

**2014**



The Brand for Health Fitness and Sports

**since 1956**



Dear customers,

as a family owned enterprise TOGU stands for quality and reliability, as well as for innovation and tradition.

We truly live our passion to create innovative products for you, from the idea to the ready solution, produced at our plant in Prien, near lake Chiemsee in Germany.

Toni Obermaier, who has led the company TOGU Gebr. Obermaier oHG in second generation since 1984 and has made it a worldwide recognized brand in the health and play business, will pass the baton on to his daughter Vera. Together with her husband Giovanni Angelini, she will take over the management of the company with its 100 employees and partners in more than 40 countries.

The human being in its various stages of life is at the focus of our development of new products for health, play and sports.

Devices from the "healthy sitting" section and the "healthy training" exercise program, make it easier for you to implement your personal goals in your daily life.

These practical solutions were created by a close collaboration of renowned trainers, therapists, medical doctors and scientists and through a frequent communication with satisfied users across the world. Profit from this experience and go for quality and reliability made in Germany and our promise for the future: 30 year warranty for selected products.

We are looking forward to our further successful cooperation and wish you a healthy, active and happy year 2014.



**Innovations**

Dynair Comfort Wedge-Ballkissen | Jumper Pro | Dynaswing | Brasil Aqua | and more

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**Active & healthy | Healthy strong back | Healthy sitting**

for family, senior citizens, disabled people, physical and ergo therapists

for daily live, work place, therapy and rehabilitation centers

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**Fitness, Functional Training & Therapy**

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Made in Germany – since 1956

The brand TOGU stands for quality and safety, tradition and progress.

We take care, you can trust.



MADE IN GERMANY



[www.togu.de](http://www.togu.de)



**Innovations**

Dynair Comfort | Jumper Pro | Dynaswing | Brasil Aqua | and more

## Dynair® Comfort Wedge-Ballkissen®



MADE IN GERMANY  
30-Jahre-Garantie

## Jumper® Pro & Jumper® Pro Plate



MADE IN GERMANY  
30-Jahre-Garantie

## Jumper® double



MADE IN GERMANY  
30-Jahre-Garantie

## 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. The Dynair Comfort is an ideal combination of air-filled ball and wedge cushion in one tool.

|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colours:</b>                           |
| 400720               | blue, anthracite                          |
| <b>Size:</b>         | ca. 40 cm                                 |
| <b>Packing unit:</b> | 4   |
| <b>Contents:</b>     | in deco-box with exercise poster and pump |
| <b>Material:</b>     | foamed Ruton, with needle valve           |
| <b>Max. Load:</b>    | ca. 150 kg                                |

## Jumper Pro & Jumper Pro Plate

The multifunctional Balance Trainer in a new version as Jumper Pro for even more flexible use. The new Jumper Pro plate creates a plain surface on the backside. The new Pro plate is delivered with an included screw which you can attach and remove quickly. So you can use the different sub surfaces even during your training. With the new plain ground you can do balance, coordination and strengthen exercises in standing position in a physiological right way for your foot sole. This enables a wider range of exercise possibilities.

The delivering package contains beside the Jumper, detailed instruction for use and exercise leaflets, the Jumper Pro Plate and a screw with an Allen key.

## 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.

|                      |  |
|----------------------|--|
| <b>Art.No.:</b>      | <b>Colour:</b>   |
| 410320               | red with a black plate (Jumper Pro)                    |
| 949530               | black (only Jumper Pro Plate)                          |
| <b>Size:</b>         | 52 x max. 24 cm / Jumper Pro Plate: ca. 50 cm Ø x 7 cm |
| <b>Packing unit:</b> | 2  |
| <b>Contents:</b>     | in box with exercise poster and pump                   |
| <b>Material:</b>     | Ruton, with needle valve                               |
| <b>Max. Load:</b>    | ca. 200 kg   |

## 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 und therapy.

European Patent No. 2092964

|                   |   |
|-------------------|---|
| <b>Art.No.:</b>   | <b>Colour:</b>                                    |
| 805069            | red and green                                     |
| <b>Size:</b>      | 2 x 36 cm x max. 18 cm                            |
| <b>PU:</b>        | 1 (set of 2)                                      |
| <b>Contents:</b>  | incl. pump, training chart an instruction für use |
| <b>Material:</b>  | Ruton   |
| <b>Max. Load:</b> | ca. 150 kg  |

## Balanza® Handgrips



### Balanza Handgrips (accessorie for TOGU Balanza)

The soft grip for more comfortable use of the training tool TOGU Balanza especially performing push ups.

|                      |                    |
|----------------------|--------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>     |
| 908602               | black              |
| <b>Size:</b>         | ca. 12,5 cm x 7 cm |
| <b>Packing Unit:</b> | 1 pair             |
| <b>Contents:</b>     | bulk               |

## Balanza® Ballstep® Group



### Balanza Ballstep Group

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. This tool 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. Rotations, fast movements and even jumps can be performed in a joint protecting way.

The cushioning effect can improve the elasticity of fascias.

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.

|                      |                                   |
|----------------------|-----------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                    |
| 440490               | red with wood                     |
| <b>Size:</b>         | ca. 89 cm x 43 cm x 14 cm         |
| <b>Packing Unit:</b> | 1                                 |
| <b>Contents:</b>     | instruction for use and ball pump |
| <b>Max. Load:</b>    | 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 core, abs and back training for all fitness levels.

The integrated needle valve allows the user to adept the air filling according to the patients needs.

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

## Backswing® Trainer



|                      |                         |
|----------------------|-------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>          |
| 510130               | silver with black plate |
| <b>Size:</b>         | ca. 46 cm x 29 cm       |
| <b>Packing unit:</b> | 1                       |
| <b>Contents:</b>     | instructions            |
| <b>Max. Load:</b>    | ca. 150 kg              |



## Balanza® Ballstep® XXL



## Balanza® Circle



## Balanza® Kids Seesaw



## 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.

|                      |                               |
|----------------------|-------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                |
| 440421               | red with wood                 |
| <b>Size:</b>         | ca. 180 cm x 60 cm x 15 cm    |
| <b>Packing unit:</b> | 1                             |
| <b>Contents:</b>     | instructions for use and pump |
| <b>Material:</b>     | Ruton and wood                |
| <b>Max. Load:</b>    | ca. 150 kg                    |

## Balanza Circle

The new balanza circle with a smaller ball diameter below the specific plate made of stable wooden material guarantees more safety for patients and handicapped persons in balance training and therapy. This enables the user in every fitness level and age 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.

|                      |                      |
|----------------------|----------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>       |
| 440450               | red with wood        |
| <b>Size:</b>         | ca. 40 cm x 7 cm     |
| <b>Packing unit:</b> | 1                    |
| <b>Contents:</b>     | instructions for use |
| <b>Material:</b>     | Ruton and wood       |
| <b>Max. Load:</b>    | ca. 150 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.

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

## 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 of a 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.

|                      |                                      |
|----------------------|--------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                       |
| 440480               | red with wood                        |
| <b>Packing Unit:</b> | 1                                    |
| <b>Size:</b>         | ca. 160 cm x 40 cm x 18 cm           |
| <b>Contents:</b>     | incl. instruction for use and a pump |
| <b>Material:</b>     | Ruton and wood                       |
| <b>Max. Load:</b>    | 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

|                      |                        |
|----------------------|------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>         |
| 440470               | red with wood          |
| <b>Packing Unit:</b> | 1                      |
| <b>Size:</b>         | ca. 85 cm x max. 55 cm |
| <b>Contents:</b>     | user manual            |
| <b>Material:</b>     | Ruton and wood         |
| <b>Max. Load:</b>    | ca. 150 kg             |

### Topanga

## Topanga®



Fast, easy, everywhere.

The new 3 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

|                      |                                   |                     |
|----------------------|-----------------------------------|---------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                    | <b>Size/Weight:</b> |
| 647000               | spring-green                      | ca. 39 cm Ø / 3 kg  |
| <b>Packing unit:</b> | 4                                 |                     |
| <b>Contents:</b>     | in a polybag, with exercise chart |                     |
| <b>Material:</b>     | 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: 270 g each hand. Ergonomically designed.

|                      |  |
|----------------------|--|
| <b>Art.No.:</b>      | <b>Colour:</b>                                     |
| 470666               | green  |
| <b>Size:</b>         | 2 x ca. 270 g                                      |
| <b>Packing Unit:</b> | 15   |
| <b>Contents:</b>     | in a polybag incl. safety strap and training chart |
| <b>Material:</b>     | Ruton  |

## TOGU® Anti-Stress Ball



### TOGU Anti-Stress Ball

A soft and pleasant Anti-Stress Ball 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.

At the office, to overcome smoking or to reduce tension.

Hygienic and washable

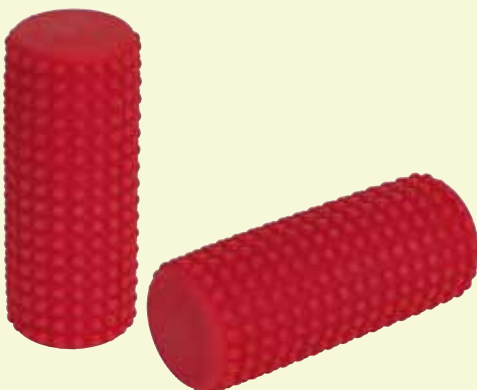
Includes as a special feature a needle valve to adjust pressure and size.

Application: at home, rehabilitation and therapy, working place



|                      |                            |
|----------------------|----------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>             |
| 464100               | ruby-red, blue, anthracite |
| <b>Packing Unit:</b> | 12                         |
| <b>Size:</b>         | ca. 6,5 cm Ø               |
| <b>Material:</b>     | foamed Ruton               |

## Bodyroll Senso® Set of 2



### Bodyroll Senso Set of 2

The new Bodyroll Senso 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 an evenly spread massage. The product box also contains a detailed leaflet with specific massage information.

Roll – enjoy. Simple and effective.



|                      |                        |
|----------------------|------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>         |
| 460350               | red, blue, black       |
| <b>Packing Unit:</b> | 10                     |
| <b>Size:</b>         | ca. 13 cm x 6 cm       |
| <b>Contents:</b>     | set of 2 in a deco-box |
| <b>Material:</b>     | Ruton                  |
| <b>Max. Load:</b>    | ca. 150 kg             |

## Dynair® Twist 2er Set



## Balance Air Beam



## Senso® Balance Hedgehog Pro



### Dynair Twist 2er Set

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

|                      |                          |
|----------------------|--------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>           |
| 510140               | red with black plate     |
| <b>Size:</b>         | ca. 20 cm                |
| <b>Packing Unit:</b> | 1                        |
| <b>Contents:</b>     | Set of 2 in a carton box |
| <b>Material:</b>     | Ruton                    |

### Balance Air Beam

The Balance Air Beam is a new versatile training device, which makes coordinative and stabilizing exercises even more diverse. It is equipped with a stable plate and an anti slip base on the bottomside. Every training and therapy exercise conducted in a lying, kneeling, or push up position becomes safer and more effective. Perfect for building up trunk musculature.

The Balance Air Beam can also be utilized for stabilizing exercises as part of a motion training.

Application range: Fitness, therapy (rehabilitation), functional training, performance sports, club and school sports.

|                      |                                      |
|----------------------|--------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                       |
| 410150               | black                                |
| <b>Size:</b>         | ca. 50 cm x 16 cm x 8 cm (L x W x H) |
| <b>Packing Unit:</b> | 1                                    |
| <b>Contents:</b>     | with instructions                    |
| <b>Max. Load:</b>    | ca. 150 kg                           |

### 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.

|                      |                              |
|----------------------|------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>               |
| 465260               | red with black plate         |
| <b>Size:</b>         | ca. 18,5 cm                  |
| <b>Packing unit:</b> | 10                           |
| <b>Contents:</b>     | single piece in a carton box |
| <b>Max. Load:</b>    | ca. 150 kg                   |

## TOGU® Blackroll® Set



## TOGU® Blackroll® Ball



## TOGU® Blackroll® Mini



### 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 EEP is robust and easy to clean, skin-friendly, odourless and 100% recycling

**Art.No.:** 805044

**Colour:** black

**Packing unit:** 1

**Contents:** set in a carton box

**Material:** EEP

### 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 EEP is robust and easy to clean, skin-friendly, odourless and 100% recycling

**Art.No.:** 410010

**Colour:** black

**Packing unit:** 10

**Size Ø:** ca. 8 cm

**Art.No.:** 410020

**Colour:** black

**Packing unit:** 12

**Size Ø:** ca. 12 cm

**Contents:** each in a sales carton

**Material:** EEP

### 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 EEP is robust, easy to clean, skin-friendly and odourless.

Weight: 20 Gramms and 100% recycling

**Art.No.:** 410030

**Colour:** black

**Size:** ca. 15 cm x 5,5 cm

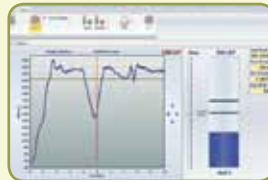
**Packing unit:** 8

**Contents:** each in a sales carton

**Material:** EEP

## PAB® Basic - pressure air biofeedback Basic

## PAB® Pro - pressure air biofeedback Pro



## Redondo® Ball actisan® 18 cm



### PAB Basic - pressure air biofeedback Basic

Functional performance diagnostics - Simple & Scientific:

PAB stands for "pressure air biofeedback" and uses air to measure muscle strength. E.g. it proves to be valuable for rehabilitation after a knee surgery or a therapy after a stroke by measuring the strength of the acted muscle groups. The PAB device is connected by a hose to a suitable TOGU product and transfers the measured data through a USB Port connection to the computer. Every motion is displayed as a Strength-Chart on the computer screen. Results that were achieved in previous exercises can be saved and compared with each other user related. This enables the user to improve therapy and training for the patient.

**New in 2014:**

**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

| Art.No.: | Contents:                          |
|----------|------------------------------------|
| 805070   | PAB Basic (Set inkl. 4 TOGU items) |
| 921800   | PAB Basic (only device)            |

**Packing Unit:** 1

### PAB Pro - pressure air biofeedback Pro

Functional performance diagnostics - Simple & Scientific:

PAB stands for "pressure air biofeedback" and uses air to measure muscle strength. E.g. it proves to be valuable for rehabilitation after a knee surgery or a therapy after a stroke by measuring the strength of the acted muscle groups. The PAB device is connected by a hose to a suitable TOGU product and transfers the measured data through a USB Port connection to the computer. Every motion is displayed as a Strength-Chart on the computer screen. Results that were achieved in previous exercises can be saved and compared with each other user related. This enables the user to improve therapy and training for the patient.

**New in 2014:**

**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

More information on [www.pressureairbiofeedback.com](http://www.pressureairbiofeedback.com)

| Art.No.: | Contents:                        |
|----------|----------------------------------|
| 805071   | PAB Pro (Set inkl. 4 TOGU items) |
| 921900   | PAB Pro (only device)            |

**Packing Unit:** 1

### Redondo Ball actisan 18 cm

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:** Ruton with actisan, with plug valve

**Max. Load:** approx. 120 kg for exercises in lying position

active & healthy



active & healthy

## Active & healthy | Healthy strong back

for family, senior citizens, disabled people, physical and ergo therapists

for daily live, work place, therapy and rehabilitation centers

## Dynair® Ballkissen®



MADE IN GERMANY  
30-Jahre-Garantie



## Dynair® Senso® Ballkissen®



MADE IN GERMANY  
30-Jahre-Garantie



## Dynair® Ballkissen® XL



MADE IN GERMANY  
30-Jahre-Garantie



## Dynair® Senso® Ballkissen® XL



MADE IN GERMANY  
30-Jahre-Garantie



### Dynair Ballkissen

Training back musculature and balance automatically while sitting on it. Space saving alternative to large exercise balls. For back training, gymnastics and rehabilitation and dynamic sitting. Both sides with a velvety smooth surface. Keeps the vertebrae gently in motion. Trains spinal musculature. Can help maintain an upright position. Available in 33cm and 36cm diameter.

| Art.No. :            | Colour:  |
|----------------------|--|
| 400200               | red, green, turquoise, blue, black, terra, blue-purple |
| 400280               | confetti, assorted                                     |
| 400150               | marble   |
| <b>Size:</b>         | 33 cm  |
| <b>Packing unit:</b> | 5  |
| <b>Contents:</b>     | in deco-box with exercise poster                       |
| <b>Material:</b>     | Ruton  |
| <b>Max. load:</b>    | ca. 200 kg   |
| <b>Specials:</b>     | AGR certificate, European Patent No. 705549            |

### Dynair Senso Ballkissen

Training back musculature and balance automatically while sitting on it. The legendary reliable Dynair ball cushion in a Senso version. One side with Senso knobs, the other side velvety smooth. Space saving alternative to large exercise balls. For back training, gymnastics and rehabilitation and dynamic sitting. Available in 33cm and 36cm diameter.

| Art.No. :            | Colour:  |
|----------------------|--|
| 400270               | red, green, turquoise, blue, black, terra, blue-purple |
| <b>Size:</b>         | 33 cm  |
| <b>Packing unit:</b> | 5  |
| <b>Contents:</b>     | in deco-box with exercise poster                       |
| <b>Material:</b>     | Ruton  |
| <b>Max. load:</b>    | ca. 200 kg   |
| <b>Specials:</b>     | AGR certificate, European Patent No. 705549            |

### Dynair Ballkissen XL

Training back musculature and balance automatically while sitting on it. The legendary reliable Dynair ball cushion in a Senso version. One side with Senso knobs, the other side velvety smooth. Space saving alternative to large exercise balls. For back training, gymnastics and rehabilitation and dynamic sitting. Available in 33cm and 36cm diameter.

| Art.No. :            | Colour:  |
|----------------------|--|
| 400300               | red, green, turquoise, blue, black, terra, blue-purple |
| 400380               | confetti, assorted                                     |
| 400350               | marble   |
| <b>Size:</b>         | 36 cm  |
| <b>Packing unit:</b> | 4  |
| <b>Contents:</b>     | in deco-box with exercise poster                       |
| <b>Material:</b>     | Ruton  |
| <b>Max. load:</b>    | ca. 200 kg   |
| <b>Specials:</b>     | AGR certificate, European Patent No. 705549            |

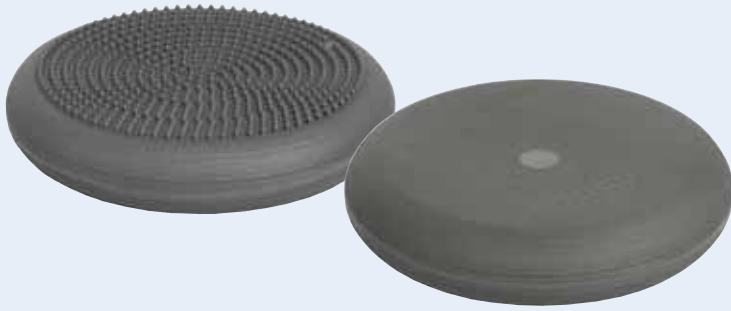
### Dynair Ballkissen Senso XL

Training back musculature and balance automatically while sitting on it. The legendary reliable Dynair ball cushion in a Senso version. One side with Senso knobs, the other side velvety smooth. Space saving alternative to large exercise balls. For back training, gymnastics and rehabilitation and dynamic sitting. Available in 33cm and 36cm diameter.

| Art.No. :            | Colour:  |
|----------------------|--|
| 400370               | red, green, turquoise, blue, black, terra, blue-purple |
| <b>Size:</b>         | 36 cm  |
| <b>Packing unit:</b> | 4  |
| <b>Contents:</b>     | in deco-box with exercise poster                       |
| <b>Material:</b>     | Ruton  |
| <b>Max. load:</b>    | ca. 200 kg   |
| <b>Specials:</b>     | AGR certificate, European Patent No. 705549            |



## Dynair® Ballkissen® Senso® XL actisan®



actisan®



## Dynair® Cardo® Ballkissen®



MADE IN GERMANY  
30-Jahre-Garantie

## Dynair® Comfort Wedge-Ballkissen®



MADE IN GERMANY  
30-Jahre-Garantie

## Dynair® Premium Wedge-Ballkissen®



MADE IN GERMANY  
30-Jahre-Garantie

### Dynair Ballkissen Senso XL actisan

The Dynair XL Ballcushion 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.*

|                      |                                  |
|----------------------|----------------------------------|
| <b>Art.No. :</b>     | <b>Colour:</b>                   |
| 420400               | anthracite                       |
| <b>Size:</b>         | ca. 36 cm Ø                      |
| <b>Packing unit:</b> | 4                                |
| <b>Contents:</b>     | in deco-box with exercise poster |
| <b>Material:</b>     | Ruton with actisan               |

### 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.

|                       |   |
|-----------------------|---|
| <b>Art.No. :</b>      | <b>Colour:</b>                          |
| 400390                | black, blue, dark-red, terra, dark-blue |
| <b>Size:</b>          | 36 cm                                   |
| <b>Packing unit:</b>  | 5                                       |
| <b>Contents:</b>      | in deco-box with exercise poster        |
| <b>Material:</b>      | Ruton                                   |
| <b>Belastbarkeit:</b> | ca. 200 kg                              |
| <b>Specials:</b>      | 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.

|                      |   |
|----------------------|---|
| <b>Art.No. :</b>     | <b>Colour:</b>                            |
| 400340               | blue, anthracite                          |
| <b>Size:</b>         | 40 cm                                     |
| <b>Packing unit:</b> | 4   |
| <b>Contents:</b>     | in deco-box with exercise poster and pump |
| <b>Material:</b>     | foamed Ruton, with needle valve           |
| <b>Max. load:</b>    | ca. 150 kg                                |

### Dynair Premium 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.

|                      |   |
|----------------------|---|
| <b>Art.No. :</b>     | <b>Colour:</b>                            |
| 400340               | black, blue, dark-red, terra, dark-blue   |
| <b>Size:</b>         | 40 cm                                     |
| <b>Packing unit:</b> | 4   |
| <b>Contents:</b>     | in deco-box with exercise poster and pump |
| <b>Material:</b>     | Ruton                                     |
| <b>Max. load:</b>    | ca. 200 kg                                |
| <b>Specials:</b>     | with senso knobs                          |

## Dynair® Ballkissen® Plus



MADE IN GERMANY  
30-Jahre-Garantie

## Dynair Ballkissen Plus

The Original Dynair ball cushion new in oversize diameter of 39 cm. More comfort and easy training of your back – along the way while you sit. Additionally many exercises making you fit and burning calories.

Training back musculature and balance automatically while sitting on it. Like the legendary reliable Dynair ball cushion the Dynair ball cushion Plus comes in a Senso version. One side with Senso knobs, the other side velvety smooth. Space saving alternative to large exercise balls. For back training, gymnastics and rehabilitation and dynamic sitting.

European Patent No. 705549

|                      |  |
|----------------------|--|
| <b>Art.No. :</b>     | <b>Colour:</b>   |
| 400900               | red, green, turquoise, blue, black, terra, blue-purple |
| <b>Size:</b>         | ca. 39 cm Ø  |
| <b>Packing unit:</b> | 4  |
| <b>Contents:</b>     | in a deco-box, with exercise chart                     |
| <b>Material:</b>     | Ruton, with needle valve                               |
| <b>Max. load:</b>    | ca. 300 kg   |

## Dynair® Wedge Ballkissen® Plus



MADE IN GERMANY  
30-Jahre-Garantie

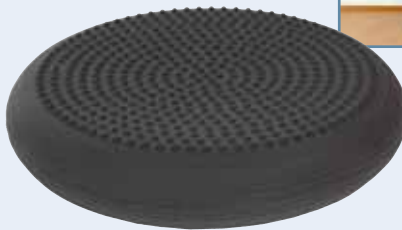
## Dynair Wedge Ballkissen Plus

The classic wedge shaped ball cushion new in oversize with 45 cm diameter. More comfort whilst longer periods of sitting in the office or at home. Easily train your back by dynamic sitting on air.

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.

|                      |   |
|----------------------|---|
| <b>Art.No. :</b>     | <b>Colour:</b>                              |
| 400310               | black, blue, dark-red, terra, dark-blue     |
| <b>Size:</b>         | ca. 45 cm                                   |
| <b>Packing unit:</b> | 4   |
| <b>Contents:</b>     | in a deco-box, with exercise chart and pump |
| <b>Material:</b>     | Ruton, with needle valve                    |
| <b>Max. load:</b>    | ca. 300 kg                                  |

## happyback® Ballkissen®



happyback®

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](http://www.togu.de) supply more information on the applications. Display available.

|                 |                                      |                               |
|-----------------|--------------------------------------|-------------------------------|
| <b>Art.No.:</b> | <b>Name:</b>                         | <b>Contents:</b>              |
| 805027          | happyback display (delivered filled) | each 16 x 33 cm Ø and 36 cm Ø |

|                      |                                    |
|----------------------|------------------------------------|
| <b>Art.No. :</b>     | <b>Colour:</b>                     |
| 400210               | blue, anthracite                   |
| <b>Size:</b>         | ca. 33 cm Ø                        |
| <b>Packing unit:</b> | 5                                  |
| <b>Contents:</b>     | in a deco-box, with exercise chart |
| <b>Material:</b>     | foamed Ruton, with needle valve    |
| <b>Max. load:</b>    | ca. 200 kg                         |

## happyback® Ballkissen® XL



happyback®

MADE IN GERMANY  
30-Jahre-Garantie

## happyback Ballkissen XL

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](http://www.togu.de) supply more information on the applications.

Display available: see above.

|                      |                                    |
|----------------------|------------------------------------|
| <b>Art.No. :</b>     | <b>Colour:</b>                     |
| 400310               | blue, anthracite                   |
| <b>Size:</b>         | ca. 36 cm Ø                        |
| <b>Packing unit:</b> | 4                                  |
| <b>Contents:</b>     | in a deco-box, with exercise chart |
| <b>Material:</b>     | foamed Ruton, with needle valve    |
| <b>Max. load:</b>    | ca. 200 kg                         |

## Pendel® Ball ABS®



**MADE IN GERMANY**  
30-Jahre-Garantie

### 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

|                      |  |
|----------------------|--|
| <b>Art.No.:</b>      | <b>Colour:</b>                                     |
| 400409               | purple   |
| <b>Size:</b>         | ca. 80 cm Ø; seat height 55 - 70 cm                |
| <b>Packing unit:</b> | 1  |
| <b>Contents:</b>     | in a box (deflated), with exercise poster and pump |
| <b>Material:</b>     | Ruton with plug valve                              |
| <b>Max. load:</b>    | ca. 1000 kg  |
| <b>Specials:</b>     | 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:** Anti-Burst-System

Gebrauchsmuster Nr.: 20 2005 004 166.1

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



**actisan®**

| Art.No.:             | Name:  | Size Ø:   | Seat Height ca.: |
|----------------------|--|-----------|------------------|
| 420450               | Pendel Ball actisan                                | ca. 80 cm | 55 - 70 cm       |
| 420460               | Pendel Ball light actisan                          | ca. 60 cm | 45 - 55 cm       |
| <b>Colour:</b>       | anthracite   |           |                  |
| <b>Packing unit:</b> | 1  |           |                  |
| <b>Contents:</b>     | in a box (deflated); with exercise poster and pump |           |                  |
| <b>Material:</b>     | Ruton with actisan; with plug valve                |           |                  |
| <b>Max. load:</b>    | ca. 1000 kg / 1 ton (ABS Guarantee up to 250 kg)   |           |                  |

### Dynair-A

## 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](http://www.antara-training.ch)

|                      |                    |
|----------------------|--------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>     |
| 400320               | blue-purple        |
| <b>Size:</b>         | ca. 32 cm x 96 cm  |
| <b>Packing unit:</b> | 1                  |
| <b>Contents:</b>     | in a box with pump |
| <b>Material:</b>     | Ruton              |
| <b>Max. load:</b>    | ca. 200 kg         |

## Airgo® Active Seat Cushion



**MADE IN GERMANY**  
30-Jahre-Garantie

## Airgo® Active Seat Cushion Comfort



## Airgo® Active Back Cushion



## Airgo® Active Back Cushion Comfort



### Airgo Active Seat Cushion

No time for workout? Training while sitting on the Airgo in your car or office chair. Small delicate movements keep the spine in motion while seated. Anatomically shaped to take load off the pelvis and relieve the prostate. Easy to take along: in the car, on the bus, at the stadium – always be comfortably seated.

|                      |                       |
|----------------------|-----------------------|
| <b>Art.No. :</b>     | <b>Colour:</b>        |
| 401100               | silver                |
| <b>Size:</b>         | 40 x 28 cm            |
| <b>Packing unit:</b> | 4                     |
| <b>Contents</b>      | in deco-box with pump |
| <b>Material:</b>     | Ruton                 |
| <b>Max. load:</b>    | ca. 200 kg            |

### Airgo Active Seat Cushion Comfort

Climate control material. Special material ensures optimal comfort. No time for workout? Training while sitting on the Airgo in your car or office chair. Small delicate movements keep the spine in motion while seated. Anatomically shaped to take load off the pelvis and relieve the prostate. Easy to take along: in the car, on the bus, at the stadium – always be comfortably seated.

|                      |                       |
|----------------------|-----------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>        |
| 401300               | black                 |
| <b>Size:</b>         | 40 x 28 cm            |
| <b>Packing unit:</b> | 4                     |
| <b>Contents</b>      | in deco-box with pump |
| <b>Material:</b>     | Ruton                 |
| <b>Max. load:</b>    | ca. 200 kg            |

### Airgo Active Back Cushion with new material

Pliable air cushion supports comfortable sitting. The spine stays active in a seated position. Ideal support to the back during every movement. Promotes upright posture.

