

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

6 - 14

Active & healthy | Healthy strong back | Healthy sitting

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

15 - 29

for daily live, work place, therapy and rehabilitation centers

Fitness, Functional Training & Therapy

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

30 - 46

for training and therapy centers, sports clubs and gyms

Piloga® – Pilates Wellness Yoga

for Pilates trainers and Pilates at home

47 - 52

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

Relax, release & soothe

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

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Kids in balance

for movement at home

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for kindergarten, preschool, school and therapy

Modern Gymnastics, athletics, schools & clubs

for training and competition

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Accessories & Stroops Resistance Training

Stroops Resistance Training

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Pumps, covers, DVD, training charts and storage aids

Training and education, partners and educators

Concepts for professional training and therapy

84 - 105

Our partners and educators

Marketing and order details | 30-Years-Warranty

Sales support for distributors and retail

106 - 119

order details





Made in Germany – since 1956

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

We take care, you can trust.



www.togu.de

MADE IN GERMANY



Innovations

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

Dynair® Comfort Wedge-Ballkissen®



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.

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

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

Art.Nro:	Colour:
805069	red and green
Size:	2 x 36 cm x max. 18 cm
PU:	1 (set of 2)
Contents:	incl. pump, training chart an instruction für use
Material:	Ruton
Max. Load:	ca. 150 kg

Jumper® Pro & Jumper® Pro Plate



MADE IN GERMANY
30-Jahre-Garantie

Jumper® double



MADE IN GERMANY
30-Jahre-Garantie

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.

Art.No.:	Colour:
908602	black
Size:	ca. 12,5 cm x 7 cm
Packing Unit:	1 pair
Contents:	bulk

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.

Art.No.:	Colour:
440490	red with wood
Size:	ca. 89 cm x 43 cm x 14 cm
Packing Unit:	1
Contents:	instruction for use and ball pump
Max. Load:	ca. 150 kg

Backswing Trainer

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

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

Balanza® Ballstep® Group



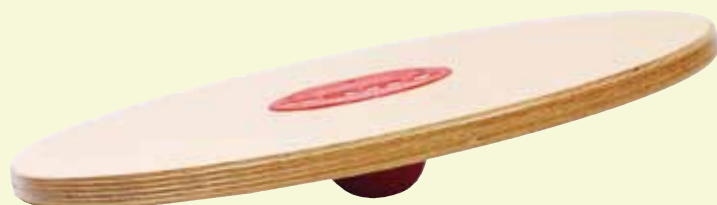
Backswing® Trainer



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.

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

Art.No.:	Colour:
440450	red with wood
Size:	ca. 40 cm x 7 cm
Packing unit:	1
Contents:	instructions for use
Material:	Ruton and wood
Max. Load:	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.

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

Dynanza® Surf



Dynanza Surf

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

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

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

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

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

Dynaswing

The new Dynaswing is a balance trainer and fitness ball in one.

It allows for exciting training exercises while its stable and wooden ground plate provides safety.

Movements and vibrations are transferred to the body and the device giving a direct feedback.

Users can perform standing and balancing exercises more safely on this device, which is a further development of the popular Dynair Ballkissen and Pendelball. For beginners assistance is still recommended. The Dynaswing features a plug valve and can be easily inflated or deflated.

Training with the Dynaswing activates deep muscles. Perception, coordination, power and stability are trained and improved.

Suitable for fitness- sports and therapy

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

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, its 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

Topanga®



Art.No.:	Colour:	Size/Weight:
647000	spring-green	ca. 39 cm Ø / 3 kg
Packing unit:	4	
Contents:	in a polybag, with exercise chart	
Material:	Ruton	

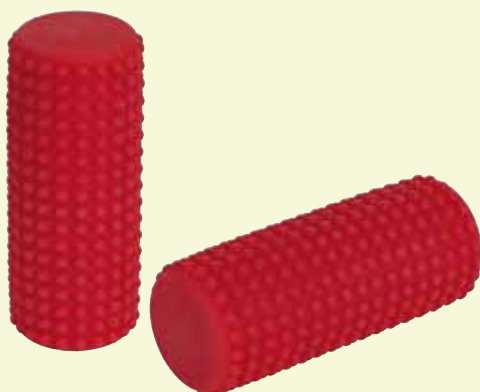
TOGU® Brasil® Aqua



TOGU® Anti-Stress Ball



Bodyroll Senso® Set of 2



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.

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

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

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

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.

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

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

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.

Art.No.:	Colour:
410150	black
Size:	ca. 50 cm x 16 cm x 8 cm (L x W x H)
Packing Unit:	1
Contents:	with instructions
Max. Load:	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.

Art.No.:	Colour:
465260	red with black plate
Size:	ca. 18,5 cm
Packing unit:	10
Contents:	single piece in a carton box
Max. Load:	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.:	Colour:
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805044	black
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Packing unit:	
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1	
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Contents:	
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set in a carton box	
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Material:	
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EEP	
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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:	Packing unit:	Size Ø:
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410010	black	10	ca. 8 cm
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410020	black	12	ca. 12 cm
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Contents:	
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each in a sales carton	
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Material:	
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EEP	
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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.:	Colour:
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410030	black
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Size:	
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ca. 15 cm x 5,5 cm	
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Packing unit:	
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8	
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Contents:	
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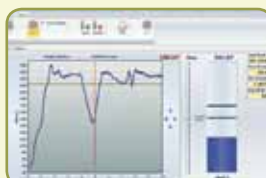
each in a sales carton	
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Material:	
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EEP	
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PAB® Basic - pressure air biofeedback Basic

