63
Brasil Bewegungsprofi set	50,67			Pendel Ball	56
Brasil Bulk	50			Pendel Ball with actisan	15,56
C CD Fiesta do Brasil	85				
CD Tiemu Brasil and Redondo	85				

INDEX 2018

Article	Page	Article	Page
Pendel Ball light with actisan	15,56	Theragym Ball	59,76
Pendel Roll Wave	49	Theragym Ball ABS Senso	59,76
Pilates Ball Power Pilates	78	Theragym Loop	64
Pilates Ballance Ball	78	Theragym Loop in a set of 4	64
Pilates Circle Premium	79	Theragym Band 120x7,5cm	64
Pilates Foamroller Premium	79	Theragym Band 120x15cm	64
Pilates Multiroll	79	Theragym Band 240x7,5cm	64
Posturedo	32	Theragym Band 240x15cm	64
Powerball ABS	56,72	Theragym Band 500x7,5cm	64
Powerball ABS marble	56,72	Theragym Band 500x15cm	64
Powerball Premium ABS	57	Theragym Pro Set	65
Powerball Premium ABS Maternity	57	Theragym Pro in a set of 2	65
Powerball Challenge ABS	57	Theragym foot loops in a set of 2	65
Powerball Extreme ABS	58	Theragym Tube	65
Pump TOGU Ball pump	86	Theragym Tube Loop	65
Pump Powerball	86	Throwing Ball	77
Pump TOGU Double Way Pump	86	Throwing Ring	77
Pumping set for Special Sportballs	87	TOGU Tower single	36,65
Putting Shot	52,75	TOGU Tower double	36,65
R Reaction ball	63	TOGU Tower with Theragym Pro set	36,65
Redondo Ball	80	Toning Ball 500g in a set of 2	52,83
Redondo Ball with actisan	15,80	Toning Ball 900g in a set of 2	52,83
Redondo Ball Touch	80	Topanga 3kg	53
Redondo „Feel Redondo“ 26 cm	81	Topanga 4kg	15,53
Redondo „Feel Redondo“ Set + DVD	81	Touch Ball	43
Redondo Ball mini in a set of 2	81	Trimact in a set of 2	53
Redondo Ball Plus	58,81	W Wall	37,87
Redondo Ball Plus with actisan	15,58,81	Wall with set of 18 brackets	37,87
Relax Nex	61,82	Workplace Health Promotion Set	35
Relax Nex Thermo	61	Y Yoga Balance Kissen	83
S Sales Support:			
Deco-set – price upon request	90,91		
TOGU Manual	90,91		
End user booklet - Healthy Training	90,91		
End user booklet - Healthy Sitting	90,91		
TOGU Trainings Chart	88		
Semi knobbed ball	41		
Semi Bodyroll	41		
Senso Balance Bar	33,73		
Senso Balance hedgehog in a set of 2	33,73		
Senso Balance hedgehog XL in a set of 2	33,73		
Senso Balance hedgehog Geo in a set of 2	33,73		
Senso Balance hedgehog XL Geo in a set of 2	33,73		
Senso Balance hedgehog Pro (single piece)	34		
Senso Balance Cushion in a set of 2	34,73		
Senso Balance Cushion XL in a set of 2	34,73		
Senso Balance Pad in a set of 2	34,74		
Senso Balance Pad XL in a set of 2	34,74		
Senso Ball Mini	42,74		
Senso Ball	42		
Senso Ball Geo	74		
Senso Ball Geo XL	74		
Senso Hand Trainer light	42		
Senso Hand Trainer plus	42		
Senso Massage Pad	42		
Senso Vein Trainer	35		
Senso Walking Trainer light in a set of 2	43		
Senso Walking Trainer plus in a set of 2	43		
Sitzball ABS	11,58		
Ski Trainer	35		
Slow Motion Ball	77		
Soft-Ball	75		
Soft Ball grooved in a set of 2	75		
Soft Tennisball grooved	75		
Soft Trainingsball	75		
Soft Trainingsball	75		
Soft Trainingsball without grooves	75		
Stacking Aid	87		
Stonies – the Toning ball	52		
T TheraFloss Band red 2m x 50mm x 1,02mm	64		
TheraFloss Band black 2m x 50mm x 1,5mm	64		
Theragym Ball ABS	59,76		

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