The classic Airgo back cushion with a new ultralight filling.

For even greater comfort and more effective back relief when sitting for long periods.

|                      |                       |
|----------------------|-----------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>        |
| 510000               | black                 |
| <b>Size:</b>         | 40 x 29cm             |
| <b>VPE:</b>          | 5                     |
| <b>Packing unit:</b> | in deco-box with pump |
| <b>Contents:</b>     | Ruton                 |
| <b>Max load:</b>     | ca. 200 kg            |

### Airgo Active Back Cushion Comfort with new material

Pliable air cushion supports comfortable sitting. The spine stays active in a seated position. Ideal support to the back during every movement. Promotes upright posture. With climate control material. This special material ensures optimal comfort and air circulation.

The classic Airgo back cushion with a new ultralight filling.

For even greater comfort and more effective back relief when sitting for long periods.

|                      |                       |
|----------------------|-----------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>        |
| 510100               | black                 |
| <b>Size:</b>         | 40 x 29 cm            |
| <b>Packing unit:</b> | 5                     |
| <b>Contents:</b>     | in deco-box with pump |
| <b>Material:</b>     | Ruton                 |
| <b>Max load:</b>     | ca. 200 kg            |

## Airgo® Sit Ring



### Airgo Sit Ring

Unlike usual sit rings made of foam the new Airgo Sitring 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 Sitring 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.

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

## Airgo® wheelchair seat cushion



### Airgo wheelchair back cushion

Pliable air cushion – adapts perfectly to the spine and supports every movement. Promotes upright posture.

Help the shoulders and neck to relax. Fits almost every wheelchair. Absorbs your breathing motions and transforms them into small, delicate movements. With high quality (climate control material) cover.

The classic Airgo wheelchair cushion with a new ultralight filling.

For even greater comfort and more effective back relief when sitting for long periods.

|                      |                       |
|----------------------|-----------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>        |
| 401400               | black                 |
| <b>Size:</b>         | 40 x 28 cm            |
| <b>Packing unit:</b> | 4                     |
| <b>Contens:</b>      | in deco-box with pump |
| <b>Material:</b>     | Ruton                 |
| <b>Max. load:</b>    | ca. 200 kg            |
| <b>Specials:</b>     | climate material      |

## Airgo® wheelchair back cushion



### Airgo wheelchair back cushion

Pliable air cushion – adapts perfectly to the spine and supports every movement. Promotes upright posture.

Help the shoulders and neck to relax. Fits almost every wheelchair. Absorbs your breathing motions and transforms them into small, delicate movements. With high quality (climate control material) cover.

The classic Airgo wheelchair cushion with a new ultralight filling.

For even greater comfort and more effective back relief when sitting for long periods.

|                      |                       |
|----------------------|-----------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>        |
| 510200               | black                 |
| <b>Size:</b>         | 40 x 29 cm            |
| <b>Packing unit:</b> | 5                     |
| <b>Contens:</b>      | in deco-box with pump |
| <b>Material:</b>     | Ruton                 |
| <b>Max. load:</b>    | ca. 200 kg            |
| <b>Specials:</b>     | climate material      |

## 3D AirPad set of 2



**MADE IN GERMANY**  
30-Jahre-Garantie

## Senso® vein trainer (Dynair® Pads)



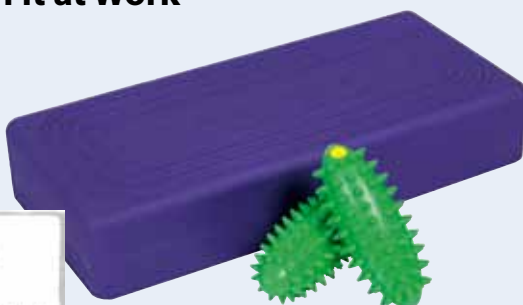
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30-Jahre-Garantie

## Balance Block



**MADE IN GERMANY**  
30-Jahre-Garantie

## Back-Fit at Work



recommended by

**MADE IN GERMANY**  
30-Jahre-Garantie

## 3D AirPad set of 2

Supports as dynamic surface any kind of sports training. Air-filled, with needle valve for individual setting. Safe and longlasting material. For indoor and outdoor use. Available as a set of 2. The 3D Kinesio is considered a movement concept, understanding the human body as whole and the spine as its central carrier. It is a movement system which unites millennium old far eastern knowledge of body culture mirrored in 3D exercises with modern kinematics. The exercises on the 3D AirPads are preliminary for each form of training. The 3D Kinesio concept uses three-dimensional courses of motion.

**Art.No.:** 410420 **Colour:** anthracite

**Size:** ca. 34 x 15 cm

**Packing unit:** 4

**Contents:** in deco-box with, set of 2

**Material:** Ruton

**Max. load:** ca. 200 kg

## Senso vein trainer (Dynair Pads)

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.:** 400610 **Colour:** 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

## Balance Block

The Balance Block was developed especially for standing exercises performed on one leg at a time. Standing on an unstable surface brings an added dimension to the awareness of the body and trains poise, sensorimotor function and mobility. Doing simple exercises while standing up can also work and train the muscles around the joints. Ideal as an additional resource for physiotherapy treatment on ankles, knees and hip joints.

Easy to clean and simple to stack.

**Art.No.:** 410480 **Colours:** blue-purple, silver-grey

**Size:** approx. 33 cm x 15 cm x 7 cm

**Packing unit:** 4

**Contents:** in a box, incl. exercise poster

**Material:** Ruton

**Max. load:** ca. 150 kg

## Back-Fit at Work

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.

Developed and recommended for employees and employers by the Association of German Back schools (Bundesverband der deutschen Rückenschulen BdR e.V. [www.bdr-ev.de](http://www.bdr-ev.de))

**Art.No.:** 805029 **Colour:** 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

## Balance Air Beam



### Balance Air Beam

The Balance Air Beam is a new versatile training device, which makes coordinative and stabilizing exercises even more diverse. It is equipped with a stable plate and an anti slip base on the bottomside. Every training and therapy exercise conducted in a lying, kneeling, or push up position becomes safer and more effective. Perfect for building up trunk musculature.

The Balance Air Beam can also be utilized for stabilizing exercises as part of a motion training.

Application range: Fitness, therapy (rehabilitation), functional training, performance sports, club and school sports.

|                      |                                      |
|----------------------|--------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                       |
| 410150               | black                                |
| <b>Size:</b>         | ca. 50 cm x 16 cm x 8 cm (L x W x H) |
| <b>Packing unit:</b> | 1                                    |
| <b>Contents:</b>     | with instructions                    |
| <b>Max. load:</b>    | ca. 150 kg                           |

### Multiroll® - Storage Aid

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.

## Multiroll® - Storage Aid



| 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 |

|                   |                                       |
|-------------------|---------------------------------------|
| <b>VPE:</b>       | 4                                     |
| <b>Contents:</b>  | in box with pump                      |
| <b>Material:</b>  | Ruton                                 |
| <b>Max. load:</b> | ca. 200 kg                            |
| <b>Specials:</b>  | also see Multiroll functional page 37 |

### Multiroll Halfroll - Storage Aid

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.

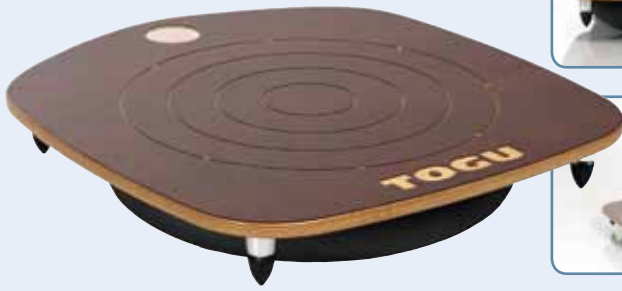
## Multiroll® Halfroll - Storage Aid



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

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

## Posturedo®



### Posturedo

Enhancing and supporting posture, coordination and strength after injuries or at orthopedic indications. Stabilize and mobilize. The new Posturedo enables you to exercise on a instable surface which is special due to its air filled device in between of two wooden plates. 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. Integrated optical position indicating device for therapists to control posture and movements of the patient.

The level of instability can be adjusted easily and seamlessly 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.

|                      |                                      |
|----------------------|--------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                       |
| 440440               | birch wood with exotic wood          |
| <b>Size:</b>         | ca. 67 cm x 72 cm x 13 cm            |
| <b>Packing unit:</b> | 1                                    |
| <b>Contents:</b>     | in a box incl. instructions and pump |
| <b>Max. load:</b>    | ca. 200 kg                           |

### Powerball ABS

The large gymnastics ball from 35 cm to 75 cm: Guaranteed safety thanks to the patented Anti-Burst-System\*. 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.

(\*see instruction for use)

Safety category 4 \*\*\*\*

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

#### 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      |

## Powerball® ABS®



|                 |                |                |
|-----------------|----------------|----------------|
| <b>Art.No.:</b> | <b>Colour:</b> | <b>Size Ø:</b> |
| 407460          | Marble         | 45 cm          |
| 407560          | Marble         | 55 cm          |
| 407660          | Marble         | 65 cm          |
| 407760          | Marble         | 75 cm          |

|                 |                                 |                |
|-----------------|---------------------------------|----------------|
| <b>Art.No.:</b> | <b>Colour:</b>                  | <b>Size Ø:</b> |
| 406360          | red, green, blue, silver, terra | 35 cm          |
| 406450          | red, green, blue, silver, terra | 45 cm          |
| 406550          | red, green, blue, silver, terra | 55 cm          |
| 406650          | red, green, blue, silver, terra | 65 cm          |
| 406750          | red, green, blue, silver, terra | 75 cm          |

|                      |   |
|----------------------|---|
| <b>Packing unit:</b> | 4                                       |
| <b>Contents:</b>     | in deco-box with exercise poster        |
| <b>Material:</b>     | Crylon                                  |
| <b>Max. load:</b>    | 500 kg loadable (90 kg ABS guarantee)   |
| <b>Specials:</b>     | optional DVD available, AGR certificate |

### MyBall

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



|                |                             |                |
|----------------|-----------------------------|----------------|
| <b>Art.No.</b> | <b>Colour:</b>              | <b>Size Ø:</b> |
| 414600         | red, green, turquoise, blue | 45 cm          |
| 415600         | red, green, turquoise, blue | 55 cm          |
| 416600         | red, green, turquoise, blue | 65 cm          |
| 417600         | red, green, turquoise, blue | 75 cm          |

|                      |   |
|----------------------|---|
| <b>Packing unit:</b> | 4   |
| <b>Contents:</b>     | in deco-box with exercise poster                                |
| <b>Material:</b>     | Ruton   |
| <b>Max. load:</b>    | approx. 500 kg  |
| <b>Specials:</b>     | more Colours: Clear Marina , Gloss und Marble see order details |



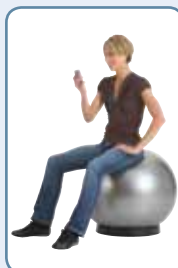
## Powerball® Premium ABS®



## Powerball® Premium ABS® Maternity



## Sitzball ABS®



### Powerball Premium ABS

Even stronger: the large gymnastics 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 Anti-Burst-System\*.

\*see instruction for use

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

Safety category 5 \*\*\*\*\*

| 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   |

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

### Powerball Premium ABS Maternity

Especially with a poster for exercises during pregnancy. From 55 cm to 75 cm. Ideal and absolutely safe also whilst giving birth. Guaranteed safety thanks to the patented Anti-Burst-System\*.

\*see instruction for use

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

Safety category 5 \*\*\*\*\*

| Art.No. : | Colour: | Size Ø: |
|-----------|---------|---------|
| 401560    | silver  | 55 cm   |
| 401660    | silver  | 65 cm   |
| 401760    | silver  | 75 cm   |

|                      |   |
|----------------------|---|
| <b>Packing unit:</b> | 4   |
| <b>Contents:</b>     | in deco-box with exercise poster            |
| <b>Material:</b>     | Crylon                                      |
| <b>Max. load:</b>    | 1000 kg loadable (170/120 kg ABS guarantee) |

### Sitzball ABS

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 patented Anti-Burst-System\*.

\*see instruction for use

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

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   |

|                      |  |
|----------------------|--|
| <b>Packing unit:</b> | 4                                      |
| <b>Contents:</b>     | in deco-box with exercise poster       |
| <b>Material:</b>     | Crylon                                 |
| <b>Max. load:</b>    | 500 kg loadable (120 kg ABS guarantee) |

## Balanza® Physiowippe



### 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. Two extremely durable balls below the wooden birch plate Balanza Physiowippe enable 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.

|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colour:</b>                          |
| 440430               | red with wood                           |
| <b>Size:</b>         | ca. 48 x 48 x 7 cm                      |
| <b>Packing unit:</b> | 1                                       |
| <b>Contents:</b>     | in a polybag with instructions and pump |
| <b>Material:</b>     | Ruton and wood                          |
| <b>Max. load:</b>    | ca. 200 kg                              |

### Balanza Circle

The new balanza circle with a smaller ball diameter below the specific plate made of stable wooden material guarantees more safety for patients and handicapped persons in balance training and therapy. This enables the user in every fitness level and age 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.

|                      |                      |
|----------------------|----------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>       |
| 440450               | red with wood        |
| <b>Size:</b>         | ca. 40 cm x 7 cm     |
| <b>Packing unit:</b> | 1                    |
| <b>Contents:</b>     | instructions for use |
| <b>Material:</b>     | Ruton and wood       |
| <b>Max. load:</b>    | ca. 150 kg           |

### 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.

|                      |                               |
|----------------------|-------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                |
| 440421               | red with wood                 |
| <b>Size:</b>         | ca. 180 cm x 60 cm x 15 cm    |
| <b>Packing unit:</b> | 1                             |
| <b>Contents:</b>     | instructions for use and pump |
| <b>Material:</b>     | Ruton and wood                |
| <b>Max. load:</b>    | ca. 150 kg                    |

## Balanza® Circle



## Balanza® Ballstep® XXL



## TOGU® Set for Workplace Health Promotion



### TOGU Set for Workplace Health Promotion

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](http://www.dtb-akademie.de)

Contents: 3 x TOGU Brasil (2er-Set); 1 x Dynair Pads; 1 x WaterPower Ring; 1 x Aero-Step XL functional; 1 x Balance Block; 2 x TOGU Balance Board Ballanza;

| Art.No.: | PU: | Contents:                           |
|----------|-----|-------------------------------------|
| 805037   | 1   | 5 displays incl. equipment in a box |

**Material:** Rution

### Bodybone & Bodybone XL

Feel the relaxation after a hard training session or work day.

An outstanding and anatomically aligned tool, the Bodybone 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 LWS area, as well as all muscles on the surface and extremities.

In size XL 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:              | PU: |
|----------|-------------|-----------------------------|-----|
| 410430   | Bodybone    | ca. 15 x 6,5 cm / ca. 430 g | 3   |
| 410440   | Bodybone XL | ca. 26 x 14 cm              | 2   |

**Contents:** in a box

**Material Bodybone:** Rution with special weight-filling

**Material Bodybone XL:** Rution with plug- and needle-valve

**Max. Load:** ca. 200 kg

### TOGU Anti-Stress Ball

A soft and pleasant Anti Stress Ball 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.

At the office, to overcome smoking or to reduce tension.

Hygienic and washable

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

Application: at home, rehabilitation and therapy

| Art.No.:             | Colour:                    |
|----------------------|----------------------------|
| 464100               | ruby-red, blue, anthracite |
| <b>Size:</b>         | ca. 6,5 cm                 |
| <b>Packing unit:</b> | 12                         |
| <b>Material:</b>     | foamed Rution              |

## Bodybone® & Bodybone® XL



## TOGU® Anti-Stress Ball



## Dynair® Ballkissen® Med & Dynair® Ballkissen® XL Med



Medical Device



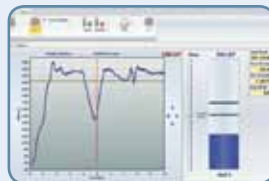
## Dynair® Ballkissen® Senso® Med & Dynair® Ballkissen® Senso® XL Med



Medical Device



## PAB® - pressure air biofeedback Basic Version & Pro Version



### Dynair Ballkissen Med

The Original Dynair ballcushion: the space saving alternative (seat cover) to a large therapy ball for medical purposes – classified as medical device with CE mark according to EU Directive 93/42/EEC. As dynamic instable surface for therapy and rehabilitation at orthopaedic and psychosomatic indications in single and group-therapy. Both sides with a smooth surface.

MEDICAL DEVICE

European Patent No. 705549

| Art.No.:          | Colour:          | Size Ø:     | PU: |
|-------------------|------------------|-------------|-----|
| 420100            | red, blue, black | ca. 33 cm Ø | 5   |
| 420120            | red, blue, black | ca. 36 cm Ø | 4   |
| <b>Contents</b>   | in a box         |             |     |
| <b>Material:</b>  | Ruton            |             |     |
| <b>Max. load:</b> | ca. 200 kg       |             |     |

### Dynair Ballkissen Senso Med

The Original Dynair ballcushion in Senso version: the space saving alternative (seat cover) to a large therapy ball for medical purposes – classified as medical device with CE mark according to EU Directive 93/42/EEC. As dynamic instable surface for therapy and rehabilitation at orthopaedic and psychosomatic indications in single and group-therapy. One side with a smooth surface, one side with knobs.

MEDICAL DEVICE

European Patent No. 705549

| Art.No.:          | Colour:          | Size Ø:     | PU: |
|-------------------|------------------|-------------|-----|
| 420110            | red, blue, black | ca. 33 cm Ø | 5   |
| 420130            | red, blue, black | ca. 36 cm Ø | 4   |
| <b>Contents</b>   | in a box         |             |     |
| <b>Material:</b>  | Ruton            |             |     |
| <b>Max. load:</b> | ca. 200 kg       |             |     |

### PAB - pressure air biofeedback (Basic & Pro)

Functional performance diagnostics - Simple & Scientific:

PAB stands for "pressure air biofeedback" and uses air to measure muscle strength. E.g. it proves to be valuable for rehabilitation after a knee surgery or a therapy after a stroke by measuring the strength of the acted muscle groups. The PAB device is connected by a hose to a suitable TOGU product and transfers the measured data through a USB Port connection to the computer. Every motion is displayed as a Strength-Chart on the computer screen. Results that were achieved in previous exercises can be saved and compared with each other user related. This enables the user to improve therapy and training for the patient.

New in 2014:

#### 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 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

More information on [www.pressureairbiofeedback.com](http://www.pressureairbiofeedback.com)

| Art.No.: | Colour:                            |
|----------|------------------------------------|
| 805070   | PAB Basic (Set inkl. 4 TOGU items) |
| 921800   | PAB Basic (only device)            |
| 805071   | PAB Pro (Set inkl. 4 TOGU items)   |
| 921900   | PAB Pro (only device)              |

**Packing unit:** 1

## Powerball® ABS® Med



Medical Device



## Powerball® Premium ABS® Med



Medical Device



## MyBall Med



Medical Device



### Powerball ABS Med

The original ABS ball for physical therapy and rehabilitation: patented and ABS Anti-Burst-System\* guaranteed therapy ball for medical purposes – classified as medical device with CE mark according to EU Directive 93/42/EEC. As dynamic instable surface for therapy and rehabilitation at orthopaedic and psychosomatic indications in single and group-therapy.

The large therapy ball from 45 cm to 75 cm: Guaranteed safety thanks to the patented Anti-Burst-System\*. Each size in 3 different colours.

(\*see instruction for use)

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

Safety category 4 \*\*\*\*

MEDICAL DEVICE

| Art.No. | Colour:           | Size Ø: |
|---------|-------------------|---------|
| 420140  | red, blue, silver | 45 cm   |
| 420150  | red, blue, silver | 55 cm   |
| 420160  | red, blue, silver | 65 cm   |
| 420170  | red, blue, silver | 75 cm   |

**Packing unit:** 4

**Contents:** in a box with instruction for use

**Material:** Crylon

**Max. load:** approx. 500 kg (ABS guarantee up to 90 kg)

### Powerball Premium ABS Med

The original ABS ball for physical therapy and rehabilitation with increased safety level: patented and ABS Anti-Burst-System\* guaranteed therapy ball for medical purposes – classified as medical device with CE mark according to EU Directive 93/42/EEC. As dynamic instable surface for therapy and rehabilitation at orthopaedic and psychosomatic indications in single and group-therapy.

The large therapy ball from 45 cm to 75 cm: Guaranteed safety thanks to the patented Anti-Burst-System\*. Each size in 3 different colours.

(\*see instruction for use)

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

Safety category 5 \*\*\*\*\*

MEDICAL DEVICE

| Art.No. | Colour:               | Size Ø: |
|---------|-----------------------|---------|
| 420240  | green, orange, silver | 45 cm   |
| 420250  | green, orange, silver | 55 cm   |
| 420260  | green, orange, silver | 65 cm   |
| 420270  | green, orange, silver | 75 cm   |

**Packing unit:** 4

**Contents:** in a box with instruction for use

**Material:** Crylon

**Max. load:** approx. 1000 kg (ABS guarantee up to 170 kg, for 75 cm up to 120kg)

### MyBall Med

The large therapy ball for physical therapy and rehabilitation - classified as medical device with CE mark according to EU Directive 93/42/EEC. Loadable up to 500 kg. As dynamic instable surface for therapy and rehabilitation at orthopaedic and psychosomatic indications in single and group-therapy.

The large therapy ball from 45 cm to 75 cm; Each size in 3 different colours.

MEDICAL DEVICE

| Art.No. | Colour:          | Size Ø: |
|---------|------------------|---------|
| 420340  | red, blue, green | 45 cm   |
| 420350  | red, blue, green | 55 cm   |
| 420360  | red, blue, green | 65 cm   |
| 420370  | red, blue, green | 75 cm   |

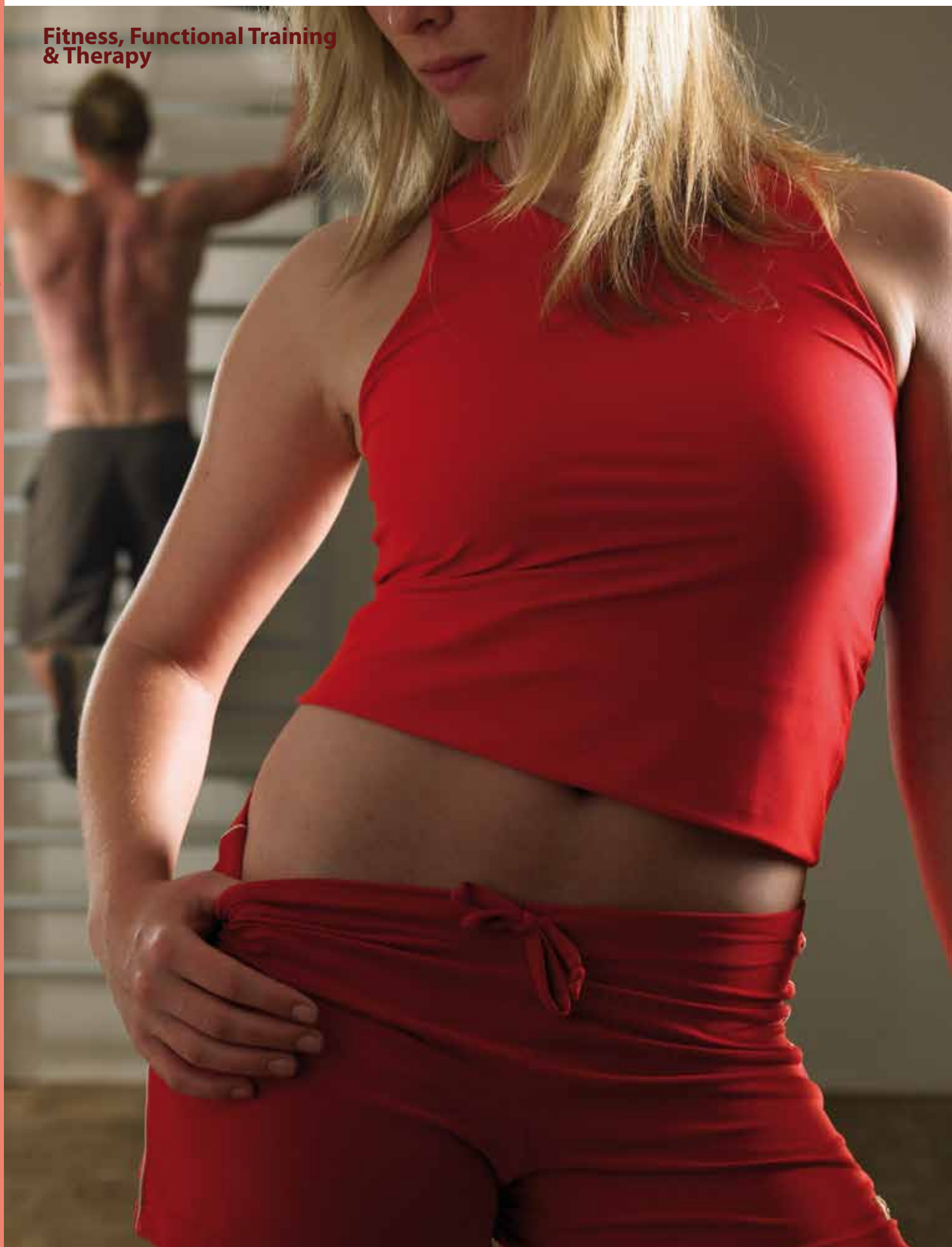
**Packing unit:** 4

**Contents:** in a box with instruction for use

**Material:** Ruton

**Max. load:** approx. 500 kg

## Fitness, Functional Training & Therapy



## Fitness, Functional Training & Therapy

for fitness enthusiasts, sports people and athletes, trainers and physical therapists

for training and therapy centers, sports clubs and gyms

## Jumper® actisan®



actisan®

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



actisan®

## Dynair® Ballkissen® XXL actisan®



actisan®

## Jumper 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.

**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.**

|                      |  |
|----------------------|--|
| <b>Art.No.:</b>      | <b>Colour:</b>                                   |
| 420420               | anthracite, with black plate                     |
| <b>Size:</b>         | ca. 52 cm x max 24 cm                            |
| <b>Packing unit:</b> | 2  |
| <b>Contents:</b>     | in a box, with pump and exercise poster          |
| <b>Material:</b>     | Ruton with actisan, fibre-glass reinforced plate |
| <b>Max. Load:</b>    | ca. 200 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:** Anti-Burst-System

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

## Dynair Ballkissen XXL actisan

The Dynair XXL Ballcushion 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.

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

## Medicine Ball actisan®



## MyBall actisan®



## Topanga®



### 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

### 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



## TOGU® Balanza® & TOGU® Balanza® Handgrips



## Balanza® Freeride



## Balanza® Ballstep® & Balanza® Ballstep® Group



### TOGU Balanza & TOGU Balanza Handgrips

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.

### TOGU Balanza Handgrips

The soft grip for more comfortable use of the training tool TOGU Balanza especially performing push ups.

| Art.No.:          | Colour:  | ca. Size:          | Packing unit: |
|-------------------|--|--------------------|---------------|
| 410410            | red with wood  | ca. 55 x 35 x 7 cm | 1             |
| 908602            | black  | ca. 12,5 cm x 7 cm | 1 pair        |
| <b>Contents:</b>  | TOGU Balanza: in a bag, instructions, pump / Handgrips: bulk |                    |               |
| <b>Max. load:</b> | ca. 150 kg (TOGU Balanza)                                    |                    |               |

### 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             |
| <b>Size:</b>         | ca. 100 x 30 x 14 cm                    |
| <b>Packing unit:</b> | 1                                       |
| <b>Contents:</b>     | in a polybag with instructions and pump |
| <b>Material:</b>     | Balls: Ruton; Plate: 100% birch wood    |
| <b>Max. load:</b>    | ca. 200 kg                              |

### Balanza Ballstep & Balanza Ballstep Group

The new Balanza 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.

| Art.No.:             | Colour:  |
|----------------------|--|
| 440420               | wood with a red balls (Balanza Ballstep)       |
| 440490               | wood with a red balls (Balanza Ballstep Group) |
| <b>Size:</b>         | ca. 89 x 43 x 14 cm                            |
| <b>Packing unit:</b> | 1  |
| <b>Contents:</b>     | in a polybag with instructions and pump        |
| <b>Material:</b>     | Balls: Ruton; Plate: 100% birch wood           |
| <b>Max. load:</b>    | ca. 150 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 und therapy.

European Patent No. 2092964

|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colour:</b>                                    |
| 805069               | red and green                                     |
| <b>Size:</b>         | 2 x 36 cm x max. 18 cm                            |
| <b>Packing unit:</b> | 1 (set of 2)                                      |
| <b>Contents:</b>     | incl. pump, training chart an instruction für use |
| <b>max. Load:</b>    | ca. 150 kg  |

## Dynair Walker & 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 accessory parts.

## Dynair® Walker & Dynair® Walker Comfort

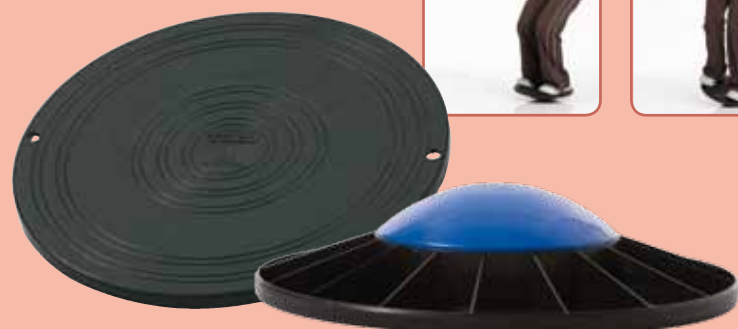


|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colour:</b>                            |
| 465800               | black with red (Dynair Walker)            |
| 465900               | black with red (Dynair Walker Comfort)    |
| <b>Size:</b>         | one size fits all; EUR 37 - 46            |
| <b>Packing unit:</b> | 2 pair                                    |
| <b>Contents:</b>     | as a pair in a polybag incl. instructions |
| <b>max. Load:</b>    | ca. 150 kg                                |

## TOGU Balance Board Ballanza

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.

## TOGU® Balance Board Ballanza®



| 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 9,5cm |

|                      |                     |
|----------------------|---------------------|
| <b>Packing unit:</b> | 1                   |
| <b>Contents:</b>     | in a box            |
| <b>Material:</b>     | high quality GFK-PP |
| <b>Max. load:</b>    | 120 kg              |

## Jumper®



TOGU® JUMPER® EMPFOHLEN VOM  
**CHAMPION DES JAHRES**

BEST OF SPORTS

## Jumper® mini



## Jumper® Pro & Jumper Pro Plate



## Jumper

Your highlight for your health and fitness. Choose the Jumper workout and be fit. The multifunctional training tool and trampoline ball for Group Fitness, personal training, Sports specific training and physiotherapy. 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.

**Integrated Easy-Store-System without extra cost.**

European Patent No. 2092964

|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colour:</b>  |
| 410202               | red with a black plate                                      |
| <b>Size:</b>         | 52 x max. 24 cm   |
| <b>Packing unit:</b> | 2   |
| <b>Contents:</b>     | in box with exercise poster and pump                        |
| <b>Material:</b>     | Ruton, fiberglass-strengthened plate                        |
| <b>Max. load:</b>    | ca. 200 kg  |
| <b>Specials:</b>     | optional DVD available, AGR-quality-seal, Easy-Store-System |

## 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

|                      |                                      |
|----------------------|--------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                       |
| 410302               | red with a black plate               |
| <b>Size:</b>         | 36 x max. 18 cm                      |
| <b>Packing unit:</b> | 2                                    |
| <b>Contents:</b>     | in box with exercise poster and pump |
| <b>Material:</b>     | Ruton, fiberglass-strengthened plate |
| <b>Max. load:</b>    | ca. 120 kg                           |

## Jumper Pro & Jumper Pro Plate

The multifunctional Balance Trainer in a new version as Jumper Pro for even more flexible use. The new Jumper Pro plate creates a plain surface on the backside. The new Pro plate is delivered with an included screw which you can attach and remove quickly. So you can use the different sub surfaces even during your training. With the new plain ground you can do balance, coordination and strengthen exercises in standing position in a physiological right way for your foot sole. This enables a wider range of exercise possibilities.

The delivering package contains beside the Jumper, details instruction for use and exercise leaflets, the Jumper Pro Plate and a screw with an Allen key.

## 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.

|                      |  |
|----------------------|--|
| <b>Art.No.:</b>      | <b>Colour:</b>   |
| 410320               | red with a black plate (Jumper Pro)                    |
| 410360               | black (only Jumper Pro Plate)                          |
| <b>Size:</b>         | 52 x max. 24 cm / Jumper Pro Plate: ca. 50 cm Ø x 7 cm |
| <b>Packing unit:</b> | 2  |
| <b>Contents:</b>     | in box with exercise poster and pump                   |
| <b>Material:</b>     | Ruton with needle-valve                                |
| <b>Max. load:</b>    | ca. 200 kg   |

## Aero-Step® Pro



## 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.

The Aero Step Pro is also available with antimicrobial effective actisan material in anthracite colour (Art. Nr. 420570).

|                      |   |
|----------------------|---|
| <b>Art.Nr.:</b>      | <b>Colour:</b>                            |
| 400540               | blue, silver-grey, red, black             |
| <b>Size:</b>         | 52 x 40 x 8,5 cm                          |
| <b>Packing unit:</b> | 4   |
| <b>Contents:</b>     | in deco-box with exercise poster and pump |
| <b>Material:</b>     | Ruton                                     |
| <b>Max. Load:</b>    | ca. 200 kg                                |

## Aero-Step XL

The next step to stability! For advanced learner. The approved tool, with the twin air chamber system provides training with maximal effect. More intensive training for the deep lying musculature apperception, processing of stimuli and stability will be trained and enhanced. Applicable. Very variable, applicable using on standing, kneeling, or lying down very robust. For using in rehabilitation, fitness or at home. Over 1000 soft knobs massage to enhance blood circulation

|                       |   |
|-----------------------|---|
| <b>Art.No.:</b>       | <b>Colour:</b>                            |
| 400510                | blue, green, silver-grey, red, black      |
| <b>Size:</b>          | 51 x 37 x 8 cm                            |
| <b>Packing unit:</b>  | 4   |
| <b>Contents:</b>      | in deco-box with exercise poster and pump |
| <b>Material:</b>      | Ruton                                     |
| <b>Belastbarkeit:</b> | ca. 200 kg                                |
| <b>Specials:</b>      | AGR- quality-seal, optional DVD available |

## Aero-Step XL functional

The next step to stability! For advanced learner. The approved tool, with the twin air chamber system provides training with maximal effect. More intensive training for the deep lying musculature apperception, processing of stimuli and stability will be trained and enhanced. Applicable. Very variable, applicable using on standing, kneeling, or lying down very robust. For using in rehabilitation, fitness or at home. Especially designed for Functional Training.

|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colour:</b>                            |
| 400590               | red, black, silver-grey                   |
| <b>Size:</b>         | 51 x 37 x 8 cm                            |
| <b>Packing unit:</b> | 4   |
| <b>Contents:</b>     | in deco-box with exercise poster and pump |
| <b>Material:</b>     | Ruton                                     |
| <b>Max. load:</b>    | ca. 200 kg                                |
| <b>Specials:</b>     | optional DVD available, AGR- quality-seal |

## Dynair® Pro



**MADE IN GERMANY**  
30-Jahre-Garantie

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



**MADE IN GERMANY**  
30-Jahre-Garantie

## Multiroll® functional



**MADE IN GERMANY**  
30-Jahre-Garantie

### Dynair Pro

The first ball cushion 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.).

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

### Dynair Ballkissen XXL Level III & Level IV

Feel and train the deeper laying musculature.

Level III: strong. The Dynair ball cushion 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 ball cushion 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.

|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colour:</b>                            |
| 400404               | blue (Level III)                          |
| 400406               | black (Level IV)                          |
| <b>Size:</b>         | 50 cm                                     |
| <b>Packing unit:</b> | 2   |
| <b>Contents:</b>     | in deco-box with exercise poster and pump |
| <b>Material:</b>     | Ruton                                     |
| <b>Max. load:</b>    | ca. 200 kg                                |
| <b>Specials:</b>     | optional DVD available, AGR quality-seal  |

### 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.

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

## Powerball® ABS® Sport



## Powerball® Premium ABS® Sport



### Powerball ABS Sport

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 patented Anti-Burst-System\*.

\*see instruction for use

Safety category 4 \*\*\*\*

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

#### 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.: | Colour: | Size Ø: |
|----------|---------|---------|
| 412450   | Marble  | 45 cm   |
| 412550   | Marble  | 55 cm   |
| 412650   | Marble  | 65 cm   |
| 412750   | Marble  | 75 cm   |

| Art.No.: | Colour:                         | Size Ø: |
|----------|---------------------------------|---------|
| 402450   | red, green, blue, silver, terra | 45 cm   |
| 402550   | red, green, blue, silver, terra | 55 cm   |
| 402650   | red, green, blue, silver, terra | 65 cm   |
| 402750   | red, green, blue, silver, terra | 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 Sport

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 Anti-Burst-System\*.

(\*see instruction for use)

Safety category 5 \*\*\*\*\*

| Art.No. | Colour:                          | Size Ø: |
|---------|----------------------------------|---------|
| 413450  | red, green, blue, orange, silver | 45 cm   |
| 413550  | red, green, blue, orange, silver | 55 cm   |
| 413650  | red, green, blue, orange, silver | 65 cm   |
| 413750  | 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®



## Powerball® Extreme ABS®



## Dynaswing®



### Powerball Challenge ABS

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 \*\*\*\*\*

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

### Powerball Extreme ABS

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 \*\*\*\*\*

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

### 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.

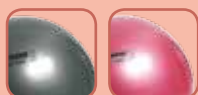
Suitable for fitness- sports and therapy

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

## MyBall



## MyBall Soft



## happyback® Fitnessball



**happyback**

### MyBall

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.

| Art.No. : | Colour:                     | Size: Ø: |
|-----------|-----------------------------|----------|
| 414600    | red, green, turquoise, blue | 45 cm    |
| 415600    | red, green, turquoise, blue | 55 cm    |
| 416600    | red, green, turquoise, blue | 65 cm    |
| 417600    | red, green, turquoise, blue | 75 cm    |

|                      |   |
|----------------------|---|
| <b>Packing unit:</b> | 4   |
| <b>Contents:</b>     | in deco-box with exercise poster                                |
| <b>Material:</b>     | Ruton   |
| <b>Max. load:</b>    | ca. 500kg   |
| <b>Specials:</b>     | more Colours: Clear Marina , Gloss und Marble see order details |

### MyBall Soft

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. Foam surface for an extra soft feeling.

| Art.Nr.: | Colour:                         | Size: Ø: |
|----------|---------------------------------|----------|
| 418450   | perl-white, ruby red, dark gray | 45 cm    |
| 418550   | perl-white, ruby red, dark gray | 55 cm    |
| 418650   | perl-white, ruby red, dark gray | 65 cm    |
| 418750   | perl-white, ruby red, dark gray | 75 cm    |

|                      |                                  |
|----------------------|----------------------------------|
| <b>Packing unit:</b> | 4                                |
| <b>Contents:</b>     | in deco-box with exercise poster |
| <b>Material:</b>     | Ruton                            |
| <b>Max. load:</b>    | ca. 500kg                        |

### 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 |

|                      |   |
|----------------------|---|
| <b>Packing unit:</b> | 4   |
| <b>Contents:</b>     | in a deco-box, with exercise chart and pump |
| <b>Material:</b>     | foamed Ruton, with plug valve               |
| <b>Max. load:</b>    | ca. 500 kg                                  |



## Dynamic Drums Ball, Ball Bowl, and Sticks



## Moonhopper® Sport



## Dynanza® Surf



### 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           |

### Moonhopper Sport

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

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

### 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.

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

## TOGU® Mini-dumbbell



## Stonies® – The Toning® ball



## Hot Shots



## Medicine ball



## 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.

| 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

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

## Hot Shots

Indestructible and save handy and nevertheless powerful. From 3 kg up to 9 kg. Easy to handle, because of the design for effective exercises with weights. To use indoor and outdoor.

| Art.No.: | Colour: | Size: Ø | ca. Weight: |
|----------|---------|---------|-------------|
| 660030   | black   | 11 cm   | 3000 g      |
| 660040   | black   | 11 cm   | 4000 g      |
| 660050   | black   | 12,5 cm | 5000 g      |
| 660060   | black   | 13,5 cm | 6000 g      |
| 660070   | black   | 13,5 cm | 7000 g      |
| 660080   | black   | 13,5 cm | 8000 g      |
| 660090   | black   | 13,5 cm | 9000 g      |

**Packing unit:** 2

**Contents:** bulk

**Material:** Hytrel

## Medicine ball

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.

| Art.Nr.: | Colour:      | Size: | Weight: | Packing unit |
|----------|--------------|-------|---------|--------------|
| 420500   | red, brown   | 21 cm | 500 g   | 20           |
| 420800   | blue, brown  | 21 cm | 800 g   | 20           |
| 421000   | red, brown   | 21 cm | 1000 g  | 20           |
| 421500   | brown        | 28 cm | 1500 g  | 8            |
| 422000   | brown        | 28 cm | 2000 g  | 8            |
| 423000   | blue, brown  | 28 cm | 3000 g  | 8            |
| 424000   | green, brown | 34 cm | 4000 g  | 4            |
| 425000   | red, brown   | 34 cm | 5000 g  | 4            |

**Material:** Ruton

**Specials:** needle valve

## OS Roller Premium



## TOGU® Blackroll® & TOGU® Blackroll® Mini



## TOGU® Blackroll® Ball



## TOGU® Blackroll® Set



## 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.

| 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/cm<sup>3</sup>)

## TOGU Blackroll & TOGU Blackroll Mini

The TOGU Black Roll - Made in Germany - is the perfect recovery tool 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

Available in two sizes.

| Art.No.: | Colour: | PU: | Size :                             |
|----------|---------|-----|------------------------------------|
| 400048   | black   | 6   | ca. 30 x 15 cm Ø (Blackroll)       |
| 410030   | black   | 8   | ca. 15 x 5,5 cm Ø (Blackroll Mini) |

**Material:** EEP

**Lieferumfang:** in a box with instructions

## 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 EEP 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 |

**Lieferumfang:** each in a sales carton

**Material:** EEP

## 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 EEP is robust and easy to clean, skin-friendly, odourless and 100% recycling.

| Art.No.: | Colour: |
|----------|---------|
| 805044   | black   |

**Packing unit:** 1

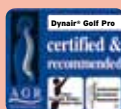
**Contents:** set in a carton box

**Material:** EEP

## TOGU® FitPack® Golf



## Dynair® Golf Pro



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## TOGU® Brasil® set of 2



**MADE IN GERMANY**  
30-Jahre-Garantie

## TOGU® Brasil® Aqua



## TOGU FitPack Golf

For Golf fitness and therapy of golf specific injuries. TOGU FitPack Golf supplies effective and easy to use training solutions for more stability, coordination and precision.

This equipment is used to support the education of teaching and sport professionals of the PGA of Germany. It can also be used easily at home by every ambitious golfer to prevent injuries and to improve his/her specific abilities.

**Contents:** 1 Dynair Golf Pro - set of 2, 1 Trimpack, 1 Dynair Ballkissen Senso 33 - black, 1 Jumper mini, 1 Powerball Premium ABS 65 - silver, 1 Brasil - set of 2, 1 Medicine Ball - 2 kg, 1 Powerband light, 1 TOGU Balance Board - Level 2, 1 Senso Balance Igel XL - set of 2 - anthrazit, 1 Powerball Pump

|                      |                   |
|----------------------|-------------------|
| <b>Art.No.:</b>      | <b>Name:</b>      |
| 805024               | TOGU FitPack Golf |
| <b>Size:</b>         | ca. 75x42x30 cm   |
| <b>Packing unit:</b> | 1                 |
| <b>Contents:</b>     | set in boxes      |

### 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.

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

### 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

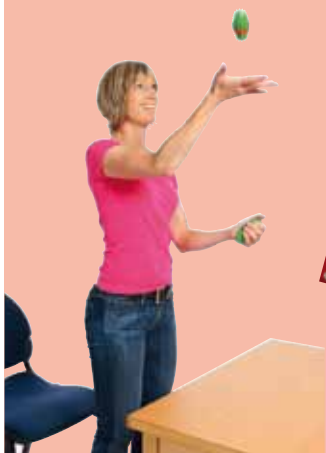
|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colour:</b>  |
| 470636               | green   |
| <b>Size:</b>         | 2 x ca. 270 g   |
| <b>Packing unit:</b> | 15  |
| <b>Contents:</b>     | in a polybag with exercise poster, yellow rubber band |
| <b>Material:</b>     | Ruton   |

### 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.

|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colour:</b>  |
| 470666               | green   |
| <b>Size:</b>         | 2 x ca. 270 g   |
| <b>Packing unit:</b> | 15  |
| <b>Contents:</b>     | in a polybag incl. 2 safety straps and training chart |
| <b>Material:</b>     | Ruton   |

## 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](http://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 | 15  |

**Material:** Ruton

### Brainfitness-Set

## Brainfitness-Set



Our brain is the central hub for processing of information. If this process is not optimized, stress and lack of concentration will be the result. The capacity in work, school and everyday life will decrease. In the programme for “brainfitness trainer” of Glucker Kolleg, educational institute for Personal Training in Germany, new methods and exercises are taught to increase brainfitness. Companies, clubs and institutes can help their employees and members to develop and increase own capacities. Can be used also in performance and recreational sports.

More information on [www.gluckerkolleg.de](http://www.gluckerkolleg.de)

Contents: 2 x Knobbed ball 6 cm, orange; 2 x Knobbed ball 8 cm, amethyst; 2 x Senso Ball Mini 9 cm; 1 x Knobbed ring 16 cm, yellow; 4 x Knobbed ball long 7 x 4 cm; 2 x Knobbed ball long 11 x 5 cm; 1 x Set of 2 Softball 7 cm; 1 x Throwing ring; 1 x Diving ring 140 g;

| Art.No. | Contents:                | PU: |
|---------|--------------------------|-----|
| 805032  | as assortment in one box | 1   |

**Material:** Ruton

### Dynair Twist (Set of 2)

## 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:** Ruton

### Backswing Trainer

## 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 core, abs and back training 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

## Trimpect®



**MADE IN GERMANY**  
30-Jahre-Garantie

## WaterPower® Roll & WaterPower® Ring



## Powerband



## TOGU® FT Corner



### 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.

|                      |                                  |
|----------------------|----------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                   |
| 470646               | blue                             |
| <b>Size:</b>         | ca. 17,5 x 5,5 cm and 430 g each |
| <b>Packing unit:</b> | 1                                |
| <b>Contents:</b>     | set of 2 in a box                |
| <b>Material:</b>     | Ruton                            |
| <b>Max. load:</b>    | ca. 200 kg                       |

### WaterPower Roll & WaterPower Ring

The WaterPower principle is utilized with its centrifugal water mass inside the roll and the ring. Shaking moves in front of the body will give a great challenge. At the same time the core will be strengthened. Simultaneously body-stabilizing exercises can be carried out save and sound on the side and behind the back. Training can be boosted in a reasonable way according to the individual fitness condition.

|                 |   |                            |
|-----------------|---|----------------------------|
| <b>Art.No.:</b> | <b>Name:</b>  | <b>Size :</b>              |
| 410460          | WaterPower Roll<br>(delivered: without water filling) | ca. 80 cm x 18 cm Ø        |
| 410470          | WaterPower Ring<br>(delivered: filled with water)     | ca. 30 cm Ø and ca. 1800 g |

|                      |            |
|----------------------|------------|
| <b>Colour:</b>       | blue       |
| <b>Packing unit:</b> | 1          |
| <b>Contents:</b>     | in box     |
| <b>Material:</b>     | Ruton      |
| <b>Max. load:</b>    | ca. 200 kg |

### Powerband

Small tool – great effect. Stretch, strengthen or condition. Ideal for travel. Available in 3 level.

| Size:                    | Art.No. :     | Art.No. :      | Art.No. :         |
|--------------------------|---------------|----------------|-------------------|
|                          | Light / green | Heavy / purple | Extra heavy / red |
| 120 x 7,5 cm / with clip | 650100        | 650120         | 650130            |
| 120 x 15 cm / with clip  | 650200        | 650220         | 650230            |
| 500 x 7,5 cm             | 650300        | 650320         | 650330            |
| 500 x 15 cm              | 650350        | 650370         | 650380            |

|                      |  |
|----------------------|--|
| <b>Packing unit:</b> | 10   |
| <b>Contents:</b>     | with exercise poster in a polybag                    |
| <b>Material:</b>     | Latex  |
| <b>Specials:</b>     | Powerband length 25m – 15 cm wide (price on request) |

### TOGU FT Corner (without filling)

The intelligent complete solution for gyms, training centers, schools and clubs made in high quality MDF material. The advanced design guarantees a space saving and mobile solution. Usable also as display for your training programmes. Including instructions for easy assembling.

|                      |                                     |
|----------------------|-------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                      |
| 902020               | silver-grey                         |
| <b>Size:</b>         | ca. 176 x 118 x 58 cm ca. 75 kg     |
| <b>Packing unit:</b> | 1                                   |
| <b>Contents:</b>     | in a box with assembly instructions |
| <b>Material:</b>     | MDF                                 |
| <b>Max. load:</b>    | ca.: 100 kg                         |
| <b>Specials:</b>     | individual filling possible         |

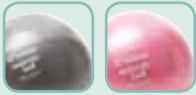


**Piloga® – Pilates Wellness Yoga**

for Pilates trainers and Pilates at home

for yoga, body & mind, relaxing and well-being

## Redondo® Ball



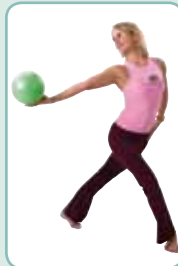
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## Redondo® Ball Touch



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30-Jahre-Garantie

## feel Redondo® Ball



### 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. : | Colour:    | Size: Ø   |
|-----------|------------|-----------|
| 491300    | anthracite | ca. 18 cm |
| 491000    | blue       | ca. 22 cm |
| 491100    | ruby-red   | ca. 26 cm |

|                      |                                   |
|----------------------|-----------------------------------|
| <b>Packing unit:</b> | 16                                |
| <b>Contents:</b>     | in deco-box with exercise poster  |
| <b>Material:</b>     | foamed Ruton                      |
| <b>Max load:</b>     | ca. 120 kg during lying exercises |

### 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 |

|                      |                                   |
|----------------------|-----------------------------------|
| <b>Packing unit:</b> | 16                                |
| <b>Contents:</b>     | in deco-box with exercise poster  |
| <b>Material:</b>     | foamed Ruton                      |
| <b>Max load:</b>     | ca. 120 kg during lying exercises |

### feel Redondo Ball

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   |

|                      |                                   |
|----------------------|-----------------------------------|
| <b>Size:</b>         | ca. 26 cm                         |
| <b>Packing unit:</b> | 16                                |
| <b>Contents:</b>     | in deco-box, with exercise poster |
| <b>Material:</b>     | foamed Ruton                      |
| <b>Max load:</b>     | ca. 120 kg during lying exercises |



## Redondo® ball with actisan®



**actisan®**

## Balance Block



**MADE IN GERMANY**  
30-Jahre-Garantie

## Yoga Balance Cushion



**MADE IN GERMANY**  
30-Jahre-Garantie

### 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 |
| <b>Packing unit:</b> | 16   |           |
| <b>Contents:</b>     | in deco-box, with exercise poster              |           |
| <b>Material:</b>     | Ruton with actisan, with plug valve            |           |
| <b>Max. load:</b>    | approx. 120 kg for exercises in lying position |           |

### Balance Block

The Balance Block as an airfilled alternative.

Standing on an unstable surface brings an added dimension to the awareness of the body and trains poise, sensorimotor function and mobility. Doing simple exercises while standing up can also work and train the muscles around the joints. Ideal as an additional resource for physiotherapy treatment on ankles, knees and hip joints.

Easy to clean and simple to stack.

| Art.No.:             | Colour:                       |
|----------------------|-------------------------------|
| 410480               | blue-purple, silver-grey      |
| <b>Size:</b>         | approx. 33 cm x 15 cm x 7 cm  |
| <b>Packing unit:</b> | 4                             |
| <b>Contents:</b>     | in a box with exercise poster |
| <b>Material:</b>     | Ruton                         |
| <b>Max. load:</b>    | 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.

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

## Spirit-Ball



## Pilates Balance Ball



## Pilates Ball Power Pilates



## Pilates Circle Premium



## Spirit-Ball

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

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

## Pilates Balance Ball

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

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

## Pilates Ball Power Pilates

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

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

## 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.

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

## Pilates Foamroller Premium



## 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.

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

## Pilates Multiroll®



**MADE IN GERMANY**  
30-Jahre-Garantie

## 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.

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

## happyback® Relax-Nex®



**happyback®**

**MADE IN GERMANY**  
30-Jahre-Garantie



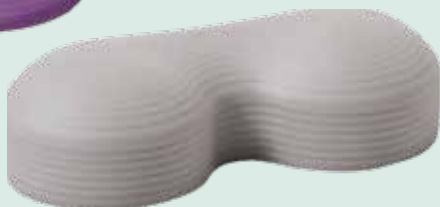
## happyback Relax-Nex

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.

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

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

## Dynair® XXL Meditation and Yoga



**MADE IN GERMANY**  
30-Jahre-Garantie

## Dynair® Extreme



**MADE IN GERMANY**  
30-Jahre-Garantie

## Stonies® – The Toning® Ball



### 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 - see page 31.

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

### Dynair Extreme

Sit on it and feel good. Brings you automatically in a 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.

|                      |                            |
|----------------------|----------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>             |
| 400408               | purple                     |
| <b>Size:</b>         | ca. 80 cm                  |
| <b>Packing unit:</b> | 1                          |
| <b>Contents:</b>     | in a box, with pump        |
| <b>Material:</b>     | Ruton with plug valve      |
| <b>Max. load:</b>    | ca. 200 kg                 |
| <b>Specials:</b>     | also suitable for children |

### 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 by a combination with more or other tools. for using in single or group trainings.

| Art.No. | Colour:                               | ca. 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             |

|                   |                                   |
|-------------------|-----------------------------------|
| <b>Contents:</b>  | single in deco-box                |
| <b>Material:</b>  | Ruton with special weight-filling |
| <b>Max. load:</b> | ca. 200 kg                        |

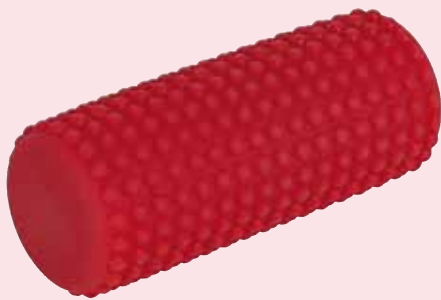
**Relax release & soothe**



**Relax, release & soothe**

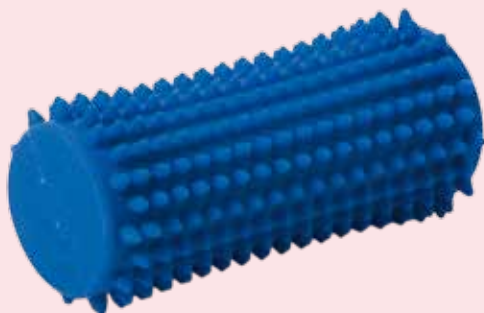
for relaxing, massage, body awareness, psychomotor training and therapy

## Bodyroll Senso® in a Set of 2



MADE IN GERMANY  
30-Jahre-Garantie

## Bodyroll in a set of 2



MADE IN GERMANY  
30-Jahre-Garantie

## Semi Bodyroll



## Senso® Massage Pad



### Bodyroll Senso Set of 2

The new Bodyroll Senso 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.

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

|                      |                                  |
|----------------------|----------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                   |
| 460200               | red, blue, amethyst              |
| <b>Size:</b>         | 13 x 6 cm                        |
| <b>Packing unit:</b> | 10                               |
| <b>Contents:</b>     | in deco-box with exercise poster |
| <b>Material:</b>     | Ruton                            |
| <b>Max. load:</b>    | ca. 150 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.

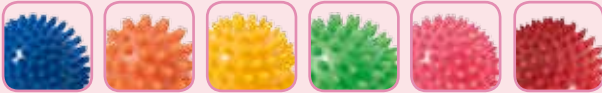
|                      |                   |
|----------------------|-------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>    |
| 460500               | red, blue         |
| <b>Size:</b>         | approx. 13 x 3 cm |
| <b>Packing unit:</b> | 20                |
| <b>Contents:</b>     | bulk 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

### Senso Massage Pad

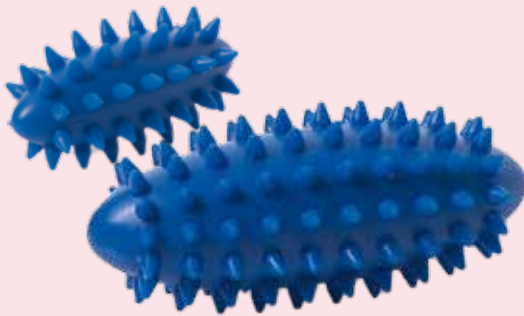
A handy massage tool for the internal and external application. The handy handle fits comfortably in your hand and allows for individual application and distribution of pressure on all extremities and the back. Ideal for deep tissue massage and to improve blood circulation. Equipped with convenient soft-touch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

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

## Knobbed balls



## Knobbed ball long



## Semi Knobbed Ball



## Knobbed balls

A classic 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           |

### Trend Set of 2 in deco-box

| 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

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.

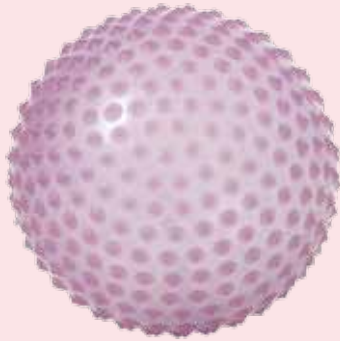
| Art.No.:             | Colour:                                     | Size:         |
|----------------------|---|---------------|
| 470700               | red, blue, green, blue-purple, pink, silver | ca. 7 x 4 cm  |
| 470800               | red, blue, green, blue-purple, pink, silver | ca. 11 x 5 cm |
| <b>Packing unit:</b> | 50  |               |
| <b>Contents:</b>     | bulk  |               |
| <b>Material:</b>     | Ruton                                       |               |
| <b>Max. load:</b>    | 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        |
| <b>Size:</b>         | approx. 8 x 4 cm |
| <b>Packing unit:</b> | 50               |
| <b>Contents:</b>     | bulk             |
| <b>Material:</b>     | Ruton            |
| <b>Max. load:</b>    | ca. 200 kg       |

## Senso® Ball



## Senso® Mat Mini / Senso® Mat



MADE IN GERMANY  
30-Jahre-Garantie

## Massage-Nex®



MADE IN GERMANY  
30-Jahre-Garantie

## Nex®-Neckrest



MADE IN GERMANY  
30-Jahre-Garantie

## Senso Ball

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: 23 cm, 28 cm.

| Art.No.: | Colour:             | Size: |
|----------|---------------------|-------|
| 410090   | red, blue, amethyst | 23 cm |
| 410110   | red, blue           | 28 cm |

**Packing unit:** 10  
**Contents:** in a polybag  
**Material:** Ruton  
**Max. load:** approx. 200 kg

## 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:       |
|----------|----------------|-------------|
| 400410   | blue           | 120 x 60 cm |
| 400413   | amethyst       | 120 x 60 cm |
| 400420   | amethyst, blue | 60 x 40 cm  |

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

## Massage-Nex

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

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 |

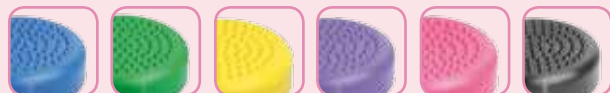
**Size:** 20 x 10,5 cm  
**Packing unit:** 15  
**Contents:** in deco-box  
**Material:** Ruton  
**Max. load:** approx. 200 kg



## Senso® Balance hedgehog + XL



## Senso® Balance Cushion + XL



## Senso® Balance Pad + XL



## Knobbed cushion



### 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 2 sizes and 7 colours.

| Art.No.: | Colour:                                       | Size:    |
|----------|---|----------|
| 465150   | red, yellow, blue, green, pink, purple, black | 16 cm    |
| 465170   | red, yellow, blue, green, pink, purple, black | 20 cm XL |

|                      |                                  |
|----------------------|----------------------------------|
| <b>Packing unit:</b> | 6                                |
| <b>Contents:</b>     | in deco-box with exercise poster |
| <b>Material:</b>     | Ruton                            |
| <b>Max. load:</b>    | 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 2 sizes and 7 colours.

| Art.No.: | Colour:  | Size:    |
|----------|--|----------|
| 410490   | red, yellow, blue, green, pink, blue-purple, black | 16 cm    |
| 410500   | red, yellow, blue, green, pink, blue-purple, black | 20 cm XL |

|                      |                   |
|----------------------|-------------------|
| <b>Packing unit:</b> | 6                 |
| <b>Contents:</b>     | set of 2 in a box |
| <b>Material:</b>     | Ruton             |
| <b>Max. load:</b>    | ca. 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 2 sizes and 3 colours.

| Art.No.: | Colour:           | Size:      |
|----------|-------------------|------------|
| 410510   | red, yellow, blue | 16 cm      |
| 410520   | red, yellow, blue | 18,5 cm XL |

|                      |                       |
|----------------------|-----------------------|
| <b>Packing unit:</b> | 10                    |
| <b>Contents:</b>     | set of 2 in a polybag |
| <b>Material:</b>     | Ruton                 |

### 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 of patients with spastic paralysis.

| Art.No.: | Colour:          |
|----------|------------------|
| 460400   | silver, amethyst |

|                      |                    |
|----------------------|--------------------|
| <b>Size:</b>         | 23 cm              |
| <b>Packing unit:</b> | 5                  |
| <b>Contents:</b>     | with deco-tax-seal |
| <b>Material:</b>     | Ruton              |
| <b>Max. load:</b>    | ca. 200 kg         |

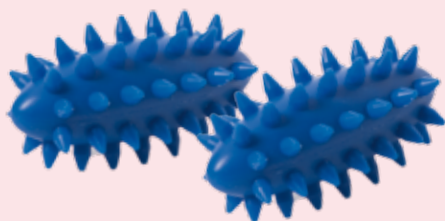
## Senso® Hand Trainer Light



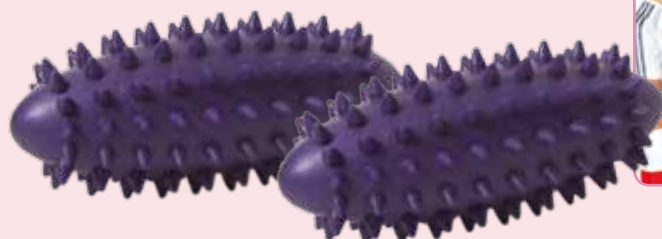
## Senso® Hand Trainer Plus



## Senso® Walking Trainer Light in a set of 2



## Senso® Walking Trainer Plus in a set of 2



### Senso Hand Trainer Light

The Senso Walking Trainer in the sports ball range, „Knobbed ball long“ for strong fingers, hands and forearms. Pleasant Senso knobs activate body awareness. Improves blood circulation. Ergonomic form.

Light: air filled.

|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colour:</b>  |
| 470510               | red, blue, green, blue-purple, pink                           |
| 470511               | silver  |
| <b>Packing unit:</b> | 50  |
| <b>Contents:</b>     | bulk  |
| <b>Material:</b>     | Ruton   |
| <b>Specials:</b>     | also available as a set of 2, see Senso Walking Trainer light |

### Senso Hand Trainer Plus

The Senso Walking Trainer in the sports ball range, „Knobbed ball long“ for strong fingers, hands and forearms. Pleasant Senso knobs activate body awareness. Improves blood circulation. Ergonomic form.

Plus: weight of approx. 250 g.

|                      |  |
|----------------------|--|
| <b>Art.No.:</b>      | <b>Colour:</b>   |
| 470610               | red, blue, green, blue-purple, pink                          |
| 470611               | silver   |
| <b>Packing unit:</b> | 30   |
| <b>Contents:</b>     | bulk   |
| <b>Material:</b>     | Ruton  |
| <b>Specials:</b>     | also available as a set of 2, see Senso Walking Trainer plus |

### Senso Walking Trainer Light in a set of 2

The “light” trainers for walking and running. The Senso Walking Trainer in the sports ball range, „Knobbed ball long“ - the “plus” trainers (approx. 250 g) activate musculature in the arms, shoulder girdle and hand. Effective help for cold hands while training outdoors.

Light: air filled.

|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colour:</b>                              |
| 470500               | red, blue, green, blue-purple, pink, silver |
| <b>Packing unit:</b> | 20  |
| <b>Contents:</b>     | set of 2                                    |
| <b>Material:</b>     | Ruton                                       |
| <b>Specials:</b>     |   |

### Senso Walking Trainer Plus in a set of 2

The “light” trainers for walking and running. The Senso Walking Trainer in the sports ball range, „Knobbed ball long“ - the “plus” trainers (approx. 250 g) activate musculature in the arms, shoulder girdle and hand. Effective help for cold hands while training outdoors.

Plus: weight of approx. 250 g.

|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colour:</b>                              |
| 470600               | red, blue, green, blue-purple, pink, silver |
| <b>Packing unit:</b> | 10  |
| <b>Contents:</b>     | set of 2                                    |
| <b>Material:</b>     | Ruton                                       |
| <b>Specials:</b>     | similar to TOGU Brasil                      |

## Kids in balance



## Kids in balance

for movement at home

for kindergarten, preschool, school and therapy

## Jumper® and Jumper® mini



### Jumper und Jumper mini

The new super fun tool for kids. Extremely dynamic rebound effect similar to a trampoline. More stability for joints and ankles. Does not slip away even on glossy surfaces. Vibration transfer. Integrated Easy-Store-System without extra cost.

European Patent No. 2092964

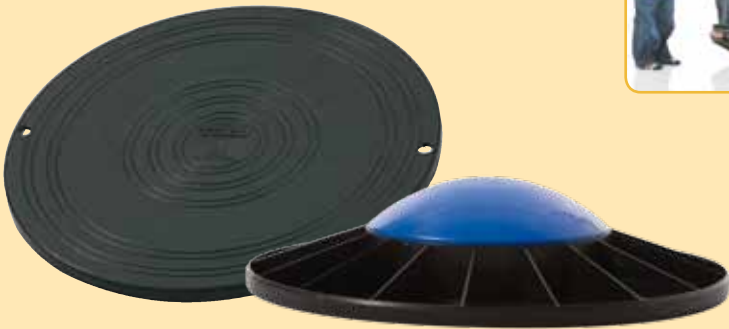
| Art.No.: | Colour:                | Size:             |
|----------|------------------------|-------------------|
| 410202   | red with a black plate | 52 x max. 24 cm   |
| 410302   | red                    | 36 x 18 cm (mini) |

|                      |  |
|----------------------|--|
| <b>Packing unit:</b> | 2  |
| <b>Contents:</b>     | In box with exercise poster              |
| <b>Material:</b>     | Ruton, fiberglass-strengthened plate     |
| <b>Max. Load:</b>    | 200 kg, 120 kg (mini)                    |
| <b>Specials:</b>     | optional DVD available, AGR-quality-seal |

### TOGU Balance Board Ballanza

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.

## TOGU® Balance Board Ballanza®



| 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 9,5 cm |

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

### 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.

European Patent No. 705549

## Dynair® Extreme



| Art.No.:             | Colour:                 |
|----------------------|-------------------------|
| 400408               | purple                  |
| <b>Size:</b>         | ca. 80 cm Ø x ca. 18 cm |
| <b>Packing unit:</b> | 1                       |
| <b>Contents:</b>     | in box                  |
| <b>Material:</b>     | Ruton with plug valve   |
| <b>Max. Load:</b>    | ca. 200 kg              |

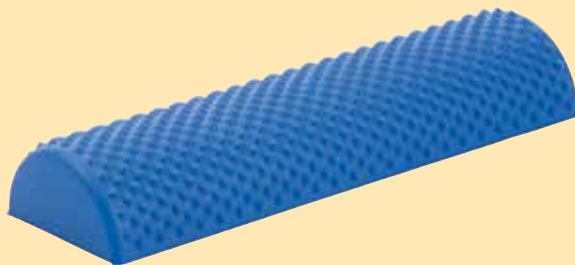
## TOGU® Air Parcours small



## TOGU® Air Parcours large



## Senso® Balance Bar



## Dynair® Senso® Mini



### TOGU Air Parcours small

Air-filled set consisting of TOGU classics and new items for children. Guaranteed movement and dynamics within the hour. High level of sensorimotor stimulation and a fun challenge. Extremely robust, durable and washable, as with all TOGU products. Essential for kindergartens and schools.

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

| Art.No.: | Colour: | Name:              |
|----------|---------|--------------------|
| 805009   | varied  | Air Parcours small |

**Packing unit:** 1

**Contents:** in a box

**Material:** Ruton

**Max. Load:** ca. 200 kg

### TOGU Air Parcours large

Air-filled set consisting of TOGU classics and new items for children. Guaranteed movement and dynamics within the hour. High level of sensorimotor stimulation and a fun challenge. Extremely robust, durable and washable, as with all TOGU products. Essential for kindergartens and schools.

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: | Name:              |
|----------|---------|--------------------|
| 805010   | varied  | Air Parcours large |

**Packing unit:** 1

**Contents:** in a box

**Material:** Ruton

**Max. Load:** ca. 200 kg

### 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

### 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

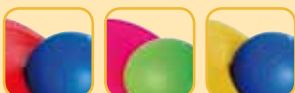
## Senso® Ball Geo + XL



## GeoBalance® hedgehog + XL



## Moonhopper®



### 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 16 cm | 10  |

**Contents:** in a polybag

**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:    |
|----------|--|----------|
| 465180   | red, yellow, blue, green, pink, purple | 16 cm    |
| 465190   | red, yellow, blue, green, pink, purple | XL 20 cm |

**Packing unit:** 6

**Contents:** in deco-box with exercise poster

**Material:** Ruton

**Max. Load:** ca. 200 kg

### Moonhopper

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

| 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

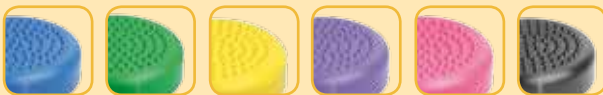
**Material:** Ruton

**Max. Load:** ca. 70 kg

## Senso® Balance hedgehog + XL set of 2



## Senso® Balance Cushion + XL set of 2



## Senso® Balance Pad + XL set of 2



### 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:    |
|----------|---|----------|
| 465150   | red, yellow, blue, green, pink, purple, black | 16 cm    |
| 465170   | red, yellow, blue, green, pink, purple, black | XL 20 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, pink, purple, black | 16 cm    |
| 410500   | red, yellow, blue, green, pink, purple, black | 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

## Kangaroo® Ball ABS® Junior / Super



### 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  |

|                      |  |
|----------------------|--|
| <b>Packing unit:</b> | 10   |
| <b>Contents:</b>     | in deco-box with exercise poster                                       |
| <b>Material:</b>     | Crylon   |
| <b>Max. Load:</b>    | ABS up to 60 kg (45 cm Ø), up to 75 kg (60 cm Ø), general up to 500 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                        |
| <b>Size:</b>         | 50 x 7,5 cm                      |
| <b>Packing unit:</b> | 4                                |
| <b>Contents:</b>     | in deco-box with exercise poster |
| <b>Material:</b>     | Ruton                            |
| <b>Max. Load:</b>    | up to 60 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.

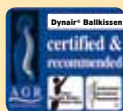
## Leo Lion



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



## Dynair® Ballkissen® Kids



**MADE IN GERMANY**  
30-Jahre-Garantie



## Dynair® Wedge Ballkissen® Kids



**MADE IN GERMANY**  
30-Jahre-Garantie

## Aero-Step®



**MADE IN GERMANY**  
30-Jahre-Garantie



## 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.

European Patent No. 705549

|                      |  |
|----------------------|--|
| <b>Art.No.:</b>      | <b>Colour:</b>                         |
| 400170               | red, green, blue, raspberry, turquoise |
| 400180               | confetti                               |
| 400190               | marble                                 |
| <b>Size:</b>         | ca. 30 cm Ø                            |
| <b>Packing unit:</b> | 5                                      |
| <b>Contents:</b>     | in deco-box with exercise poster       |
| <b>Material:</b>     | Ruton                                  |
| <b>Max. Load:</b>    | 200 kg                                 |
| <b>Specials:</b>     | 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.

|                      |   |
|----------------------|---|
| <b>Art.No.:</b>      | <b>Colour:</b>                            |
| 400140               | red, green, blue, turquoise               |
| <b>Size:</b>         | 33 cm                                     |
| <b>Packing unit:</b> | 4   |
| <b>Contents:</b>     | in deco-box with exercise poster and pump |
| <b>Material:</b>     | Ruton                                     |
| <b>Max. Load:</b>    | 200 kg                                    |

## Aero-Step

Wobbling desired – also for small children and small feet. Improve balance and coordination, increase reaction.

With air-filled twin-chamber system. Training and playing with the Aero-Step® becomes an experience of great fun.

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

## Senso® Mat Mini / Senso® Mat



**MADE IN GERMANY**  
30-Jahre-Garantie

### Senso-Mat Mini / Senso Mat

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

|                      |                           |
|----------------------|---------------------------|
| <b>Size:</b>         | 120 x 60 cm or 60 x 40 cm |
| <b>Packing unit:</b> | 4                         |
| <b>Contents:</b>     | in deco-box               |
| <b>Material:</b>     | Ruton                     |

### Knobbed ring

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

## Knobbed ring



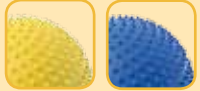
**Phthalatfrei**  
Tested acc. to EN 71

| Art.No.:             | Colour:  |
|----------------------|----------|
| 466000               | yellow   |
| <b>Size:</b>         | 16 cm    |
| <b>Packing unit:</b> | 50       |
| <b>Contents:</b>     | in a box |
| <b>Material:</b>     | Ruton    |

### 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.

## Knobbly catch training ball



| Art.No.:             | Colour:           |
|----------------------|-------------------|
| 465100               | red, yellow, blue |
| <b>Size:</b>         | 22 cm             |
| <b>Packing unit:</b> | 10                |
| <b>Contents:</b>     | in a box          |
| <b>Material:</b>     | Ruton             |

## Knobbly sound ball



## Knobbly sound ball

The chiming ball with integrated bell and good grip!  
Its extra long knobs stimulate the tactile sensory perception perfectly.  
Non-springy.

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 467100               | blue           |
| <b>Size:</b>         | 10 cm          |
| <b>Packing unit:</b> | 10             |
| <b>Contents:</b>     | Shipping box   |
| <b>Material:</b>     | Ruton          |

## Touch-Ball

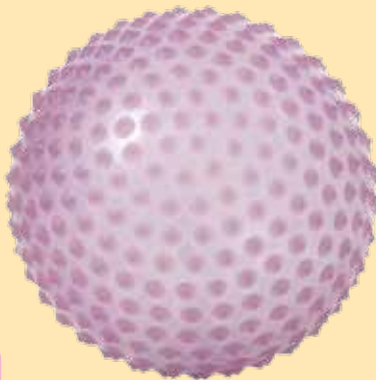


## Touch-Ball

The round, soft knobs stimulate sensual perception and are pleasant to touch.  
Even if the Touchball is wet, it can be caught easily.

| Art.No.:         | Colour:           | Size: | 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            |
| <b>Contents:</b> | Shipping box      |       |               |
| <b>Material:</b> | Ruton             |       |               |

## Senso® Ball



## Senso Ball

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: 23 cm, 28 cm.

Also available as Geo-Version with geometric forms! See page 62.

| Art.No.:             | Colour:             | Size: |
|----------------------|---------------------|-------|
| 410090               | red, blue, amethyst | 23 cm |
| 410110               | red, blue           | 28 cm |
| <b>Packing unit:</b> | 10                  |       |
| <b>Contents:</b>     | bulk                |       |
| <b>Material:</b>     | Ruton               |       |

## 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! See page 62.

| Art.No.:             | Colour:   | Size: |
|----------------------|-----------|-------|
| 465300               | blue, red | 9 cm  |
| 465500               | blue, red | 11 cm |
| <b>Packing unit:</b> | 50        |       |
| <b>Contents:</b>     | bulk      |       |
| <b>Material:</b>     | Ruton     |       |

## Theragym® Ball ABS®



## Theragym® Ball Senso® ABS®



## Powerball® ABS®



### 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 patented Anti-Burst-System\*.

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

(\* 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) |

|                      |  |
|----------------------|--|
| <b>Packing unit:</b> | 1  |
| <b>Contents:</b>     | box  |
| <b>Material:</b>     | Crylon                                       |
| <b>Max. Load:</b>    | 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 patented Anti-Burst-System\*.

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

(\* see instructions for use)

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

|                      |                                    |
|----------------------|------------------------------------|
| <b>Packing unit:</b> | 1                                  |
| <b>Contents:</b>     | box                                |
| <b>Material:</b>     | Crylon                             |
| <b>Max. Load:</b>    | up to 250 kg, ABS guaranteed 45 kg |

### Powerball ABS

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 patented Anti-Burst-System\*.

Patent Nr. P 44 34 889.4; U.S. Pat. Nr. 5766707

(\* see instructions for use)

Order information for colour marble: see order details.

Safety category 4 \*\*\*\*

| Art.No.: | Colour:                         | Weight 0: |
|----------|---------------------------------|-----------|
| 406360   | red, green, blue, silver, terra | 35        |
| 406450   | red, green, blue, silver, terra | 45        |
| 406550   | red, green, blue, silver, terra | 55        |
| 406650   | red, green, blue, silver, terra | 65        |
| 406750   | red, green, blue, silver, terra | 75        |

|                      |   |
|----------------------|---|
| <b>Packing unit:</b> | 4   |
| <b>Contents:</b>     | in deco-box with exercise poster                |
| <b>Material:</b>     | Crylon  |
| <b>Max. Load:</b>    | 500 kg (90 kg ABS guaranteed), AGR-quality-seal |

## 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

### Throwing ring

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

## Throwing ring



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

**Size:** 18 cm

**Packing unit:** 40

**Contents:** Shipping 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

## Dynair® Balance-Seat



### 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

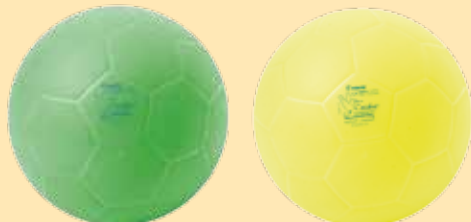
**Contents:** Shipping box

**Material:** Ruton

## Colibri® Supersoft Mini



## Colibri® Supersoft Football



## Colibri® Supersoft Football Dribbling



## Colibri® Supersoft Basketball



## Colibri® Supersoft Volleyball



## Colibri® Supersoft Gymnastics Ball



### Colibri Supersoft Mini

Finally here! The small Colibri® Supersoft® Mini will fit in any pocket. Have fun!

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 487900               | yellow, green  |
| <b>Size:</b>         | 12 cm Ø        |
| <b>Packing unit:</b> | 10             |
| <b>Contents:</b>     | in poly-bag    |
| <b>Material:</b>     | Ruton          |

### Colibri Supersoft Football

The light football for small kickers!

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 487600               | yellow, green  |
| <b>Size:</b>         | 22 cm Ø        |
| <b>Packing unit:</b> | 10             |
| <b>Contents:</b>     | in poly-bag    |
| <b>Material:</b>     | Ruton          |

### Colibri Supersoft Football Dribbling

The light football for young kickers!

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 487700               | yellow, green  |
| <b>Size:</b>         | 22 cm Ø        |
| <b>Packing unit:</b> | 10             |
| <b>Contents:</b>     | Shipping box   |
| <b>Material:</b>     | Ruton          |

### Colibri Supersoft Basketball

Ideal solution for training. The light basketball for kids!

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 487800               | yellow, green  |
| <b>Size:</b>         | 22 cm Ø        |
| <b>Packing unit:</b> | 10             |
| <b>Contents:</b>     | Shipping box   |
| <b>Material:</b>     | Ruton          |

### Colibri Supersoft Volleyball

The Supersoft material makes the ball very light and reduces slipping.

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 487300               | yellow, green  |
| <b>Size:</b>         | 21 cm Ø        |
| <b>Packing unit:</b> | 10             |
| <b>Contents:</b>     | Shipping box   |
| <b>Material:</b>     | Ruton          |

### Colibri Supersoft Gymnastics Ball

Perfect training ball. For open areas in schools, kindergarten and at home.

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 487400               | yellow, green  |
| <b>Size:</b>         | 16 cm Ø        |
| <b>Packing unit:</b> | 10             |
| <b>Contents:</b>     | in poly-bag    |
| <b>Material:</b>     | Ruton          |

## Colibri® Supersoft Handball



## Colibri® Supersoft Giant



## Colibri® Ball

Colibri-Volleyball

Colibri-Beachhandball F



Colibri-Aero-Ball für Gymnastik

### Colibri Supersoft Handball

Here may also be practiced once the sharp shooting - he's super soft, yes!

| Art.No.: | Colour:       | Size: Ø       |
|----------|---------------|---------------|
| 487500   | yellow, green | 16 cm (women) |
| 487200   | yellow, green | 18 cm (men)   |

**Packing unit:** 10

**Contents:** Shipping box

**Material:** Ruton

### Colibri Supersoft Giant

Our giant!

| Art.No.: | Colour:       |
|----------|---------------|
| 487100   | yellow, green |

**Size:** 28 cm Ø

**Packing unit:** 6

**Contents:** Shipping box

**Material:** Ruton

### Colibri Ball

#### Colibri-Aero-Ball für Gymnastik

| Art.No.: | Colour: | Size: Ø |
|----------|---------|---------|
| 482020   | red     | 16 cm   |

**Packing unit:** 20

**Contents:** in poly-bag

**Material:** Ruton

#### Colibri-Beachhandball F

| Art.No.: | Colour: | Size: Ø |
|----------|---------|---------|
| 482010   | red     | 16 cm   |

**Packing unit:** 20

**Contents:** in poly-bag

**Material:** Ruton

#### Colibri-Volleyball

| Art.No.: | Colour: | Size: Ø |
|----------|---------|---------|
| 482000   | red     | 22 cm   |

**Packing unit:** 10

**Contents:** in poly-bag

**Material:** Ruton

## 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 mainly mental 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](http://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 instructions | 15  |
| <b>Weight:</b>   | 2 x ca. 270 g                     |     |
| <b>Material:</b> | Ruton with special weight-filling |     |

### 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                          |
| <b>Size:</b>         | ca. 120 cm x 50 cm x 41 cm (L x W x H) |
| <b>Packing unit:</b> | 1                                      |
| <b>Contents:</b>     | instructions for use and pump          |
| <b>Material:</b>     | Ruton and wood                         |
| <b>Max. Load:</b>    | ca. 150 kg                             |

### FIG Gymnastic balls Premium Glitter

The classic and high-quality gymnastics ball from TOGU:  
New design - with glossy glitter comes in a high quality cardboard with a cutout and an additional pump. Suitable for competitive sports and the highest standards in the rhythmic gymnastics. With FIG-seal.  
Enormous bounce-capability, super-elastic, antistatic, super grippy.  
In addition, a spare needle and detailed care instructions are provided.  
TOGU quality with the label „Made in Germany“.

## FIG Gymnastic balls Premium Glitter



445605



445606



445705



445704



445702



445706



| Art.No.: | Colour:   |
|----------|---|
| 445605   | Glitter gold on ball colour black (varnished)   |
| 445606   | Glitter gold on ball colour green (varnished)   |
| 445705   | Glitter silver on ball colour black (varnished) |
| 445704   | Glitter silver on ball colour blue (varnished)  |
| 445702   | Glitter silver on ball colour red (varnished)   |
| 445706   | Glitter silver on ball colour green (varnished) |

|                   |   |
|-------------------|---|
| <b>VPE:</b>       | 8   |
| <b>Weight:</b>    | ca. 420 g   |
| <b>Size:</b>      | ca. 19 cm Ø   |
| <b>Contents:</b>  | in a box; with pump and a spare needle; with instructions |
| <b>Material:</b>  | Ruton   |
| <b>Max. Load:</b> | ca. 200 kg  |
| <b>Specials:</b>  | FIG-seal, Glitter-design                                  |



## Gymnastic balls - Standard

\*\*\*\*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 Best Quality

\*\*\*\*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 - Standard

The value priced quality in gymnastics balls for schools and associations. As 300 g or 420 g ball (complies with FIG requirements). Very bouncy, good elasticity, anti-static.

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

### Unvarnished

| Standard (ca. 300 g) | FIG Standard (ca. 420 g) | VPE: |
|----------------------|--------------------------|------|
| 4304**               |                          | 20   |
|                      | 4454**                   | 15   |

**Size:** 16 cm Ø (ca. 300 g); 19 cm Ø (ca. 420 g)

**Contents:** Shipping box

**Material:** Ruton

### Gymnastic balls Best Quality

For performance sport in rhythmic sport gymnastics. Two versions: Exercise ball 300 g and competition ball 420 g (with FIG mark of conformity). Extremely bouncy, very elastic, anti-static, good grip.

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

### Varnished

| Best Quality (300 g) | FIG Best Quality (420 g) | Packing unit: |
|----------------------|--------------------------|---------------|
| 4305**               |                          | 20            |
|                      | 4455**                   | 15            |

### Unvarnished

| Best Quality (300 g) | FIG Best Quality (420 g) | Packing unit: |
|----------------------|--------------------------|---------------|
| 4300**               |                          | 20            |
|                      | 4451**                   | 15            |

**Size:** 16 cm Ø (ca. 300 g); 19 cm Ø (ca. 420 g)

**Contents:** Shipping box

**Material:** Ruton

## Throwing 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

### Slow motion balls

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

## Slow motion balls



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

**Size:** ca. 35 cm Ø

**Contents:** Shipping box

**Material:** Ruten

## Ball with grip



### 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:** Ruten

## Soft ball



### Soft ball

Soft and light ball made of foamed material.

| Art.No.: | Article:                           | 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

## Gymnasium putting shot



### Gymnasium putting shot

Indestructible, will not damage the gym floor. The perfect competition preparation possible.

Also available as Hot Shots: see page 42.

| 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  | 13 cm   |
| 636000   | black   | 6000 g  | 14 cm   |
| 637200   | black   | 7250 g  | 14 cm   |

**Packing unit:** 2

**Contents:** Shipping box

**Material:** Hytrel

### Chiming medicine ball

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

## Chiming medicine ball



| 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

### Earth ball

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

## Earth ball



#### 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



## Slastix Toner



## Slastix Loops



## Core Slastix



## Fitness Stik



### Slastix Toner

The Slastix technology is revolutionizing the way you workout with resistance tubing.

| Art.No.:             | Colour:                      |
|----------------------|------------------------------|
| 980023               | yellow (light)               |
| 980022               | red (medium)                 |
| 980024               | blue (heavy)                 |
| 980026               | green (very heavy)           |
| <b>Size:</b>         | ca. 122 cm                   |
| <b>Packing unit:</b> | 1                            |
| <b>Contents:</b>     | in polybag with instructions |

### Slastix Loops

Stroops Loops provide comfort and durability for all your resistance workouts. The grab anywhere Stroops Loops can be used for upper and lower body toning.

| Art.No.:             | Colour:                      |
|----------------------|------------------------------|
| 980013               | yellow (light)               |
| 980012               | red (medium)                 |
| 980014               | blue (heavy)                 |
| 980015               | green (very heavy)           |
| <b>Size:</b>         | ca. 70 cm                    |
| <b>Packing unit:</b> | 1                            |
| <b>Contents:</b>     | in polybag with instructions |

### Core Slastix

Very unique and variably deployable. The straps can be stretched in any direction through a specially cushioned centerpiece, enabling training at any level.

| Art.No.:             | Colour:                      |
|----------------------|------------------------------|
| 980043               | yellow (light)               |
| 980042               | red (medium)                 |
| 980044               | blue (heavy)                 |
| 980046               | green (very heavy)           |
| <b>Size:</b>         | ca. 160 cm                   |
| <b>Packing unit:</b> | 1                            |
| <b>Contents:</b>     | in polybag with instructions |

### Fitness Stik

Compact and portable! With the patented design by one of the best exercise equipment engineers in the country, the Fit-Stik can be made small enough for a suitcase or gym bag. It's great for travel and can give you a quick, full-body workout anytime and anyplace when combined with our patented Slastix toners.

| Art.No.:             | Colour:                      |
|----------------------|------------------------------|
| 980030               | black                        |
| <b>Size:</b>         | ca. 80 cm                    |
| <b>Packing unit:</b> | 1                            |
| <b>Contents:</b>     | in polybag with instructions |

## The Cat



### The Cat

The cat is a specialized tool for developing faster lateral movements. Attached to two anchored resistance bands, the athlete works against resistance in 360 degrees. This piece of equipment allows the athlete to go forward, backward, and side to side.

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 970099               | black          |
| <b>Packing unit:</b> | 1              |
| <b>Contents:</b>     | in polybag     |

## All-legs Speed Builder



### All-legs Speed Builder

This product takes explosive movement training to the next level. Accommodates 30 plus drills which emphasize all the major muscle groups and also helps train speed, agility, balance, quickness, and explosiveness. Comes with three key components: 'H' Harness, 10' – 150 pound Slastix, and anchor.

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 970092               | black          |
| <b>Packing unit:</b> | 1              |
| <b>Contents:</b>     | in polybag     |

## Accelerator

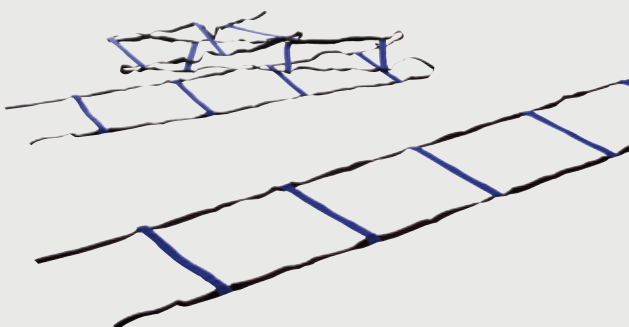


### Accelerator

This product takes explosive movement training to the next level. Accommodates 30 plus drills which emphasize all the major muscle groups and also helps train speed, agility, balance, quickness, and explosiveness. Comes with three key components: 'H' Harness, 10' – 150 pound Slastix, and anchor.

|                      |                |                        |
|----------------------|----------------|------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b> | <b>Resistance</b>      |
| 970093               | yellow         | ca. 47 kg / ca. 105 lb |
| 970094               | yellow         | ca. 68 kg / ca. 150 lb |
| <b>Packing unit:</b> | 1              |                        |
| <b>Contents:</b>     | in polybag     |                        |

## Functional Training Ladder



### Functional Training Ladder

Our 15 foot flat rung ladder is perfect for a variety of drills and warm-up activities. Great for indoor or outdoor use. Length approx. 4m.

|                      |                              |
|----------------------|------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>               |
| 970102               | blue/black                   |
| <b>Packing unit:</b> | 1                            |
| <b>Contents:</b>     | in polybag with instructions |

## DVD Perfect Shape Jumper®



## DVD Perfect Shape Dynair® XXL



## DVD Perfect Shape Aero-Step® XL functional



## DVD Perfect Shape Multiroll® functional



## DVD Perfect Shape Powerball®



## DVD Feel Redondo®



### DVD Perfect Shape Jumper

Jumper Functional 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.

german / english

**Art.No.:** 939540

**Packing unit:** 10

**Specials:** also available as a set with the product Jumper

### DVD Perfect Shape Dynair XXL

Dynair Functional 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.

german / english

Lenght: ca. 60 min

**Art.No.:** 939530

**Packing unit:** 10

**Specials:** also available as a set with the product Dynair XXL

### DVD Perfect Shape Aero-Step XL functional

Aero-Step Functional 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.

german / english

Lenght: ca. 60 min

**Art.No.:** 939510

**Packing unit:** 10

**Specials:** also available as a set with the product AeroStep XL functional

### DVD Perfect Shape Multiroll functional

Multiroll Functional 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.

german / english

Lenght: ca. 60 min

**Art.No.:** 939520

**Packing unit:** 10

**Specials:** also available as a set with the product Multiroll

### DVD Perfect Shape Powerball

Powerball Functional Training is now. Through holistic movements you can exercise and vigorous whole muscle chains. To create a nice harmonious and healthy body. Can counteract cellulite.

german

Lenght: ca. 60 min

**Art.No.:** 939500

**Packing unit:** 10

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

### DVD Feel Redondo

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

german

Lenght: ca. 220 min

**Art.No.:** 939590

**Packing unit:** 10

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

## Comfort-Straps for Dynair® Walker



## Comfort-Cover for Dynair® Premium Wedge Ballkissen®



## Cover for Dynair® Ballkissen®



## Comfort-Cover for Airgo®



### Comfort-Straps for Dynair Walker

The soft Comfort-Straps made from neoprene as additional equipment for the Dynair Walker.

The Comfort-Straps for the Dynair Walker can also be used without wearing shoes (shoeless).

**Art.No.:** 906802

**Packing unit:** 1 pair

### Comfort-Cover for Dynair Premium Wedge Ballkissen

Ca. 40 cm diameter. Special material ensures optimal comfort and air circulation.

**Art.No.:** 930700  
**Colour:** black

**Size:** ca. 40 cm

**Packing unit:** 5

**Contents:** Shipping box

**Material:** special climate-material

### Cover for Dynair Ballkissen

Available for both of the Dynair Ballkissen sizes.

| Art.No.: | Colour: | Size: |
|----------|---------|-------|
| 930300   | black   | 33 cm |
| 930360   | black   | 36 cm |

**Packing unit:** 5

**Contents:** In a box

**Material:** velours-like surface, washable

### Comfort-Cover for Airgo

Special material ensures optimal comfort and air circulation.

#### for Airgo Backcushion

**Art.No.:** 930600  
**Colour:** black

#### for Airgo Seatcushion

**Art.No.:** 930400  
**Colour:** black

**Packing unit:** 5

**Contents:** In a box

**Material:** special climate-material

## Powerball® Pump



### Powerball Pump

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

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 966600               | white          |
| <b>Size:</b>         | ca. 30 cm      |
| <b>Packing unit:</b> | 10             |
| <b>Contents:</b>     | Shipping box   |

## Ball pump



### Ball pump

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

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 904400               | white          |
| <b>Size:</b>         | 15 cm          |
| <b>Packing unit:</b> | 50             |
| <b>Contents:</b>     | Shipping box   |

## Set for inflating special sport balls



### 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.

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 910000               | white          |
| <b>Packing unit:</b> | 10             |
| <b>Contents:</b>     | in a polybag   |

## TOGU® Dual-action pump



### TOGU Dual-action pump

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

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 965550               | white          |
| <b>Size:</b>         | ca. 20 cm      |
| <b>Packing unit:</b> | 24             |
| <b>Contents:</b>     | in a polybag   |

## TOGU® Premium Easy



### TOGU Premium Easy

The convenient training mat. Easy to fold and store (ca. 35 x 60 cm), light weighted – easy to transport.

Made from high quality PE foam. The skin friendly fabric finish on top prevents crumbling. The lower side prevents skidding and moisture absorption.

|                      |                   |
|----------------------|-------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>    |
| 971200               | black             |
| <b>Size:</b>         | 140 x 58 x 0,9 cm |
| <b>Packing unit:</b> | 4                 |
| <b>Contents:</b>     | in deco-box       |
| <b>Material:</b>     | PE-foam           |

## Original TOGU® ball bowl



### Original TOGU® 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! See page 43.

|                      |                   |
|----------------------|-------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>    |
| 930002               | silver            |
| 930000               | black             |
| <b>Size:</b>         | one size fits all |
| <b>Packing unit:</b> | 4                 |
| <b>Contents:</b>     | Shipping box      |
| <b>Material:</b>     | PVC               |



## Balanza® Handgrips



## Balanza Handgrips

The soft grip for more comfortable use of the training tool TOGU Balanza especially performing push ups.

|                      |                    |
|----------------------|--------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>     |
| 908602               | black              |
| <b>Size:</b>         | ca. 12,5 cm x 7 cm |
| <b>Packing unit:</b> | 1 pair             |
| <b>Contents:</b>     | bulk               |

## Jumper® Pro Plate



## Jumper Pro Plate

This accessory turns the multifunctional Balance Trainer Jumper (starting from range 2013/14) into the new version as Jumper Pro for even more flexible use. The new Jumper Pro plate creates a plain surface on the backside. The new Pro plate is delivered with an included screw which you can attach and remove quickly. So you can use the different sub surfaces even during your training. With the new plain ground you can do balance, coordination and strengthen exercises in standing position in a physiological right way for your foot sole. This enables a wider range of exercise possibilities.

The delivering package contains a mounting instruction, Jumper Pro Plate and a screw with a hex key.

|                      |                    |
|----------------------|--------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>     |
| 949530               | black              |
| <b>Size:</b>         | ca. 50 cm Ø x 7 cm |
| <b>Packing unit:</b> | 2                  |

## TOGU® FT Corner



## TOGU FT Corner (without filling)

The intelligent complete solution for gyms, training centers, schools and clubs made in high quality MDF material. The advanced design guarantees a space saving and mobile solution. Usable also as display for your training programmes. Including instructions for easy assembling.

|                       |                                     |
|-----------------------|-------------------------------------|
| <b>Art.No.:</b>       | <b>Colour:</b>                      |
| 902020                | silver-grey                         |
| <b>Size:</b>          | ca. 176 x 118 x 58 cm ca. 75 kg     |
| <b>Packing unit:</b>  | 1                                   |
| <b>Contents:</b>      | in a box with assembly instructions |
| <b>Material:</b>      | MDF                                 |
| <b>Belastbarkeit:</b> | approx.: 100 kg                     |
| <b>Specials:</b>      | individual filling possible         |

## Stacking aid set of 3



## Stacking aid set of 3

Very durable, transparent material.

|                      |                     |
|----------------------|---------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>      |
| 930500               | transparent         |
| <b>Packing unit:</b> | 1                   |
| <b>Contents:</b>     | in a set of 3 rings |

## Training Chart

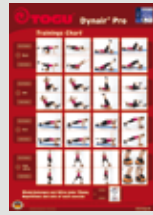
### Trainings Charts A0-Textile



Trainings Chart Aero-Step®  
Art.Nr.: 980609



Trainings Chart Pendel® Ball  
Art.Nr.: 980611



Trainings Chart Dynair® Pro  
Art.Nr.: 980610



Balance Block - Back-fit Chart  
Art.Nr.: 980612



TOGU® Brasil® - Back-fit Chart  
Art.Nr.: 980612

For health & fitness departments in stores. For waiting rooms in doctors' surgeries and physiotherapy practices. TOGU training chart tailored specifically to their needs with a varied choice of exercises.

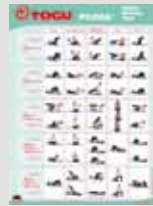
textile material, with attachment  
Art.Nr.: 960605



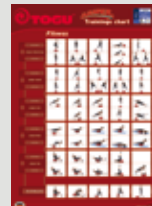
FT-Trainings Chart  
Art.Nr.: 980600



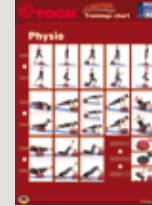
Trainings Chart Dynair® XXL  
Art.Nr.: 980605



Trainings Chart Piloga®  
Art.Nr.: 980604



Trainings Chart Jumper®  
Art.Nr.: 980606



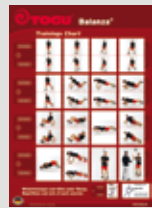
Jumper Physio - Chart  
Art.Nr.: 980607



Brasil®  
Art.Nr.: 980608



Trainings Chart Dynair® Walker  
Art.Nr.: 980617



Trainings Chart Balanza®  
Art.Nr.: 980615



Trainings Chart  
„Bewegungsprofi“  
Art.Nr.: 980614



happyback Ballkissen Chart  
Art.Nr.: 980616

## Exercise poster



MyBall & MyBall Soft  
DIN A 3  
Art.Nr. 960262



Powerball® ABS® & Premium  
DIN A 3  
Art.Nr. 960261



Dynair®, „Kräftigen“  
DIN A 3  
Art.Nr. 960241



Keil-Ballkissen®  
Dynair® Premium, DIN A 4  
Art.Nr. 960245



Senso® Balance Igel  
DIN A 3  
Art.Nr. 980302



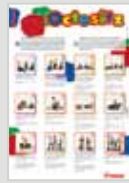
Redondo® Ball  
DIN A 4  
Art.Nr. 980303



ABS® Kangaroo  
„Kinderfreundliche Gymnastik“  
DIN A 2, Art.Nr. 960360



Leo der Löwe  
„Kinderfreundliche Gymnastik“  
DIN A 2, Art.Nr. 960331



Octositz®  
„Kinderfreundliche Gymnastik“  
DIN A 3, Art.Nr. 960270



Bonito®  
„Kinderfreundliche Gymnastik“  
DIN A 3, Art.Nr. 960280



Powerband  
exercise poster  
DIN A 3, Art.Nr. 960390

## Books (only available in German)



**Trainingsbuch Brasil®**  
 Autorin: Gabi Fastner  
 Zielgruppe: Physiotherapeuten, Übungsleiter, Trainer, Freizeitsportler  
 171 Seiten  
 Endverbraucher-Preis: 16,95 €  
 Verlag: Meyer&Meyer – ISBN 978-3-89899-832-1



**Funktionelles Figurtraining**  
 Autorin: Gabi Fastner  
 Zielgruppe: Endverbraucher  
 216 Seiten mit vielen Abbildungen  
 Endverbraucher-Preis: € 19,95  
 Verlag: Meyer & Meyer – ISBN 978-3898997522



**Gymnastik für den Beckenboden**  
 Autorin: Ulla Häfeling  
 Zielgruppe: Endverbraucher  
 Endverbraucher-Preis: 16, 59 €  
 Verlag: Meyer & Meyer – ISBN 978-3-89899-539-9



**Rückenaktivprogramm**  
 Autoren: Klaus Müller, René Schwesig, Annette Kreutzfeld  
 Zielgruppe: Endverbraucher  
 200 Seiten mit vielen Abbildungen  
 Endverbraucher-Preis: € 14,90  
 Verlag: Meyer & Meyer – ISBN 3-89124-980-2



**Funktionelles Zirkeltraining**  
 Autoren: Jörn Rühl, Vanessa Laubach  
 Zielgruppe: Übungsleiter mit vielen Abbildungen  
 Verlag: Meyer & Meyer



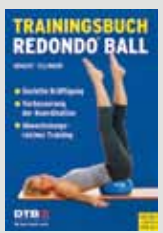
**Koordinationstherapie  
 Propriozeptives Training**  
 Autoren: Ulla Häfeling, Violetta Schuba  
 Zielgruppe: Trainer, Therapeuten, Übungsleiter  
 171 Seiten mit vielen Abbildungen  
 Endverbraucher-Preis: € 16,95  
 Verlag: Meyer & Meyer – ISBN 978-3-89899-571-9



**Body Mind Trends**  
 Autorinnen: Gudrun Paul, Andrea Flach-Meyer  
 Zielgruppe: Übungsleiter, Endverbraucher  
 173 Seiten, mit CD mit passenden Musikstücken  
 Endverbraucher-Preis: 24,95 €  
 Verlag: Meyer&Meyer – ISBN 978-3-89899-792-8



**Der Beckenboden**  
 Funktion, Anpassung und Therapie  
 Autoren: Renate Tanzberger, Dr. med. Annette Kuhn, Dr. med. Gregor Möbs  
 Zielgruppe: für Physiotherapeuten, Ärzte sowie interessierte Endverbraucher  
 468 Seiten, 142 s/w Abbildungen, gebunden  
 Endverbraucher-Preis: € 59,95  
 Verlag: Urban & Fischer – ISBN 3-437-46930-4



**Trainingsbuch Redondo Ball**  
 Autoren: Inge Kracht und Monika Ellinger  
 Zielgruppe: Endverbraucher  
 Endverbraucher-Preis: 16,95 €  
 Verlag: Meyer & Meyer – ISBN 3898994228



**Pilates während der Schwangerschaft  
 und Rückbildung**  
 Autorin: Sabine Bösinger  
 Zielgruppe: Hebammen, Trainer, Kursleiter, Schwanger, Mütter  
 181 Seiten  
 Endverbraucher-Preis: € 16,95  
 Verlag: Meyer & Meyer – ISBN 978-3-89899-793-5



**Körperhaltung  
 in Training und Alltag**  
 Autorin: Karin Albrecht  
 Zielgruppe: Trainer und Ausbilder, am Thema wissenschaftlich Interessierte  
 170 Seiten, 380 Abbildungen  
 Endverbraucher-Preis: € 29,95  
 Verlag: Haug – ISBN 3-8304-7137-8



**Funktionelles Training mit dem großen Ball**  
 Autorin: Karin Albrecht  
 Zielgruppe: Trainer, Ausbilder und interessierte Endverbraucher  
 83 Seiten, 298 Abbildungen und 2 Tabellen  
 Endverbraucher-Preis: € 19,95  
 Verlag: Haug – ISBN 3-8304-7248-X



**Rücken-Braining®**  
 Eine alternative Heilmethode  
 Autor: Wolfgang Scheiber  
 Zielgruppe: Endverbraucher  
 152 Seiten  
 Endverbraucher-Preis: € 12,80  
 Verlag: BOD-Verlag – ISBN 3-8334-0788-3



**Besser trainieren!**  
 Autor: Dr. H.-W. Müller-Wohlfahrt; Oliver Schmidtlein  
 Zielgruppe: Endverbraucher  
 Seiten: 216  
 Endverbraucher-Preis: € 19,90  
 Verlag: Zabert Sandmann – ISBN 978-3-89883-170-3

## Bewegung -

das Medikament des 21. Jahrhunderts



## Aus- und Fortbildung

### Intelligent Trainieren

Seit mehr als 50 Jahren steht TOGU für erstklassige Qualität hochwertiger Produkte und zukunftsweisende Innovationen für den Fitness- und Gesundheitsmarkt.

Die nachstehenden Aus- und Fortbildungen von TOGU wurden von nationalen und internationalen Experten der Fitness- und Gesundheitsbranche entwickelt und bieten Ihnen gesundheitsorientiertes Training auf absolut höchstem Niveau mit absolut sicheren Produkten „Made in Germany“.  
Deshalb vertrauen Profis TOGU.

Aktuelle Termine finden Sie auf unserer Homepage [www.togu.de](http://www.togu.de) und in unserem Blog.

### Inhouse-Schulung

Die Inhouse-Schulung findet in Ihren Räumen statt und bringt Ihnen Theorie und Praxis der Trainings-Konzepte für Fitness, Gesundheit und Physiotherapie näher. Diese Möglichkeit der Fortbildung richtet sich an Vereine, Studios und Einrichtungen, die im Fitness- und Gesundheitssport tätig sind. Ein erfahrener Referent wird die Schulung in Ihren Räumen abhalten und Ihre Mitarbeiter oder Kunden begeistern!

Fragen Sie nach der TOGU Inhouse-Schulung und wir werden Sie gerne umfassend beraten!

Das TOGU Team erreichen Sie unter der Telefonnummer: +49 (0) 8051 / 90 38 - 0 oder [info@togu.de](mailto:info@togu.de)

TOGU® ist offizieller Partner des





## Vereine

### Funktionelles Zirkeltraining - das moderne Sensomotoriktraining

entwickelt vom **DTB**

- Das Funktionelle Zirkeltraining ist eine attraktive Angebotsform für den Verein, da das Training abwechslungsreich ist, Männer und Frauen anspricht und verwendete Geräte nicht für jeden einzelnen Teilnehmer angeschafft werden müssen. Unter dem Motto „Fitnesscenter Turnhalle“ bietet der Zirkel ein modernes Konzept für Vereine, bis hin zur Möglichkeit der Einrichtung eines „Festen Zirkels“ in einem gesonderten Raum als Einstiegs-Fitnessstudio!
- Das Konzept des Funktionellen Zirkeltrainings basiert auf dem aktuellsten Stand der Wissenschaft. Es vereint funktionelle Kräftigungsübungen, Core-Training und sensomotorisches Training. Neun aufeinander aufbauende Zirkel bieten optimales Training und Spaß für alle. Die Zielgruppe umfasst dabei neben Gesundheits- und Fitnesportlern auch die aktiven Wettkampfsportler. Durch Differenzierungsmöglichkeiten an den einzelnen Stationen kann auf die individuellen Voraussetzungen der Teilnehmer eingegangen werden.
- Das Konzept bietet einen leichten Einstieg für Vereine mit einer langsamen Steigerung des Geräteeinsatzes.
- Funktionelles Zirkeltraining ist ein komplettes Kurskonzept mit je drei Kursen in den unterschiedlichen Leistungsbereichen. Mit den vorbereiteten Stationskarten kann der Übungsleiter den Kurs unkompliziert und schnell starten.

|                         | 1. Kurs  | 2. Kurs | 3. Kurs                                   |
|-------------------------|--|---------|---|
| <b>Gesundheitssport</b> | G1   | G2      | G3  |
| <b>Fitnesssport</b>     | F1   | F2      | F3  |
| <b>Wettkampfsport</b>   | S1   | S2      | S3  |
|                         | <b>Sensomotorisches<br/>Grundlagentraining</b> | ➡       | <b>Sensomotorisches<br/>Krafttraining</b> |



## FT-COACH® – die nächste Generation

Das praxisorientierte und umfangreiche Ausbildungskonzept richtet sich Sportlehrer, Personal Fitness Trainer, Physiotherapeuten und Sportcoaches, die die Besonderheiten des funktionellen Trainings kennenlernen und vertiefen möchten. Grundkenntnisse in Anatomie, Physiologie, Bewegungslehre und Biomechanik werden vorausgesetzt.

Das Ausbildungskonzept besteht aus einem zweitägigen Modul (I) und 4 weiteren eintägigen Modulen (II-V).

### Inhalte Modul I\*: „*Functional Training Fundamentals*“\* (16 UE)

- Prinzipien des Functional Trainings
- Funktionelle Anatomie, Bewegungslehre und Biomechanik
- Bewegung verstehen: Sensomotorik und Koordination
- Functional Assessment (Haltung, Atmung, Mobilität, Stabilität, fundamentale Bewegungsmuster)
- Trainingsplanung für Optimierung und Behebung von Bewegungsmängeln (Corrective Training)
- Training und Progressionen für alle fundamentalen Bewegungsmuster mit und ohne Zusatzgeräten
- Effektive Planung und Umsetzung des Functional Trainings für verschiedene Zielgruppen und Niveaus

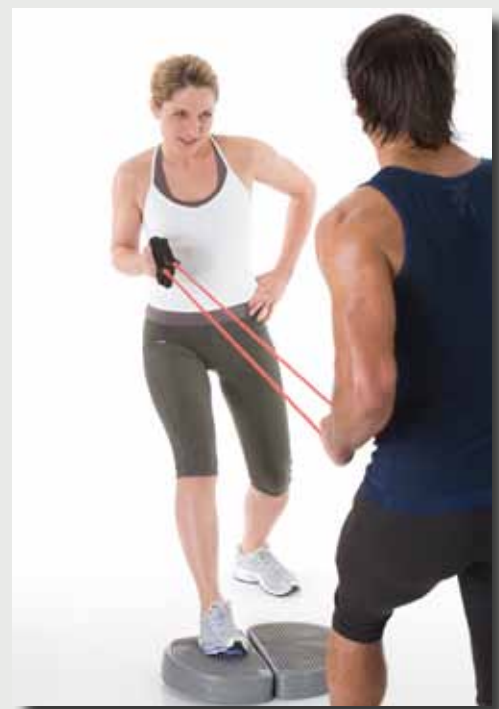
### Weitere Module (je 8 UE)

- Modul II: „*MoStability (Mobility and Stability Training)*“
- Modul III: „*Functional Strength and Endurance Training*“
- Modul IV: „*Functional Athletic Conditioning*“
- Modul V: „*Flexibility Training for Sports and Everyday Life*“

Weitere Informationen und aktuelle Termine unter:  
[info@rebody.eu](mailto:info@rebody.eu) [www.rebody.eu](http://www.rebody.eu)



PERSONAL TRAINING  
COACHING & THERAPY



\*Die Inhalte von Modul I gelten als Voraussetzung für die Teilnahme an allen weiteren FT-Coach Modulen.



### Panos Pantas

ist promovierter Biochemiker und seit 20 Jahren Personal Trainer und internationaler Referent für funktionelles Training in Europa und Asien. Seit über 5 Jahren ist er Inhaber von REBODY Center in Barcelona ([www.rebody.eu](http://www.rebody.eu)). Panos gehört zu dem Entwicklern des FT-Coach Ausbildungskonzepts und ist mit seinem internationalen Team seit 2013 verantwortlich für die Inhalte und Verbreitung weltweit.

# Group Training – Fitness

speziell für Trainer aus den Bereichen:

Personal Training

Fitness

Vereine (Übungsleiter)

Sportlehrer



## Jumper® double

entwickelt von Gabi Fastner, Michael Pistauer und Patrick Arnold

Das Jumper double Set in den Farben grün und rot bringt Spaß und Abwechslung in Dein Training!

Es ermöglicht Dir neue effektive Trainingsmöglichkeiten im Fitness- und Gesundheitstraining. Durch verschiedenste Positionierungen und die beidseitige Verwendbarkeit der beiden Jumper mini ergeben sich unzählige Variationsmöglichkeiten für Schrittkombinationen, Balance Training und Kraft- bzw. Ausdauer Workouts.

Das Spiel mit den Farben rot/grün fördert dabei Deine körperliche und geistige Fitness.

Bestens geeignet für kurzweilige Group Fitnesskurse, Functional Training und Therapie.

Workshops | Inhouse-Schulung



Gabi Fastner  
[www.gabi-fastner.de](http://www.gabi-fastner.de)



Michael Pistauer



Patrick Arnold

# Physiotherapie

speziell für Therapeuten aus den Bereichen:

Physiotherapie

Sporttherapie

Functional Training

## TOGU® PHYSIO – Sensomotorik erleben + Functional Training

Konzeptbetreuung durch Sven Kruse und Michaela Kreitmair

Das Konzept ist abgestimmt auf:

- den Einsatz mit luftgefüllten, sensomotorischen Trainingsgeräten zur Verbesserung des sensomotorischen Systems (Reizaufnahme und Verarbeitung), Stabilisation und Kraft.
- die Verbesserung der Koordination von lokalem und globalem System und Schaffung neuer Bewegungsmuster.
- Lernen Sie die große Vielseitigkeit von Jumper, Aero-Step XL, Dynair-Serie und vielen weiteren TOGU® Produkten kennen.
- TOGU®-Trainingsgeräte lassen sich im Therapieverlauf von Anfang an einsetzen und bringen Ihren Patienten wieder in Bestform.

Nach Absolvierung erhalten Sie Fortbildungspunkte.

Inhouse-Schulung | Tages-Seminar



Sven Kruse



Michaela Kreitmair



## GroupTraining – Fitness

speziell für Trainer aus den Bereichen:

Fitness

Vereine (Übungsleiter)

Sportlehrer

### Jumper® – Let's TOGU!

präsentiert von **Michael Dela Cruz**

- Dance, Fighting und Workout-Elemente
- Full-Power Training mit Schwerpunkt auf Ausdauer Elemente
- Funktionelle Aspekte der einzelnen Übungen, die perfekt aufeinander aufbauen
- Der Jumper ist mit dem AGR-Gütesiegel (Aktion gesunder Rücken) ausgezeichnet!

Der Clou der Stunde ist der TOGU Jumper, mit dem es möglich ist, ganz neue überraschende Trainings-Anreize zu setzen.

Vollgas geben und Spaß haben!

Workshops | Inhouse Schulung



Michael Dela Cruz

## GroupTraining – Fitness

speziell für Trainer aus den Bereichen:

Fitness

Vereine (Übungsleiter)

Sportlehrer

### DYNAIR® XXL – intensives StabilityTraining!

entwickelt von **Gunda Slomka**

“Höllisch gut“:

- Bringt Dich schnell und kompromisslos an Deine Grenzen.
- Im Stabilisationstraining oder Core-Training.
- Mit unglaublich schnellen Resultaten.

Workshops | Inhouse Schulung



*Himmlich gut!*



Gunda Slomka  
www.4more-education.de

## GroupTraining – Fitness

speziell für Trainer aus den Bereichen:

- |         |                        |             |
|---------|------------------------|-------------|
| Fitness | Vereine (Übungsleiter) | Sportlehrer |
|---------|------------------------|-------------|

### BRASIL® – Schütteleffekt der in die Tiefe geht

entwickelt von **Gabi Fastner**

- schnell – einfach – effektiv!
- Neuartiges Figurtraining mit dem „Schütteleffekt“ für ein effektives Ganzkörpertraining, das in die Tiefe geht.
- Die intelligente Füllung aus Luft und Gewicht gibt Ihnen ein gezieltes Bewegungsfeedback.
- Klein, handlich und gelenkschonend!

Workshops | Inhouse Schulung



(siehe Seite 83)



**Gabi Fastner**  
www.gabi-fastner.de

## Kinder im Gleichgewicht

speziell für Trainer aus den Bereichen:

- |         |                        |             |
|---------|------------------------|-------------|
| Fitness | Vereine (Übungsleiter) | Sportlehrer |
|---------|------------------------|-------------|

### TOGU® – Kinderwelt (Dynair XXL, Jumper, Powerball)

Konzeptbetreuung durch **Kirsten Riedel** und **Tanja Finken**

- Spielerisches Ganzkörpertraining
- Vielseitigkeit über Dynair XXL, Jumper, Aero-Step XL, Powerball u. a.
- Kinder fordern und fördern in „wackeligen“ Situationen
- Training von Sensomotorik und Koordination als Grundlage für
  - Bildung des Gehirns
  - Erfahren von Körper und des „Selbst“
  - Selbstbewusstsein und Sicherheit

Workshops | Inhouse Schulung



**Kirsten Riedel**



**Tanja Finken**

## GroupTraining – Gesundheit

speziell für Ärzte und Therapeuten aus den Bereichen:

Fitness

Vereine (Übungsleiter)

Sportlehrer

Rückenschullehrer

### Referent für rückengerechte Verhältnisprävention

entwickelt von der Aktion Gesunder Rücken – ein Fernlehrgang für Ärzte und Therapeuten

Sie werden unter anderem:

- eine Zusammenfassung wesentlicher Aspekte zu Körperhaltungen „Sitzen, Stehen und Liegen“ und zu Körperbewegungen „Aufstehen, Hinsetzen, Bücken, Heben, Tragen, Absetzen“ erhalten.
- die Kriterien für rückengerechte Produkte aus den unterschiedlichen Lebensbereichen erfahren.
- individuelle Beratungen zur Verhältnisprävention in den gesundheitsorientierten Angeboten durchführen können.
- auch im Rahmen der „Bildschirmarbeitsverordnung“ und der „Lasten-Handhabungsverordnung“ rückengerechte Arbeitsplatzgestaltung umsetzen können.

Anerkannt als ärztliche Weiterbildung, zugelassen durch die Staatliche Zentralstelle für Fernunterricht (ZFU), wird angerechnet zur Verlängerung der RSL-Lizenz.



Mehr Informationen unter

[www.agr-ev.de](http://www.agr-ev.de)

→ Infos für Mediziner und Therapeuten → Schulungen

## GroupTraining – Gesundheit

speziell für Trainer aus den Bereichen:

Fitness

Vereine (Übungsleiter)

Sportlehrer

### DYNAIR® XXL – StabilityTraining wie auf Wolken!

entwickelt von **Michaela Busch** und **Christiane Wolff**

„Himmlisch gut“ die Spezial-Konzepte:

→ **Dynair XXL Yoga**

Intensivieren Sie Ihren Fluss der Lebensenergie, verbessern Sie die Elastizität Ihrer Wirbelsäule - die Quelle der ewigen Jugend.

→ **Dynair XXL Pilates**

Zur Unterstützung der sensiblen Körperwahrnehmung, für noch mehr Variationsmöglichkeiten und Abwechslung in Ihrem Training.

Workshops | Inhouse Schulung



HIMMLISCH GUT

*Himmlisch gut!*



**Michaela Busch**

[www.bewegungsraum-Hannover.de](http://www.bewegungsraum-Hannover.de)



**Christiane Wolff**

[www.christiane-wolff.de](http://www.christiane-wolff.de)



# GroupTraining – Gesundheit

speziell für Trainer aus den Bereichen:

Fitness

Vereine (Übungsleiter)

Sportlehrer

## POWERBALL® ABS® – StabilityTraining auf höchstem Niveau

entwickelt von Karin Albrecht

- Die Welle der Wiederentdeckung hat den großen Ball erfasst. Der Grund – er ist ein effektives Trainingsgerät für Alle.
- Sensomotorik, Koordination, Stabilität und Kraft lassen sich mit viel Spaß trainieren und verbessern.
- Die Powerball ABS Serie von TOGU® ist ausgezeichnet mit dem AGR-Gütesiegel.

Workshops | Inhouse Schulung



## AERO-STEP® Pro – der erste Schritt zu mehr Sensomotorik

entwickelt von Karin Albrecht

- B.CO® Aero-Step Pro, ein Konzept, das die Bewegungsqualität des Trainings verbessert.
- Der Aero-Step Pro ist das ideale Trainingsgerät für Sensomotorik, Koordination, Stabilisation und Kraft in der Gruppe.

Workshops | Inhouse Schulung



**Karin Albrecht**  
www.star-education.ch

# Rückenfit Arbeiten

mit den Produkten

TOGU Brasil

Dynair / happyback Ballkissen

Balance Block

## Die neue Rückenschule – spezielle Konzepte für Betriebliche Gesundheitsförderung

Das bio-psycho-soziale Konzept der Neuen Rückenschule berücksichtigt nicht nur körperliche Aspekte, sondern zeigt auch Wege zur Entspannung und zum Umgang mit Schmerzen auf. Die Neue Rückenschule nach dem Qualitätsstandard der KdDR findet breite Unterstützung durch das Bundesministerium für Gesundheit und die gesetzlichen Krankenkassen. Zu den zentralen Inhalten zählen die Verbesserung der koordinativen Fähigkeiten, Steigerung der Rumpfstabilität und die Förderung der täglichen körperlichen Aktivität. Zur Erreichung dieser Ziele ist der Einsatz von speziellen Kleingeräten sehr hilfreich. TOGU Brasil, Balance Block und Ballkissen unterstützen das koordinativ-propriozeptive Training. Darüber hinaus fördern die Kleingeräte die Integration der Übungsprogramme in die Freizeit der Kursteilnehmer.

Inhouse Schulung



**Ulrich Kuhnt**  
(Leiter der Rückenschule Hannover, Direktionsmitglied im Bundesverband der deutschen Rückenschulen - BdR e. V.)  
www.ulrich-kuhnt.de

## 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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www.star-education.ch



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www.redbalance.com



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www.gunda-slomka.de



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www.bdr-ev.de



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- Zertifizierte Fitness Weiterbildungen
- Exklusives Netzwerk und Trainingsorte

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 www.gluckerkolleg.de



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 www.ifaa.de



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 www.euro-education.de



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## Our Educators

### Germany



**Ade Tanja**  
DTB Aerobic Trainerin, DTB Pilates Trainerin, DOSB Trainerin „Sport in der Prävention“, DTB Ausbilderin im Lehrteam des BTB, MTB und STB, nationale Choreographin  
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**Andres Marcel**  
Staatlich geprüfter Gymnastiklehrer, Lizenzen: Group Fitness -Instructor (B-Lizenz), Kickbox-Aerobic Basic Instructor, Aqua-Fit Instructor, Gerättraining: TOGU Brasi®; TOGU Jumper®, Inline Instructor, Nordic-Walking Instructor (BLSV), Laufcoach, Spirdynamik, Babyschwimmen, Rückenschule, Sport- und Wellnessmassage.



**Alvalredo Anette**  
Physiotherapeutin und Pilates Spezialistin, 18jährige europaweite Erfahrung als Referentin und Ausbilderin, betreut prominente Sportler wie Franziska van Almsick, Autorin von Büchern und DVD's



**Arnold Patrick**  
Physiotherapeut, selbständiger Group Fitness Instruktor und Personal Trainer, internationaler Presenter, Referent der IFAA, Presenter und Referent des Programmes „LaGym“ des DTB, TOGU Referent u. a. für Double Jumper



**Bastian Gabi**  
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**Bauer Uschi**  
Landesfachwartin „Sport für Ältere“ und stellvertr. Landesfachwartin „Gesundheits- und Präventionssport“ im BTB, Aerobictrainerin, DTB Ausbilder Diplom.



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Fitness- und Personalcoach mit Schwerpunkten u.a. Wirbelsäule, Workout, MindBody. TOGU Schwerpunkte: Firmenfitness, Workout, Yoga, Kräftigung und Stabilisierung, Aero Step XL, Jumper, Redondo Ball, Brasil, Dynair XXL.



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Diplom-Pädagoge, Master-Trainer GroupFitness, DOSB Ausbilder-Diplom, Referent für GroupFitness, Gesundheitssport und Pädagogik



**Bodin Christina**  
examierte Sportlehrerin, DTB- und BTB-Ausbilderin, Präventionstrainerin, Firmenfitness Rückencoach;  
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**dela Cruz Michael**  
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**Diehl Sabine**  
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**Finken Tanja**  
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## Our Educators - Germany



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**Harvey Chris**

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**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.



**Michels-Plum 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 MOVEU Gesundheitsmanagement Missalek, Gesundheitsprojekte, Ergonomicoachings, Gesundheitstage, Seminare, Vorträge. TOGU Schwerpunkte: Rückengesundheit, funktionelles reaktives Training, Powerball ABS, Jumper, Aero Step XL, Redondo Ball, Brasil.

## Our Educators - Germany



### 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, Multiro II, 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, Instruktörin für Pilates, JUKARI Fit to Fly, Aqua TRX, deepWORK und Zumba.



### Pistauer Michael

Diplom-Sportwissenschaftler, Stellvertretender Schulleiter und Dozent der KNS München, Fachbereiche: Sportsiele, Leichtathletik, Koordination, Lauftraining, Organisation und Recht, Sportliche Leitung des TSV Waldtrudering e.V., Lizenzierter Life Kinetik Trainer.



### Quintin Michael

Personal Trainer, Step Master, Aerobic Master, Wirbelsäulen Instructor, Ayurveda Massage Therapeut, Ayurveda Therapeut, Ernährungsberater, Ayurvedischer Koch, Jumper®-Instructor



### 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.



### Rehr 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



### Scharr Jana

Dipl. Kauffrau und Heilpraktikerin mit eigener Praxis in München, mit den Schwerpunkten Entspannungstechniken, Anti-Stress-Training sowie Yoga und ganzheitliches Rückentraining ist Jana als Ausbilderin und Referentin aktiv. TOGU Schwerpunkte: Schulungen im Body & Mind Bereich mit Redondobällen, Noppenbällen, Aero-Step XL



### Schneider Justus

Diplom Sportlehrer (DSHS Köln), Personal Trainer, Referent und Experte für verschiedene Medien (Fit For Fun, Men's Health), Ausbilder für Sport- und Fitnesskaufleute, 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®.



### Schumann Karin

Internationale Referentin und Presenterin der DEHAG ACADEMY für Group-Fitness-Training an Land und im Wasser, TOGU Schwerpunkte: Brasil und Topanga im Aqua-Bereich



### 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. 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

Politologin, Managementbetriebswirtin und mehrfach lizenzierte Lehrerin für Fitness mit Spezialisierungen im Bereich Präventions- und Gesundheitssport, hauptberuflich Leiterin einer Multifunktionsportanlage, Ausbilderin in den Bereichen Rückenfitness, Body&Mind, Präventionssport und Kommunikation.



### Subatti Serdar

Staatl. gepr. Gymnastiklehrer, Qualifikationen: Groupfitness 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.



### 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.



### Weber Karin

Dipl. Krankenschwester, dipl. Aerobic - und Fitness Instruktoren, Masterinstruktoren, Ausbilderin FA bei education in mOve®Dynamir® XXL.



### Weiler Ute

Inhaberin der Pilates Bodymotion Ausbildungen Gbr., „Second Generation Pilates Teacher“, „Lolita San Miguel Pilates Master™“, Buch und DVD Autorin. Sportwissenschaftlerin und Anglistin. TOGU Schwerpunkte: Pilates, Übergewicht, Dynamir® XXL.



### Werther Sabrina

Staatl. geprüfte Gymnastiklehrerin, Lizenzen: Grundkurs Kineshetics, 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 Dynamir® XXL Kids, Jumper®.



### Wolff Christiane

Staatlich geprüfte Sport- & Gymnastik-Lehrerin, lizenzierte Pilates-Instruktoren, 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.

## 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. Teilhaberin, 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.

**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

### Japan

**Asuka Iso**

Physiotherapist and Athletic Trainer.

Speciality: Physiotherapy in musculoskeletal disorders, Educator in core training and TOGU FT-Physio

### Norway

**Søvig Jan Erik**

Owner and Manager in Fitness, Strength Training instructor for groups, Personal Trainer, Power yoga instructor

Educator in strength and conditioning training.

Product specialist and Educator Alfacare

## Our International Educators

### 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.



**Suzanna König**

Internationale Referentin verschiedener Bereiche, z. B. Beckenboden, Haltung, rückengerechte Bewegungsprogramme und Antara®, 25 Jahre Erfahrung im Einzel- und Grouptraining, Leitung der BASK®.

### Poland



**Spalek Jozef**

Physiotherapeut, Dipl. Sportwissenschaftler mit Schwerpunkt motorische Vorbereitung im Sport, Prävention und Rehabilitation, Rückenschultrainer, Rehasporttrainer, Referent und Ausbilder mit Schwerpunkt Sensomotorik, Buchautor.

### Russia



**Gerasimova Natalya**

Instruction coordinator of exercise physiotherapists in Central Rehabilitation Hospital FMBA.



**Krupennikova Elena**

chief of rehabilitation unit in the State-financed health institution «The region center of exercise therapy and sports» expert in rehabilitation patients after trauma of limbs, musculoskeletal disorders, sequelae of diseases of the nervous system



**Mitkovskii Valerii G., ph.d.**

Russian Federation of Health Federal medical Biological Agency (FMBA). Director of Central Rehabilitation Hospital. Developer of new methodical approaches and practice of implementation up-to-date sports facilities for complex programs of kinesiotherapy



**Rulyova Ludmila**

Instruction coordinator of exercise physiotherapists in Central Rehabilitation Hospital FMBA.



**Vybornov Vasily**

Chief of sports training department at the education center «SAMBO-70» Moscow, Russia. Special rehabilitation programs for competitive sportsmen.



**Yastrebtceva Irina**

Professor of neurology and neurosurgery department at the Ivanovo State Medical Academy of Russian Federation. Expert in rehabilitation for patients after cerebrovascular diseases, cerebral and spinal trauma.

### Switzerland



**Albrecht Karin**

Leiterin der star - school for training and recreation (Schweiz), internationale Ausbilderin und Referentin, Gastreferentin in Korea & Japan, Leitung internationales TOGU® Ausbildungsteam, Buchautorin.



**Amman Pierre**

Internationaler Präsenter und Akademieleiter education in mOVE, Switzerland.



**Lythi Cyrill**

Geschäftsleitung star - school for training and recreation (Schweiz), Ausbilder mit eidg. Fachausweis, Organisator der starConvention in Interlaken, internationaler Presenter und Ausbilder. TOGU Schwerpunkte: Jumper, Circuittraining.



**Schmidt Lucia Nirmala**

Bewegungspädagogin (u.a. Fortbildungen in Franklin-Methode, Spiraldynamik, Feldenkrais, Traditionelle Chinesische Medizin), Yogalehrerin BDY/EYU, Pilates-Trainerin, Atemtherapeutin, Beraterin für Psychosomatische Medizin (nach Dr. Ruediger Dahlke), Buchautorin. TOGU Schwerpunkte: Yoga, Pilates, MindBody, Wirbelsäule, Expertin TOGU® Piloga.

### Spain



**Pantas Panos**

Dipl. & Prom. Biomechaniker mit mehr als 15-jähriger Arbeitserfahrung in GroupFitness, Personal Training, Marketing & Management, int. Presenter, Ausbilder, Berater & Experte für Functional Training, Eigentümer REBODY Barcelona, Head FT-Coach, Jumper® Master-Instructor.



## Our International Educators

### South Korea



**Hye-Jin, Bae**  
Registered physiotherapist, Korea  
Certified TOGU B.CO concept, Germany  
Master trainer FT-coach, Korea  
Head organizer for TOGU Physio course, Korea  
Owner of Foot healthy Physio Clinic  
International instructor of Redbalance academy, Korea



**Seung-Min, Kim**  
Registered physiotherapist, Korea  
Certified TOGU Physio course, Korea  
Physiotherapist of Korea University Medical Center  
International instructor of Redbalance academy, Korea

### United Kingdom



**Neville Vernon**  
Doctor of Sports Science (Ph.D), Loughborough University, UK; Masters degree in Sports Science, Loughborough University, UK; Certified Strength & Conditioning Specialist (CSCS), NSCA, USA; Diploma Extreme Conditions Paramedic, WA, UK; Diploma Sports Performance Specialist, ETA, RSA;

### Hungary



**Dienes Viktoria**  
Physiotherapist, R-med instructor, TOGU Jumper and TRX instructor

### USA



**Iannetta Sam**  
Fitness Longevity™ Functional Analysis. Pre/post rehabilitation. Postural analysis and correction.  
Book Author  
Advanced Certified Personal Trainer – National Academy of Sports Medicine.  
Accredited Fitness Therapist – National Fitness Therapy Association.

Healthy, strong back



Fitness and Functional Training



Kids in balance



Piloga® - Pilates Wellness Yoga



Relax, release and soothe



## 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

### Healthy, strong back

### decoration package



### Fitness and Functional Training

### decoration package



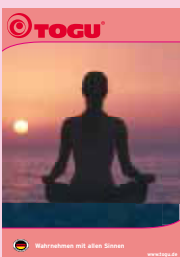
### Piloga - Pilates, Wellness, Yoga

### decoration package



### Relax, release and soothe

### decoration package



### Kids in balance

### decoration package



## 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.

You will find the colour code for all products in deco-boxes starting from page 104.



### 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

## showing competence - develop sale

### Instructions and Flyer

Ideas for exercises and information on our products.

All instructions and flyers available can be found on page 80 of this handbook.



### „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.



# 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 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                          | -           | ●    | ●   | ○            | ○    | ●    | ●        | ●     | ○    | ●      |
| 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                          | ○             | ○                       | -          | -                     | ○       | ●               | -        | -              | -                          | ●                   |
| 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.

## Order details 2014

| Article   | Art.-No. | Colours                              | Size             | Weight      | Packing | Page      |
|---|----------|--------------------------------------|------------------|-------------|---------|-----------|
| 3D AirPad in a set of 2                             | 410420   | anthracite                           | 34x15 cm         | 1400 g      | 4       | 22        |
| <b>A</b>  |          |                                      |                  |             |         |           |
| Aero-Step   | 400429   | blue, green, red                     | 46x32x8 cm       | 2100 g      | 4       | 65        |
| Aero-Step Pro                                       | 400540   | black, silver-grey, red, blue        | 52,5x40x8,5 cm   | 3600 g      | 4       | 36        |
| Aero-Step Pro actisan                               | 420570   | anthracite                           | 52,5x40x8,5 cm   | 3600 g      | 4       | 36        |
| Aero-Step XL functional                             | 400590   | black, silver-grey, red              | 51x37x8 cm       | 2450 g      | 4       | 36        |
| Aero-Step XL  | 400510   | blue, green, silver-grey, red, black | 51x37x8 cm       | 2800 g      | 4       | 36        |
| Aero-Step XL functional Perfect Shape Set incl. DVD | 400520   | blue, green, silver-grey             | 51x37x8 cm       | 2900 g      | 4       | 78        |
| Airgo Active Seat Cushion                           | 401100   | silver                               | 40x28 cm         | 820 g       | 4       | 20        |
| Airgo Active Seat Cushion Comfort                   | 401300   | black                                | 40x28 cm         | 1250 g      | 4       | 20        |
| Airgo Active Back Cushion                           | 510000   | black                                | 40x29 cm         | 470 g       | 5       | 20        |
| Airgo Active Back Cushion Comfort                   | 510100   | black                                | 40x29 cm         | 1200 g      | 5       | 20        |
| Airgo Wheelchair Seat Cushion                       | 401400   | black                                | 40x28 cm         | 1250 g      | 4       | 21        |
| Airgo Wheelchair Back Cushion                       | 510200   | black                                | 40x29 cm         | 1200 g      | 5       | 21        |
| Airgo Sitring                                       | 400640   | blue, black                          | ca. 46x42,5x8cm  | 1.900 g     | 2       | 21        |
| Airgo Sitring with cover                            | 400648   | black                                | ca. 46x42,5x8cm  | 1.900 g     | 2       | 21        |
| <b>N</b> Anti-Stress Ball                           | 464100   | blue, red, anthracite                | ca. 6,5 cm       | ca. 40 g    | 12      | 11, 27    |
| <b>B</b>  |          |                                      |                  |             |         |           |
| BackFit at Work Set (Balance Block and Brasil)      | 805029   | blue-purple, green                   | ca. 33x15x7 cm   | 1435 g      | 1       | 22        |
| <b>N</b> Backswing Trainer                          | 510130   | silver-grey                          | 40x29 cm         | 1.780 g     | 1       | 8, 45     |
| <b>N</b> Balance Air Beam                           | 410150   | black                                | ca.50x16x8 cm    | 1.657 g     | 1       | 12, 23    |
| Balance Block                                       | 410480   | blue-purple, silver-grey             | 33x15x7 cm       | 895 g       | 4       | 49, 22    |
| Balanza   | 410410   | wood with red                        | ca. 55x35x7 cm   | 2250 g      | 1       | 33        |
| <b>N</b> Balanza Handgrips (accessorie for 410410)  | 908602   | black                                | ca. 12,5 x 7 cm  | ca. 40 g    | 1       | 8, 81, 33 |
| Balanza Freeride                                    | 440410   | wood with red                        | 100x30x14 cm     | 3400 g      | 1       | 33        |
| Balanza Ballstep                                    | 440420   | wood with red                        | 89x43x14 cm      | 5150 g      | 1       | 33        |
| <b>N</b> Balanza Ballstep Group                     | 440490   | wood with red                        | ca. 89x43x14 cm  | ca. 5.250 g | 1       | 8, 33     |
| <b>N</b> Balanza Ballstep XXL                       | 440421   | wood with red                        | ca 180x60x15 cm  | 16.300 g    | 1       | 9, 26     |
| <b>N</b> Balanza Kids seesaw                        | 440500   | wood with red                        | ca. 120x50427 cm | 6.000 g     | 1       | 9, 72     |
| <b>N</b> Balanza Circle                             | 440450   | wood with red                        | ca. 40x7 cm      | 1.800 g     | 1       | 9, 26     |
| Balanza Physiowippe                                 | 440430   | wood with red                        | ca. 48x48x7 cm   | ca. 2.990 g | 1       | 26        |
| <b>Ball Pumps:</b>                                  |          |                                      |                  |             |         |           |
| Ball pump   | 904400   | white                                | ca. 15 cm        | 40 g        | 50      | 80        |
| Powerball pump                                      | 966600   | white                                | ca. 30 cm        | 85 g        | 10      | 80        |
| TOGU Dual-action pumpe                              | 965550   | white                                | ca. 20 cm        | 60 g        | 24      | 80        |
| Pumping set for special sportballs                  | 910000   |                                      |                  | 130 g       | 10      | 80        |
| Ball bowl   | 930000   | black, silver-grey                   |                  | 610 g       | 4       | 80        |
| Ball with grip                                      | 474000   | red                                  |                  | 400 g       | 12      | 74        |
| Ball with grip                                      | 476000   | red                                  |                  | 600 g       | 12      | 74        |
| Ball with grip                                      | 478000   | yellow                               |                  | 800 g       | 12      | 74        |
| Blackroll   | 400048   | black                                | ca. 30 x 15 cm   | 150 g       | 6       | 43        |
| <b>N</b> Blackroll Ball 8cm                         | 410010   | black                                | ca. 8 cm         | ca. 15 g    | 10      | 13, 43    |
| <b>N</b> Blackroll Ball 12cm                        | 410020   | black                                | ca. 12 cm        | ca. 50 g    | 12      | 13, 43    |
| <b>N</b> Blackroll mini                             | 410030   | black                                | ca. 15x5,5 cm    | ca. 22 g    | 8       | 13, 43    |
| <b>N</b> Blackroll Set                              | 805044   | black                                |                  | ca. 390 g   | 1       | 13, 43    |
| Bodybone  | 410430   | silver-grey                          | 15x6,5 cm        | 430 g       | 3       | 27        |
| Bodybone XL   | 410440   | silver-grey                          | 26x14 cm         | 600 g       | 2       | 27        |
| Bodyroll in a set of 2                              | 460200   | red, blue, amethyst                  | 13x6 cm          | 300 g       | 10      | 54        |
| <b>N</b> Bodyroll Senso in set of 2                 | 460350   | red, blue, black                     | 13x6 cm          | 301 g       | 10      | 11, 54    |
| Bonito  | 400000   | red, blue                            |                  | 2350 g      | 4       | 64        |
| Boxing Gloves Junior                                | 955000   | black                                |                  | 415 g       | 4       |           |
| Brainfitness Set                                    | 805032   | assorted                             |                  | 900 g       | 1       | 45        |
| Brasil set of 2 in polybag                          | 470636   | green                                |                  | 540 g       | 15      | 44        |
| Brasil bulk   | 470626   | green                                |                  | 270 g       | 30      |           |
| <b>N</b> Brasil Aqua set of 2                       | 470666   | green                                |                  | 540 g       | 15      | 11, 44    |
| Brasil Bewegungsprofi Set                           | 805034   | green                                |                  | 550 g       | 1       | 45, 72    |
| <b>C</b>  |          |                                      |                  |             |         |           |
| Chiming Medicine Ball                               | 420850   | blue                                 | 21cm             | 800 g       | 20      | 75        |
| Chiming Medicine Ball                               | 421050   | red                                  | 21cm             | 1000 g      | 20      | 75        |
| Chiming Medicine Ball                               | 421550   | brown                                | 28cm             | 1500 g      | 8       | 75        |
| Chiming Medicine Ball                               | 422050   | brown                                | 28cm             | 2000 g      | 8       | 75        |
| Chiming Medicine Ball                               | 423050   | blue                                 | 28cm             | 3000 g      | 8       | 75        |
| Chiming Medicine Ball                               | 424050   | green                                | 34cm             | 4000 g      | 4       | 75        |
| Chiming Medicine Ball                               | 425050   | red                                  | 34cm             | 5000 g      | 4       | 75        |
| Colibri Supersoft Mini                              | 487900   | yellow, green                        | 12 cm            | 100 g       | 10      | 70        |
| Colibri Supersoft Basketball                        | 487800   | yellow, green                        | 22 cm            | 400 g       | 10      | 70        |
| Colibri Supersoft Dribbling Football                | 487700   | yellow, green                        | 22 cm            | 420 g       | 10      | 70        |
| Colibri Supersoft Football                          | 487600   | yellow, green                        | 22 cm            | 300 g       | 10      | 70        |
| Colibri Supersoft Giant                             | 487100   | yellow, green                        | 28 cm            | 420 g       | 6       | 71        |
| Colibri Supersoft Gymnastics Ball                   | 487400   | yellow, green                        | 16 cm            | 300 g       | 10      | 70        |
| Colibri Supersoft Handball Ladies                   | 487500   | yellow, green                        | 16 cm            | 300 g       | 10      | 71        |



**Order details 2014**

| Article   | Art.-No. | Colours  | Size             | Weight   | Packing | Page   |
|---|----------|--|------------------|----------|---------|--------|
| Colibri Supersoft Handball Men                              | 487200   | yellow, green  | 18 cm            | 400 g    | 10      | 71     |
| Colibri Supersoft Volleyball                                | 487300   | yellow, green  | 21 cm            | 200 g    | 10      | 70     |
| Colibri-Aero-Ball f. Gymnastics                             | 482020   | red  | 16 cm            | 300 g    | 20      | 71     |
| Colibri-Beachhandball F                                     | 482010   | red  | 16 cm            | 320 g    | 20      | 71     |
| Colibri-Volleyball  | 482000   | red  | 22 cm            | 280 g    | 10      | 71     |
| <b>Covers:</b>  |          |  |                  |          |         |        |
| Cover for Dynair Ballkissen                                 | 930300   | black  | 33 cm            | 30 g     | 5       | 79     |
| Cover for Dynair Ballkissen                                 | 930360   | black  | 36 cm            | 30 g     | 5       | 79     |
| Comfort-Cover for Airgo Active Back Cushion                 | 930600   | black  |                  | 160 g    | 5       | 79     |
| Comfort-Cover for Airgo Active Seat Cushion                 | 930400   | black  |                  | 100 g    | 5       | 79     |
| Comfort-Cover for Dynair Premium Wedge Ballkissen           | 930700   | black  | 40 cm            | 100 g    | 5       | 79     |
| <b>D</b>  |          |  |                  |          |         |        |
| Diving block  | 645600   | black  |                  | 5000 g   | 2       | 69     |
| Diving ball   | 645700   | black  |                  | 5000 g   | 2       | 69     |
| Diving Ring   | 645000   |  |                  | 140 g    | 60      | 69     |
| Diving Ring   | 645500   | black  |                  | 5000 g   | 2       | 69     |
| DVD Perfect Shape Aero-Step XL functional                   | 939510   |  |                  | 100 g    | 10      | 78     |
| DVD Perfect Shape Dynair XXL                                | 939530   |  |                  | 100 g    | 10      | 78     |
| DVD Perfect Shape Multitroll functional                     | 939520   |  |                  | 100 g    | 10      | 78     |
| DVD Perfect Shape Jumper                                    | 939540   |  |                  | 100 g    | 10      | 78     |
| DVD Perfect Shape Powerball (german language)               | 939500   |  |                  | 100 g    | 10      | 78     |
| DVD Feel Redondo (german language)                          | 939590   |  |                  | 100 g    | 10      | 78     |
| Dynair-A  | 400320   | blue-purple  | ca. 96x32 cm     | 3000 g   | 4       | 19     |
| Dynair Balance Seat   | 400090   | red, blue  | 36x28 cm         | 2500 g   | 1       | 69     |
| Dynair Ballkissen Kids                                      | 400170   | red, green, blue, raspberry, turquoise                 | 30 cm            | 600 g    | 5       | 65     |
| Dynair Ballkissen Kids Konfetti                             | 400180   | Konfetti   | 30 cm            | 660 g    | 5       | 65     |
| Dynair Ballkissen Kids Marble                               | 400190   | marble   | 30 cm            | 600 g    | 5       | 65     |
| Dynair Ballkissen   | 400200   | red, green, blue, blue-purple, turquoise, black, terra | 33 cm            | 850 g    | 5       | 16     |
| Dynair Ballkissen Konfetti                                  | 400280   | Konfetti   | 33 cm            | 850 g    | 5       | 16     |
| Dynair Ballkissen Marble                                    | 400150   | marble   | 33 cm            | 850 g    | 5       | 16     |
| Dynair Ballkissen Senso                                     | 400270   | red, green, blue, blue-purple, turquoise, black, terra | 33 cm            | 850 g    | 5       | 16     |
| Dynair Ballkissen XL  | 400300   | red, green, blue, blue-purple, turquoise, black, terra | 36 cm            | 1150 g   | 4       | 16     |
| Dynair Ballkissen XL Konfetti                               | 400380   | Konfetti   | 37 cm            | 1.150 g  | 4       | 16     |
| Dynair Ballkissen XL Marble                                 | 400350   | marble   | 36 cm            | 1150 g   | 4       | 16     |
| Dynair Ballkissen XL with actisan                           | 420400   | anthracite   | 36 cm            | 1150 g   | 4       | 17     |
| Dynair Ballkissen Senso XL                                  | 400370   | red, green, blue, blue-purple, turquoise, black, terra | 36 cm            | 1150 g   | 4       | 16     |
| Dynair Ballkissen Med                                       | 420100   | red, blue, black                                       | 33 cm            | 850 g    | 5       | 28     |
| Dynair Ballkissen Senso Med                                 | 420110   | red, blue, black                                       | 33 cm            | 850 g    | 5       | 28     |
| Dynair Ballkissen XL Med                                    | 420120   | red, blue, black                                       | 36 cm            | 1150 g   | 4       | 28     |
| Dynair Ballkissen Senso XL Med                              | 420130   | red, blue, black                                       | 36 cm            | 1150 g   | 4       | 28     |
| Dynair Ballkissen Plus                                      | 400900   | red, green, blue, blue-purple, black, terra, turquoise | 39 cm            | 1.450 g  | 4       | 18     |
| Dynair Ballkissen XXL Level III                             | 400404   | blue   | 50 cm            | 2500 g   | 2       | 37     |
| Dynair Ballkissen XXL Level III Perfect Shape Set incl. DVD | 400484   | blue   | 50 cm            | 2700 g   | 2       | 78     |
| Dynair Ballkissen XXL Level IV                              | 400406   | black  | 50 cm            | 2500 g   | 2       | 37     |
| Dynair Ballkissen XXL Meditation                            | 400402   | red  | 50 cm            | 2500 g   | 2       | 52     |
| Dynair Ballkissen XXL with actisan                          | 420410   | anthracite   | 50 cm            | 2500 g   | 2       | 31     |
| Dynair Cardo Ballkissen                                     | 400390   | black, blue, dark-blue,dark-red, terra                 | 36 cm            | 1000 g   | 5       | 17     |
| Dynair Extreme  | 400408   | purple   | ca. 80 cm        | 6000 g   | 1       | 52, 60 |
| Dynair Golf Pro in a set of 2                               | 410350   | green  | each 36x18 cm    | 4560 g   | 1       | 44     |
| Dynair Pro  | 410360   | orange   | 36x10 cm         | 2000 g   | 2       | 37     |
| Dynair Senso Mini in a set of 4                             | 465400   | red, yellow, blue, green                               | 16 cm            | 800 g    | 4       | 61     |
| Dynair Senso Mini in a set of 4                             | 465600   | red, yellow, blue, green                               | 20 cm            | 1700 g   | 4       | 61     |
| <b>N</b> Dynair Twist (set of 2)                            | 510140   | red with black   | 20 cm            | 800 g    | 1       | 12, 45 |
| Dynair Walker (a pair)                                      | 465800   | black with red   | 40x14x8 cm       | 2.200 g  | 2       | 34     |
| Dynair Walker Comfort (a pair)                              | 465900   | black with red   | ca. 40x14x8 cm   | 2.200 g  | 2       | 34     |
| Dynair Walker Comfort straps (accessorie)                   | 906802   | black  |                  |          | 1       | 79     |
| <b>N</b> Dynair Comfort Wedge Ballkissen                    | 400720   | blue, anthracite                                       | 40 cm            | 1.100 g  | 4       | 7, 17  |
| Dynair Wedge Ballkissen Kids                                | 400140   | red, green, blue, turquoise                            | 33 cm            | 700 g    | 4       | 65     |
| Dynair Plus Wedge Ballkissen Plus                           | 400160   | black, blue, dark-blue,dark-red, terra                 | ca. 45 cm        | 1.450 g  | 4       | 18     |
| Dynair Premium Wedge Ballkissen Premium                     | 400340   | black, blue, dark-blue,dark-red, terra                 | 40 cm            | 1150 g   | 4       | 17     |
| Dynamic Drums Ball  | 426650   | red  | 65 cm            | 1150 g   | 4       | 41     |
| Dynamic Drums Ball  | 426750   | red  | 75 cm            | 1400 g   | 4       | 41     |
| Drums Ball bowl   | 930005   | black, silver-grey                                     |                  | 1500 g   | 2       | 41     |
| Dynamic Drums sticks in a set of 2pcs                       | 930007   | wooden   | 40 cm            | 84 g     | 10      | 41     |
| <b>N</b> Dynanza Surf                                       | 440480   | wood with red  | ca. 160x40x18 cm | 12.200 g | 1       | 10, 41 |
| <b>N</b> Dynaswing  | 440470   | wood with red  | ca. 80xmax.55 cm | 13.500 g | 1       | 10, 39 |
| <b>E</b>  |          |  |                  |          |         |        |
| Earthball   | 600000   | without decoration                                     | 100 cm           | 3400 g   | 1       | 75     |
| Earthball   | 600500   | with decoration  | 100 cm           | 3400 g   | 1       | 75     |
| Earthball   | 605000   | without decoration                                     | 200 cm           | 12000 g  | 1       | 75     |
| Earthball   | 605500   | with decoration  | 200 cm           | 12000 g  | 1       | 75     |

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| <b>G</b>  |          |   |               |         |         |           |
| Geo Balance Hedgehog in a set of 2                | 465180   | red, yellow, blue, blue-purple, green, pink | 16 cm         | 760 g   | 6       | 62        |
| Geo Balance Hedgehog XL in a set of 2             | 465190   | red, yellow, blue, blue-purple, green, pink | 18 cm         | 1100 g  | 6       | 62        |
| Gymnasticball Standard 300 g, unlacquered         | 430400   | new in gold and orange                      | 16 cm         | 300 g   | 20      | 73        |
| Gymnasticball Standard 420 g, unlacquered         | 445400   | new in gold and orange                      | 19 cm         | 420 g   | 15      | 73        |
| Gymnasticball Best Quality, unlacquered           | 430000   | new in gold and orange                      | 16 cm         | 300 g   | 20      | 73        |
| Gymnasticball Best Quality, lacquered             | 430500   | new in gold and orange                      | 16 cm         | 300 g   | 20      | 73        |
| Gymnasticball FIG Best Quality, lacquered         | 445500   | new in gold and orange                      | 19 cm         | 420 g   | 15      | 73        |
| Gymnasticball FIG Best Quality, unlacquered       | 445100   | new in gold and orange                      | 19 cm         | 420 g   | 15      | 73        |
| Gymnasticball FIG Premium Glitter in a box        | 445600   | Glitter gold                                | 19 cm         | 420 g   | 8       | 72        |
| Gymnasticball FIG Premium Glitter in a box        | 445700   | Glitter silver                              | 19 cm         | 420 g   | 8       | 72        |
| Gymnasium Putting Shot (Hytrel)                   | 631000   | black                                       |               | 1000 g  | 2       | 75        |
| Gymnasium Putting Shot                            | 631500   | black                                       |               | 1500 g  | 2       | 75        |
| Gymnasium Putting Shot                            | 632000   | black                                       |               | 2000 g  | 2       | 75        |
| Gymnasium Putting Shot                            | 632500   | black                                       |               | 2500 g  | 2       | 75        |
| Gymnasium Putting Shot                            | 633000   | black                                       | 11 cm         | 3000 g  | 2       | 75        |
| Gymnasium Putting Shot                            | 634000   | black                                       | 11 cm         | 4000 g  | 2       | 75        |
| Gymnasium Putting Shot                            | 635000   | black                                       | 12,5 cm       | 5000 g  | 2       | 75        |
| Gymnasium Putting Shot                            | 636000   | black                                       | 13,5 cm       | 6000 g  | 2       | 75        |
| Gymnasium Putting Shot                            | 637200   | black                                       | 13,5 cm       | 7250 g  | 2       | 75        |
| <b>H</b>  |          |   |               |         |         |           |
| happyback Ballkissen                              | 400210   | blue, anthracite                            | 33 cm         | 950 g   | 5       | 18        |
| happyback Ballkissen                              | 400310   | blue, anthracite                            | 36 cm         | 1122 g  | 4       | 18        |
| happyback Ballkissen assortment incl. POS display | 805027   |   |               | 33650 g | 1       | 18        |
| happyback Fitnessball                             | 427450   | spring green                                | 45 cm         | 950 g   | 4       | 40        |
| happyback Fitnessball                             | 427550   | spring green                                | 55 cm         | 1050 g  | 4       | 40        |
| happyback Fitnessball                             | 427650   | spring green                                | 65 cm         | 1150 g  | 4       | 40        |
| happyback Fitnessball                             | 427750   | spring green                                | 75 cm         | 1400 g  | 4       | 40        |
| happyback Relax-Nex                               | 400500   | blue, ruby-red                              | 23,5x11 cm    | 360 g   | 16      | 51        |
| Hot Shots (Hytrel)                                | 660030   | black                                       | 11 cm         | 3000 g  | 2       | 42        |
| Hot Shots   | 660040   | black                                       | 11 cm         | 4000 g  | 2       | 42        |
| Hot Shots   | 660050   | black                                       | 12,5 cm       | 5000 g  | 2       | 42        |
| Hot Shots   | 660060   | black                                       | 13,5 cm       | 6000 g  | 2       | 42        |
| Hot Shots   | 660070   | black                                       | 13,5 cm       | 7000 g  | 2       | 42        |
| Hot Shots   | 660080   | black                                       | 13,5 cm       | 8000 g  | 2       | 42        |
| Hot Shots   | 660090   | black                                       | 13,5 cm       | 9000 g  | 2       | 42        |
| <b>J</b>  |          |   |               |         |         |           |
| Jumper  | 410202   | red   | 52x24 cm      | 4400 g  | 1       | 35, 60    |
| Jumper with actisan                               | 420420   | anthracite                                  | 52x24 cm      | 4400 g  | 1       | 31        |
| Jumper Perfect Shape Set incl. DVD                | 410212   | red   | 52x24 cm      | 4500 g  | 1       | 78        |
| <b>N</b> Jumper Pro                               | 410320   | red with black                              | ca. 52x24 cm  | 5.050 g | 2       | 7, 35     |
| <b>N</b> Jumper Pro plate                         | 949530   | black                                       | ca. 50x7 cm   | 650 g   | 1       | 7, 35, 81 |
| Jumper mini                                       | 410302   | red   | 36x18 cm      | 2280 g  | 1       | 35, 60    |
| <b>N</b> Jumper double (set of 2)                 | 805069   | red and green                               | (2x) 36x18 cm | 4.560 g | 1       | 7, 34     |
| <b>K</b>  |          |   |               |         |         |           |
| Kangaroo-Ball Junior ABS                          | 310600   | blue, ruby-red, turquoise                   | 45 cm         | 600 g   | 10      | 64        |
| Kangaroo-Ball Super ABS                           | 360600   | blue, ruby-red, turquoise                   | 60 cm         | 900 g   | 10      | 64        |
| Knobbed Ball Classic                              | 462500   | orange                                      | 6 cm (2,5")   | 40 g    | 100     | 55        |
| Knobbed Ball Classic                              | 463000   | yellow                                      | 8 cm (3")     | 70 g    | 100     | 55        |
| Knobbed Ball Classic                              | 463500   | red   | 9 cm (3,5")   | 130 g   | 50      | 55        |
| Knobbed Ball Classic                              | 464000   | blue  | 10 cm (4")    | 170 g   | 50      | 55        |
| Knobbed Ball Classic in a set of 2                | 462501   | orange                                      | 6 cm (2,5")   | 80 g    | 36      | 55        |
| Knobbed Ball Classic in a set of 2                | 463001   | yellow                                      | 8 cm (3")     | 140 g   | 36      | 55        |
| Knobbed Ball Classic in a set of 2                | 463501   | red   | 9 cm (3,5")   | 260 g   | 32      | 55        |
| Knobbed Ball Classic in a set of 2                | 464001   | blue  | 10 cm (4")    | 340 g   | 36      | 55        |
| Knobbed ball long                                 | 470700   | red, blue, green, purple, pink, silver      | 7 x 4 cm      | 20 g    | 50      | 55        |
| Knobbed ball long                                 | 470800   | red, blue, green, purple, pink, silver      | 11 x 5 cm     | 50 g    | 30      | 55        |
| Knobbed Ball Trend                                | 463300   | apple                                       | 8 cm (3")     | 70 g    | 100     | 55        |
| Knobbed Ball Trend                                | 463008   | amethyst                                    | 8 cm (3")     | 70 g    | 100     | 55        |
| Knobbed Ball Trend                                | 463350   | pink  | 9 cm (3,5")   | 130 g   | 50      | 55        |
| Knobbed Ball Trend                                | 463508   | amethyst                                    | 9 cm (3,5")   | 130 g   | 50      | 55        |
| Knobbed Ball Trend                                | 464008   | amethyst                                    | 10 cm (4")    | 170 g   | 50      | 55        |
| Knobbed Ball Trend in a set of 2                  | 463301   | apple                                       | 8 cm (3")     | 140 g   | 36      | 55        |
| Knobbed Ball Trend in a set of 2                  | 463003   | amethyst                                    | 8 cm (3")     | 140 g   | 36      | 55        |
| Knobbed Ball Trend in a set of 2                  | 463351   | pink  | 9 cm (3,5")   | 260 g   | 32      | 55        |
| Knobbed Ball Trend in a set of 2                  | 463503   | amethyst                                    | 9 cm (3,5")   | 260 g   | 32      | 55        |
| Knobbed Ball Trend in a set of 2                  | 464003   | amethyst                                    | 10 cm (4")    | 340 g   | 36      | 55        |
| Knobbed cushion                                   | 460400   | silver, amethyst                            | 23 cm         | 960 g   | 5       | 57        |
| Knobbed Ring                                      | 466000   | yellow                                      | 16 cm         | 145 g   | 50      | 66        |
| Knobbly Catch Training Ball                       | 465100   | red, yellow, blue                           | 22 cm         | 420 g   | 10      | 66        |
| Knobbly Sound Ball                                | 467100   | blue  | 10 cm         | 190 g   | 10      | 67        |
| <b>L</b>  |          |   |               |         |         |           |
| Leo   | 400060   | warm-orange                                 |               | 3.000 g | 4       | 64        |

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| <b>M</b>   |          |                                   |               |         |         |        |
| Massage Nex  | 400490   | blue, amethyst                    | 20x10,5 cm    | 350 g   | 15      | 56     |
| Mat TOGU Premium Easy                                | 971200   | blue-purple                       | 140x58x0,9 cm | 350 g   | 4       | 80     |
| Medicine Ball classic                                | 420500   | red, brown                        | 21cm          | 500 g   | 20      | 42     |
| Medicine Ball classic                                | 420800   | blue, brown                       | 21cm          | 800 g   | 20      | 42     |
| Medicine Ball classic                                | 421000   | red, brown                        | 21cm          | 1000 g  | 20      | 42     |
| Medicine Ball classic                                | 421500   | brown                             | 28cm          | 1500 g  | 8       | 42     |
| Medicine Ball classic                                | 422000   | brown                             | 28cm          | 2000 g  | 8       | 42     |
| Medicine Ball classic                                | 423000   | blue, brown                       | 28cm          | 3000 g  | 8       | 42     |
| Medicine Ball classic                                | 424000   | green, brown                      | 34cm          | 4000 g  | 4       | 42     |
| Medicine Ball classic                                | 425000   | red, brown                        | 34cm          | 5000 g  | 4       | 42     |
| Medicine ball with actisan                           | 420540   | black                             | 21 cm         | 500 g   | 20      | 32     |
| Medicine ball with actisan                           | 420550   | black                             | 21 cm         | 800 g   | 20      | 32     |
| Medicine ball with actisan                           | 420480   | black                             | 21 cm         | 1000 g  | 20      | 32     |
| Medicine ball with actisan                           | 420560   | black                             | 28 cm         | 1500 g  | 8       | 32     |
| Medicine ball with actisan                           | 420490   | black                             | 28 cm         | 2000 g  | 8       | 32     |
| Medicine ball with actisan                           | 420510   | black                             | 28 cm         | 3000 g  | 8       | 32     |
| Medicine ball with actisan                           | 420520   | black                             | 34 cm         | 4000 g  | 4       | 32     |
| Medicine ball with actisan                           | 420530   | black                             | 34 cm         | 5000 g  | 4       | 32     |
| Mini Punching Bag                                    | 955500   | red                               | 54x20 cm      | 1.850 g | 4       | 4      |
| Mini Punching Bag Set                                | 955600   | red                               |               | 2195 g  | 4       |        |
| <b>N</b>   |          |                                   |               |         |         |        |
| Moonhopper   | 666500   | blue with yellow                  | up to 70 kg   | 960 g   | 5       | 62     |
| Moonhopper   | 666600   | blue with pink                    | up to 70 kg   | 960 g   | 5       | 62     |
| Moonhopper   | 666800   | green with pink                   | up to 70 kg   | 960 g   | 5       | 62     |
| Moonhopper   | 666900   | blue with red                     | up to 70 kg   | 960 g   | 5       | 62     |
| Moonhopper Sport                                     | 666700   | blue with black                   | up to 110 kg  | 960 g   | 5       | 41     |
| Multiroll – storage aid                              | 400070   | black, silver                     | 50x15 cm      | 1400 g  | 4       | 23     |
| Multiroll – storage aid with cover                   | 400078   | dark blue                         | 50x15 cm      | 1400 g  | 4       | 23     |
| Multiroll – storage aid                              | 400080   | black, silver                     | 50x20 cm      | 1850 g  | 4       | 23     |
| Multiroll functional                                 | 400010   | black, silver, red                | 80x18 cm      | 1800 g  | 4       | 37     |
| Multiroll functional Perfect Shape Set incl. DVD     | 400032   | black, red                        | 80x18 cm      | 1900 g  | 4       | 78     |
| Multiroll Half-Roll – storage aid                    | 400020   | black, silver                     | 50x7,5 cm     | 950 g   | 4       | 23     |
| Multiroll Half-Roll – storage aid with cover         | 400028   | dark blue                         | 50x7,5 cm     | 950 g   | 4       | 23     |
| MyBall   | 414600   | red, green, blue, turquoise       | 45 cm         | 950 g   | 4       | 24, 40 |
| MyBall   | 415600   | red, green, blue, turquoise       | 55 cm         | 1000 g  | 4       | 24, 40 |
| MyBall   | 416600   | red, green, blue, turquoise       | 65 cm         | 1100 g  | 4       | 24, 40 |
| MyBall   | 417600   | red, green, blue, turquoise       | 75 cm         | 1300 g  | 4       | 24, 40 |
| MyBall Clear Marina                                  | 409450   | Clear Marina                      | 45 cm         | 950 g   | 4       | 24, 40 |
| MyBall Clear Marina                                  | 409550   | Clear Marina                      | 55 cm         | 1.000 g | 4       | 24, 40 |
| MyBall Clear Marina                                  | 409650   | Clear Marina                      | 65 cm         | 1.100 g | 4       | 24, 40 |
| MyBall Clear Marina                                  | 409750   | Clear Marina                      | 75 cm         | 1.300 g | 4       | 24, 40 |
| MyBall Gloss   | 404460   | Gloss-transparent                 | 45 cm         | 950 g   | 4       | 24, 40 |
| MyBall Gloss   | 404560   | Gloss-transparent                 | 55 cm         | 1.000 g | 4       | 24, 40 |
| MyBall Gloss   | 404660   | Gloss-transparent                 | 65 cm         | 1.100 g | 4       | 24, 40 |
| MyBall Gloss   | 404760   | Gloss-transparent                 | 75 cm         | 1.300 g | 4       | 24, 40 |
| MyBall Marble  | 414650   | marble                            | 45 cm         | 950 g   | 4       | 24     |
| MyBall Marble  | 415650   | marble                            | 55 cm         | 1000 g  | 4       | 24     |
| MyBall Marble  | 416650   | marble                            | 65 cm         | 1100 g  | 4       | 24     |
| MyBall Marble  | 417650   | marble                            | 75 cm         | 1300 g  | 4       | 24     |
| MyBall Med   | 420340   | red, blue, green                  | 45 cm         | 950 g   | 4       | 29     |
| MyBall Med   | 420350   | red, blue, green                  | 55 cm         | 1000 g  | 4       | 29     |
| MyBall Med   | 420360   | red, blue, green                  | 65 cm         | 1100 g  | 4       | 29     |
| MyBall Med   | 420370   | red, blue, green                  | 75 cm         | 1300 g  | 4       | 29     |
| MyBall 55 cm with actisan                            | 420430   | anthracite                        | 55 cm         | 1000 g  | 4       | 32     |
| MyBall 65 cm with actisan                            | 420440   | anthracite                        | 65 cm         | 1100 g  | 4       | 32     |
| MyBall Soft  | 418450   | pearl-white, ruby-red, anthracite | 45 cm         | 950 g   | 4       | 40     |
| MyBall Soft  | 418550   | pearl-white, ruby-red, anthracite | 55 cm         | 1000 g  | 4       | 40     |
| MyBall Soft  | 418650   | pearl-white, ruby-red, anthracite | 65 cm         | 1100 g  | 4       | 40     |
| MyBall Soft  | 418750   | pearl-white, ruby-red, anthracite | 75 cm         | 1300 g  | 4       | 40     |
| <b>N</b>   |          |                                   |               |         |         |        |
| Nex – Neckrest                                       | 400440   | blue, amethyst                    | 20x10,5 cm    | 350 g   | 15      | 56     |
| <b>O</b>   |          |                                   |               |         |         |        |
| Octositz   | 400700   | red, green, blue                  | 32 cm         | 1850 g  | 4       | 69     |
| OS Roller Premium                                    | 400057   | anthracite                        | 44x15 cm      | 250 g   | 6       | 43     |
| OS Roller Premium 90 cm                              | 400067   | anthracite                        | 90x15 cm      | 670 g   | 6       | 43     |
| <b>P</b>   |          |                                   |               |         |         |        |
| <b>N</b> PAB pressure air biofeedback Basic Set      | 805070   | set                               |               |         | 1       | 14, 28 |
| <b>N</b> PAB pressure air biofeedback Basic (device) | 921800   |                                   |               |         | 1       | 14, 28 |
| <b>N</b> PAB pressure air biofeedback Pro Set        | 805071   | set                               |               |         | 1       | 14, 28 |
| <b>N</b> PAB pressure air biofeedback Pro (device)   | 921900   |                                   |               |         | 1       | 14, 28 |
| Pendel Ball  | 400409   | purple                            | 55-70 cm      | 6000 g  | 1       | 19     |
| Pendel Ball with actisan                             | 420450   | anthracite                        | 55-70 cm      | 6000 g  | 1       | 19, 31 |
| Pendel Ball light with actisan                       | 420460   | anthracite                        | 45-55 cm      | 3000 g  | 1       | 19, 31 |

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| Pilates Ball Power Pilates   | 492100   | blue  | 26 cm       | 160 g       | 25      | 50         |
| Pilates Ballance Ball  | 492000   | blue  | 30 cm       | 400 g       | 25      | 50         |
| Pilates Circle Premium   | 493500   | black   | ca. 35 cm   | 650 g       | 10      | 50         |
| Pilates Foamroller Premium   | 400047   | purple  | 90x15 cm    | 670 g       | 6       | 51         |
| Pilates Multiroll  | 400030   | black, silver, red                            | 80x18 cm    | 1857 g      | 4       | 51         |
| Posturedo  | 440440   | birch with exotic woods                       | 72x67x13 cm | ca. 9.500 g | 1       | 24         |
| Powerball ABS (in active&healthy and sports&wellness boxes available)            | 406360   | red, green, blue, silver, terra               | 35 cm       | 650 g       | 4       | 24, 38, 68 |
| Powerball ABS  | 406450   | red, green, blue, silver, terra               | 45 cm       | 1100 g      | 4       | 24, 38, 68 |
| Powerball ABS  | 406550   | red, green, blue, silver, terra               | 55 cm       | 1250 g      | 4       | 24, 38, 68 |
| Powerball ABS  | 406650   | red, green, blue, silver, terra               | 65 cm       | 1530 g      | 4       | 24, 38, 68 |
| Powerball ABS  | 406750   | red, green, blue, silver, terra               | 75 cm       | 1600 g      | 4       | 24, 38, 68 |
| Powerball ABS marble   | 407460   | marble  | 45 cm       | 1100 g      | 4       | 24, 38, 68 |
| Powerball ABS marble   | 407560   | marble  | 55 cm       | 1250 g      | 4       | 24, 38, 68 |
| Powerball ABS marble   | 407660   | marble  | 65 cm       | 1530 g      | 4       | 24, 38, 68 |
| Powerball ABS marble   | 407760   | marble  | 75 cm       | 1600 g      | 4       | 24, 38, 68 |
| Powerball ABS Med  | 420140   | red, blue, silver                             | 45 cm       | 1100 g      | 4       | 29         |
| Powerball ABS Med  | 420150   | red, blue, silver                             | 55 cm       | 1250 g      | 4       | 29         |
| Powerball ABS Med  | 420160   | red, blue, silver                             | 65 cm       | 1530 g      | 4       | 29         |
| Powerball ABS Med  | 420170   | red, blue, silver                             | 75 cm       | 1600 g      | 4       | 29         |
| Powerball ABS Perfect Shape Set incl. DVD  | 428650   | red, green, blue,silver, terra                | 65 cm       | 1630 g      | 4       | 29         |
| Powerball Premium ABS<br>(in active&healthy and sports&wellness boxes available) | 400460   | red, green, blue,silver, orange               | 45 cm       | 1400 g      | 4       | 25, 38     |
| Powerball Premium ABS  | 400560   | red, green, blue,silver, orange               | 55 cm       | 1500 g      | 4       | 25, 38     |
| Powerball Premium ABS  | 400660   | red, green, blue,silver, orange               | 65 cm       | 1650 g      | 4       | 25, 38     |
| Powerball Premium ABS  | 400760   | red, green, blue,silver, orange               | 75 cm       | 1750 g      | 4       | 25         |
| Powerball Premium ABS Maternity  | 401560   | silver  | 55 cm       | 1500 g      | 4       | 25         |
| Powerball Premium ABS Maternity  | 401660   | silver  | 65 cm       | 1650 g      | 4       | 25         |
| Powerball Premium ABS Maternity  | 401760   | silver  | 75 cm       | 1750 g      | 4       | 25         |
| Powerball Premium ABS Med  | 420240   | green, orange, silver                         | 45 cm       | 1400 g      | 4       | 29         |
| Powerball Premium ABS Med  | 420250   | green, orange, silver                         | 55 cm       | 1500 g      | 4       | 29         |
| Powerball Premium ABS Med  | 420260   | green, orange, silver                         | 65 cm       | 1650 g      | 4       | 29         |
| Powerball Premium ABS Med  | 420270   | green, orange, silver                         | 75 cm       | 1750 g      | 4       | 29         |
| Powerball Challenge ABS  | 407750   | silver-grey                                   | 55-65 cm    | 3500 g      | 4       | 39         |
| Powerball Extreme ABS  | 416000   | blue-transparent                              | 55-70 cm    | 5000 g      | 2       | 39         |
| Powerband – light with Clip  | 650100   | green   | 120x7,5 cm  | 40 g        | 10      | 46         |
| Powerband – strong with Clip   | 650120   | violet  | 120x7,5 cm  | 50 g        | 10      | 46         |
| Powerband – extra strong with Clip   | 650130   | red   | 120x7,5 cm  | 60 g        | 10      | 46         |
| Powerband – light with Clip  | 650200   | green   | 120x15 cm   | 40 g        | 10      | 46         |
| Powerband – strong with Clip   | 650220   | violet  | 120x15 cm   | 60 g        | 10      | 46         |
| Powerband – extra strong with Clip   | 650230   | red   | 120x15 cm   | 70 g        | 10      | 46         |
| Powerband – light  | 650300   | green   | 500x7,5 cm  | 105 g       | 10      | 46         |
| Powerband – strong   | 650320   | violet  | 500x7,5 cm  | 170 g       | 10      | 46         |
| Powerband – extra strong   | 650330   | red   | 500x7,5 cm  | 210 g       | 10      | 46         |
| Powerband – light  | 650350   | green   | 500x15 cm   | 210 g       | 10      | 46         |
| Powerband – strong   | 650370   | violet  | 500x15 cm   | 340 g       | 10      | 46         |
| Powerband – extra strong   | 650380   | red   | 500x15 cm   | 420 g       | 10      | 46         |
| Powerband 25 m length – prices upon request                                      |          |   |             |             |         | 46         |
| <b>R</b>   |          |   |             |             |         |            |
| Redondo Ball (Material: foamed PVC)  | 491300   | anthracite                                    | 18 cm       | 150 g       | 16      | 48         |
| Redondo Ball   | 491000   | blue  | 22 cm       | 150 g       | 16      | 48         |
| <b>N</b> Redondo Ball 18 cm mit actisan  | 420600   | anthracite                                    | 18 cm       | 150 g       | 16      | 14, 49     |
| Redondo Ball 22 cm with actisan  | 420470   | anthracite                                    | 22 cm       | 150 g       | 16      | 14, 49     |
| Redondo Ball XL  | 491100   | ruby-red                                      | 26 cm       | 160 g       | 16      | 48         |
| Redondo Ball Touch   | 493000   | anthracite                                    | 18 cm       | 150 g       | 16      | 48         |
| Redondo Ball Touch   | 493100   | blue  | 22 cm       | 150 g       | 16      | 48         |
| Redondo Ball Touch   | 493200   | ruby-red                                      | 26 cm       | 160 g       | 16      | 48         |
| Redondo „feel Redondo“   | 491600   | green   | 26 cm       | 160 g       | 16      | 48         |
| Redondo „feel Redondo“ Set + DVD   | 491608   | green   | 26 cm       | 260 g       | 16      | 48         |
| Relax-Nex  | 400470   | silver-grey, amethyst                         | 23,5x11 cm  | 360 g       | 16      | 51         |
| <b>S</b>   |          |   |             |             |         |            |
| <b>Sales Support:</b>  |          |   |             |             |         |            |
| Deco-set – price upon request  |          |   |             |             |         |            |
| TOGU Manual  | 960000   |   |             |             |         |            |
| End user booklet   | 960002   |   |             |             |         |            |
| TOGU Trainings Chart   | 980601   |   | DIN A3      |             | 1       |            |
| TOGU Trainings Chart (Textile)   | 960605   |   | DIN A0      |             | 1       |            |
| Semi knobbed ball  | 463200   | red, blue                                     | 8x4 cm      | 45 g        | 50      | 55         |
| Semi Bodyroll  | 460500   | red, blue                                     | 13x3 cm     | 220 g       | 20      | 54         |
| Senso Balance Bar  | 410100   | red, green, blue                              | 50x7,5 cm   | 1242 g      | 4       | 61         |
| Senso Balance hedgehog in a set of 2   | 465150   | red, yellow, blue, green, pink, purple, black | 16 cm       | 760 g       | 6       | 57, 63     |
| Senso Balance hedgehog XL in a set of 2  | 465170   | red, yellow, blue, green, pink, purple, black | 18,5 cm     | 1000 g      | 6       | 57, 63     |

**Order details 2014**

| Article  | Art.-No. | Colours                                       | Size          | Weight | Packing | Page   |
|--|----------|---|---------------|--------|---------|--------|
| <b>N</b> Senso Balance Hedgehog Pro (single piece) | 465260   | red with black                                | 18,5 cm       | 935 g  | 1       | 12     |
| Senso Balance Cushion in a set of 2                | 410490   | red, yellow, blue, green, pink, purple, black | 16 cm         | 700 g  | 6       | 57, 63 |
| Senso Balance Cushion XL in a set of 2             | 410500   | red, yellow, blue, green, pink, purple, black | 20 cm         | 960 g  | 6       | 57, 63 |
| Senso Balance Pad in a set of 2                    | 410510   | red, yellow, blue                             | 16 cm         | 360 g  | 10      | 57, 63 |
| Senso Balance Pad XL in a set of 2                 | 410520   | red, yellow, blue                             | 20 cm         | 490 g  | 10      | 57, 63 |
| Senso Ball Mini                                    | 465300   | red, blue                                     | 9 cm          | 135 g  | 50      | 67     |
| Senso Ball Mini                                    | 465500   | red, blue                                     | 11 cm         | 140 g  | 50      | 67     |
| Senso Ball   | 410090   | red, blue, amethyst                           | 23 cm         | 420 g  | 10      | 56, 67 |
| Senso Ball   | 410110   | red, blue                                     | 28 cm         | 420 g  | 10      | 56, 67 |
| Senso Ball Geo                                     | 465130   | red, blue, green, pink                        | 9 cm          | 120 g  | 12      | 62     |
| Senso Ball Geo XL                                  | 465120   | red, blue, green, pink                        | 16 cm         | 500 g  | 10      | 62     |
| Senso Hand Trainer Light                           | 470510   | red, blue, green, violet, pink                |               | 20 g   | 50      | 58     |
| Senso Hand Trainer Plus                            | 470610   | red, blue, green, violet, pink                |               | 250 g  | 30      | 58     |
| Sendo Massage Pad                                  | 410530   | silver-grey, red                              | 13,5x7 cm     | 125 g  | 10      | 54     |
| Senso Mat  | 400410   | blue, amethyst                                | 120x60 cm     | 4000 g | 4       | 56, 66 |
| Senso Mat mini                                     | 400420   | blue, amethyst                                | 60x40 cm      | 1330 g | 4       | 56, 66 |
| Senso Vein Trainer (Dynair Pads)                   | 400430   | red, blue-purple                              | 34x33 cm      | 860 g  | 4       | 22     |
| Senso Walking Trainer Light in a set of 2          | 470500   | red, blue, green, purple, pink, silver        |               | 50 g   | 20      | 58     |
| Senso Walking Trainer Plus in a set of 2           | 470600   | red, blue, green, purple, pink, silver        |               | 530 g  | 10      | 58     |
| Sitzball ABS                                       | 408460   | blue, silver                                  | 45 cm         | 1330 g | 4       | 25     |
| Sitzball ABS                                       | 408560   | blue, silver                                  | 55 cm         | 1430 g | 4       | 25     |
| Sitzball ABS                                       | 408660   | blue, silver                                  | 65 cm         | 1550 g | 4       | 25     |
| Sitzball ABS                                       | 408760   | blue, silver                                  | 75 cm         | 1600 g | 4       | 25     |
| Slow Motion Ball                                   | 481000   | red, blue                                     | 35 cm         | 300 g  | 8       | 74     |
| Slow Motion Ball, without air                      | 481007   | red, blue                                     | 35 cm         | 300 g  | 30      | 74     |
| Soft Ball  | 560900   | yellow  | 9 cm          | RG 65  | 200     | 74     |
| Soft Ball grooved in a set of 2                    | 560720   | yellow  | 7 cm          | RG 65  | 200     | 74     |
| Soft Tennisball grooved                            | 560700   | yellow  | 7 cm          | RG 65  | 400     | 74     |
| Soft Trainingsball                                 | 561900   | yellow  | 19 cm         | RG 65  | 18      | 74     |
| Soft Trainingsball                                 | 562100   | yellow  | 21 cm         | RG 65  | 14      | 74     |
| Soft Trainingsball without grooves                 | 580700   | yellow  | 7 cm          | RG 85  | 400     | 74     |
| Spirit-Ball  | 491200   | ruby-red                                      | 16 cm         | 120 g  | 20      | 50     |
| Stacking aid set of 3                              | 930500   | transparent                                   |               | 1050 g | 1       | 81     |
| Stonies – The Toning ball in a decobox             | 638051   | silver-grey, red, yellow, blue, green         | 7 cm          | 500 g  | 4       | 42, 52 |
| Stonies – The Toning ball in a decobox             | 638101   | silver-grey, red, yellow, blue, green         | 7 cm          | 1000 g | 4       | 42, 52 |
| Stonies – The Toning ball in a decobox             | 638151   | silver-grey, red, yellow, blue, green         | 8 cm          | 1500 g | 4       | 42, 52 |
| Stonies – The Toning ball in a decobox             | 638201   | silver-grey, red, yellow, blue, green         | 9,5 cm        | 2000 g | 2       | 42, 52 |
| Stonies – The Toning ball in a decobox             | 638251   | silver-grey, red, yellow, blue, green         | 9,5 cm        | 2500 g | 2       | 42, 52 |
| <b>Stroops products:</b>                           |          |   |               |        |         |        |
| Core Slastix light                                 | 980043   | yellow  | ca. 160 cm    |        | 1       | 76     |
| Core Slastix medium                                | 980042   | red   | ca. 160 cm    |        | 1       | 76     |
| Core Slastix heavy                                 | 980044   | blue  | ca. 160 cm    |        | 1       | 76     |
| Core Slastix very heavy                            | 980046   | green   | ca. 160 cm    |        | 1       | 76     |
| Fitness Stik (without Toner)                       | 980030   | black   | ca. 80 cm     |        | 1       | 76     |
| Slastix Toner light                                | 980023   | yellow  | 122 cm        |        | 1       | 76     |
| Slastix Toner medium                               | 980022   | red   | 122 cm        |        | 1       | 76     |
| Slastix Toner heavy                                | 980024   | blue  | 122 cm        |        | 1       | 76     |
| Slastix Toner very heavy                           | 980026   | green   | 122 cm        |        | 1       | 76     |
| Slastix Loop light                                 | 980013   | yellow  | 70 cm         |        | 1       | 76     |
| Slastix Loop medium                                | 980012   | red   | 70 cm         |        | 1       | 76     |
| Slastix Loop heavy                                 | 980014   | blue  | 70 cm         |        | 1       | 76     |
| Slastix Loop very heavy                            | 980015   | green   | 70 cm         |        | 1       | 76     |
| Functional Training Ladder                         | 970102   | blue/black                                    | ca. 4 m       |        | 1       | 77     |
| The Accelerator 105 lb (47 kg) resistance          | 970093   | yellow  |               |        | 1       | 77     |
| The Accelerator 150 lb (68 kg) resistance          | 970094   | yellow  |               |        | 1       | 77     |
| All Legs Speed Builder                             | 970092   | black   |               |        | 1       | 77     |
| The Cat  | 970099   | black   |               |        | 1       | 77     |
| <b>T</b>   |          |   |               |        |         |        |
| Thera-Band – light                                 | 651004   | yellow  | 45 m x 15 cm  | 1300 g | 4       |        |
| Thera-Band – mid                                   | 651101   | red   | 45 m x 15 cm  | 1500 g | 4       |        |
| Thera-Band – strong                                | 651202   | green   | 45 m x 15 cm  | 1900 g | 4       |        |
| Thera-Band – extra strong                          | 651303   | blue  | 45 m x 15 cm  | 2500 g | 4       |        |
| Thera-Band – light                                 | 651000   | yellow  | 5,5 m x 15 cm | 160 g  | 24      |        |
| Thera-Band – mid                                   | 651100   | red   | 5,5 m x 15 cm | 220 g  | 24      |        |
| Thera-Band – strong                                | 651200   | green   | 5,5 m x 15 cm | 242 g  | 24      |        |
| Thera-Band – extra strong                          | 651300   | blue  | 5,5 m x 15 cm | 330 g  | 24      |        |
| Theragym Ball ABS (former Pushball)                | 400850   | blue-purple                                   | 85 cm         | 3000 g | 1       | 68     |
| Theragym Ball ABS (former Pushball)                | 400950   | ruby-red                                      | 95 cm         | 3250 g | 1       | 68     |
| Theragym Ball ABS (former Pushball)                | 401000   | ruby-red                                      | 100 cm        | 3300 g | 1       | 68     |
| Theragym Ball (former Pushball)                    | 401200   | orange  | 120 cm        | 3500 g | 1       | 68     |
| Theragym Senso Ball ABS (former Senso Pushball)    | 411000   | ruby-red                                      | 100 cm        | 3000 g | 1       | 68     |
| Theragym Senso Ball ABS (former Senso Pushball)    | 410850   | orange  | 85 cm         | 2500 g | 1       | 68     |

## Order details 2014

| Article                                 | Art.-No. | Colours                  | Size              | Weight  | Packing | Page   |
|---|----------|--------------------------|-------------------|---------|---------|--------|
| Throwing Ball                           | 450450   | yellow                   | ca. 7,5 cm        | 45 g    | 100     | 74     |
| Throwing Ball                           | 450650   | yellow                   | ca. 7,5 cm        | 65 g    | 100     | 74     |
| Throwing Ball                           | 450800   | yellow                   | ca. 7,5 cm        | 80 g    | 100     | 74     |
| Throwing Ball                           | 451500   | yellow                   | ca. 7,5 cm        | 150 g   | 50      | 74     |
| Throwing Ball                           | 452000   | yellow                   | ca. 7,5 cm        | 200 g   | 25      | 74     |
| Throwing Ball                           | 452500   | yellow                   | ca. 7,5 cm        | 250 g   | 25      | 74     |
| Throwing Ball                           | 453000   | yellow                   | ca. 7,5 cm        | 300 g   | 25      | 74     |
| Throwing Ball                           | 454000   | yellow                   | ca. 7,5 cm        | 400 g   | 25      | 74     |
| Throwing Ring                           | 640000   | blue, green, yellow, red | 18 cm             | 180 g   | 40      | 69     |
| TOGU Air Parcours small                 | 805009   | mixed colours            |                   |         | 1       | 61     |
| TOGU Air Parcours large                 | 805010   | mixed colours            |                   |         | 1       | 61     |
| TOGU Balance Board Ballanzza Level 1    | 410402   | black with red           | 40 x 8 cm         | 945 g   | 1       | 34, 60 |
| TOGU Balance Board Ballanzza Level 2    | 410406   | black with green         | 40 x 9,5 cm       | 900 g   | 1       | 34, 60 |
| TOGU Balance Board Ballanzza Level 3    | 410404   | black with blue          | 40 x 9,5 cm       | 905 g   | 1       | 34, 60 |
| TOGU FitPack Golf (without bag)         | 805024   |                          |                   |         | 1       | 44     |
| TOGU FT Corner                          | 902020   | silver-grey              | ca. 176x118x58 cm | 75000 g | 1       | 46, 81 |
| TOGU Mini-dumbbell                      | 670250   | fresh green              | ca. 13x4,5 cm     | 250 g   | 20      | 42     |
| TOGU Mini-dumbbell                      | 670500   | pink                     | ca. 19x7,5 cm     | 500 g   | 10      | 42     |
| TOGU Mini-dumbbell                      | 670100   | blue                     | ca. 19x7,5 cm     | 1.000 g | 6       | 42     |
| TOGU Set for Workplace Health Promotion | 805037   |                          |                   |         | 1       | 27     |
| Topanga actisan 4kg                     | 646000   | anthracite               | 39 cm             | 4000 g  | 4       | 32     |
| <b>N</b> Topanga green 3kg              | 647000   | green                    | ca. 39 cm         | 3.000 g | 4       | 10, 32 |
| Touch Ball                              | 460080   | yellow                   | 8 cm              | 60 g    | 100     | 67     |
| Touch Ball                              | 460090   | red                      | 9 cm              | 100 g   | 50      | 67     |
| Touch Ball                              | 460100   | blue                     | 10 cm             | 125 g   | 50      | 67     |
| Touch Ball                              | 461620   | red, blue, yellow        | 16 cm             | 300 g   | 20      | 67     |
| Touch Ball                              | 461800   | pink, purple             | 18 cm             | 300 g   | 15      | 67     |
| Trimpact set of 2                       | 470646   | blue                     | ca. 17,5x5,5 cm   | 860 g   | 1       | 46     |
| <b>W</b>                                |          |                          |                   |         |         |        |
| WaterPower Roll                         | 410460   | blue                     | ca. 80 cm         | 1930 g  | 1       | 46     |
| WaterPower Ring                         | 410470   | blue                     | ca. 30 cm         | 1500 g  | 1       | 46     |
| <b>Y</b>                                |          |                          |                   |         |         |        |
| Yoga Balance Kissen                     | 400290   | purple                   | 40x40x35 cm       |         | 4       | 49     |

All TOGU® made articles (except especially marked) are made of high quality material Ruton®

Packing = packing units valid for wholesale

Subject to modifications and amendments during the term of validity.

Errors excepted.

## 30-Year-Warranty for selected articles

### Declaration of Warranty by TOGU® GmbH:

**30-years-guarantee:** As manufacturer we give a 30-years-guarantee according deficiencies (starting with buying date) in addition to any dealer guarantee. This declaration of Warranty is valid only for consumers, this means the private end customer.

**Content of Warranty:** Within this guarantee we repair or replace defected products caused by material or production failures. The guarantee can be called upon in every country this product is distributed by an authorized dealer. To make use of your Warranty you have to send back the enclosed Warranty-Card to TOGU® GmbH, Atzinger Str. 1, 83209 Prien-Bachham or to register online on [www.togu.de](http://www.togu.de) within three months from date of purchase. The hereby given informations have to be complete and correct. To comply with the three month's time limit the date of dispatch is sufficient.

**Excepted are:** defects caused by inappropriate use, especially if directions of the instructions for use are not observed, normal abrasion as well as failures which affect the value or use of the product insignificantly. In case of ran out of the product we reserve the right to replace the product with a comparable product. In case of guarantee please send the product with original sales receipt within three months time after discovery of the defect to TOGU® GmbH, Atzinger Str. 1 83209 Prien-Bachham, +49 (0)8051/90 38 0. For this Warranty german right is applied. Only the German version shall apply.



\* selected articles are marked with the 30-year-warranty logo in our manual and will be delivered with the 30-year-warranty card.



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