PAB® Pro - pressure air biofeedback Pro



Redondo® Ball actisan® 18 cm



actisan®

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

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 | 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

Size: 33 cm

Packing unit: 5

Contents: in deco-box with exercise poster

Material: Ruton

Max. load: ca. 200 kg

Specials: 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

Size: 33 cm

Packing unit: 5

Contents: in deco-box with exercise poster

Material: Ruton

Max. load: ca. 200 kg

Specials: 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

Size: 36 cm

Packing unit: 4

Contents: in deco-box with exercise poster

Material: Ruton

Max. load: ca. 200 kg

Specials: 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

Size: 36 cm

Packing unit: 4

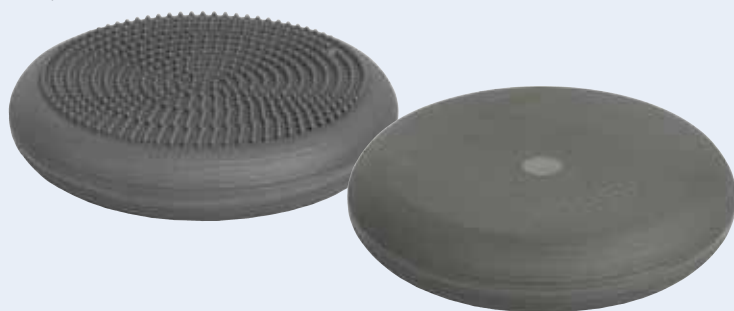
Contents: in deco-box with exercise poster

Material: Ruton

Max. load: ca. 200 kg

Specials: 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.

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

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

Dynair Comfort Wedge-Ballkissen

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

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

Dynair 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.

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

Dynair® Ballkissen® Plus



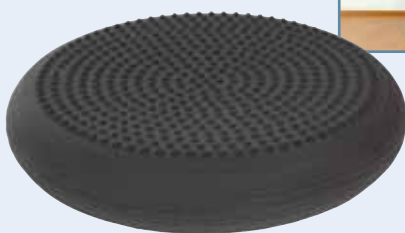
MADE IN GERMANY
30-Jahre-Garantie

Dynair® Wedge Ballkissen® Plus



MADE IN GERMANY
30-Jahre-Garantie

happyback® Ballkissen®



happyback®

MADE IN GERMANY
30-Jahre-Garantie

happyback® Ballkissen® XL



happyback®

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

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

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.

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

happyback Ballkissen

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

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

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

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 supply more information on the applications.

Display available: see above.

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

Pendel® Ball ABS®



MADE IN GERMANY
30-Jahre-Garantie

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



actisan®

Dynair®-A



Pendel Ball ABS

Back problems? Try the Pendel Ball and be surprised. Just lay on it and feel better. Absolutely safe and inflatable tool for training and therapy. What makes the Pendel Ball exceptional is its oval form. For this reason the Pendel Ball offers more surface in contact with the ground and with the exercising person, then a normal training ball.

This leads to a great advantage during full body training, because the Pendel Ball won't roll away. A wide array of applications becomes possible e.g coordination, balance, functional spinal training, fitness training, physio and ergotherapy, as well as natal preparation and postnatal exercises. Furthermore the Pendel Ball possesses a high level of bouncing characteristic.

The seat height can be varied from 55 to 70 cm by inflating.

Gebrauchsmuster Nr.: 20 2005 004 166.1

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

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
Colour:	anthracite		
Packing unit:	1		
Contents:	in a box (deflated); with exercise poster and pump		
Material:	Ruton with actisan; with plug valve		
Max. load:	ca. 1000 kg / 1 ton (ABS Guarantee up to 250 kg)		

Dynair-A

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

www.antara-training.ch

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

Airgo® Active Seat Cushion



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.

Art.No. :	Colour:
401100	silver
Size:	40 x 28 cm
Packing unit:	4
Contents	in deco-box with pump
Material:	Ruton
Max. load:	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.

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

Airgo Active Back Cushion 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.

Art.No.:	Colour:
510000	black
Size:	40 x 29 cm
VPE:	5
Packing unit:	in deco-box with pump
Contents:	Ruton
Max load:	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.

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

Airgo® Sit Ring



Airgo® wheelchair seat cushion



Airgo® wheelchair back cushion



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.

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

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.

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

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.

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

3D AirPad set of 2



MADE IN GERMANY
30-Jahre-Garantie

Senso® vein trainer (Dynair® Pads)



MADE IN GERMANY
30-Jahre-Garantie

Balance Block

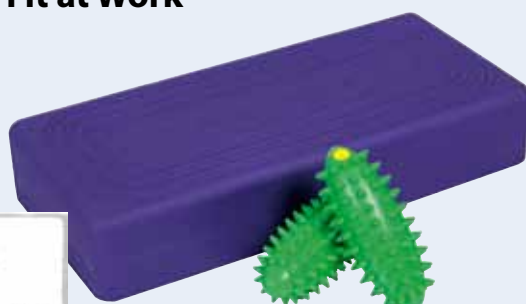


MADE IN GERMANY
30-Jahre-Garantie

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.:	Colour:
410420	anthracite

Size:	ca. 34 x 15 cm
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Packing unit:	4
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Contents:	in deco-box with, set of 2
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Material:	Ruton
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Max. load:	ca. 200 kg
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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.:	Colour:
400610	red, blue-purple

Size:	34 x 33cm
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Packing unit:	4
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Contents:	in deco-box with pump
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Material:	Ruton
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Max. load:	ca. 200 kg
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Specials:	AGR certificate
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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. :	Colours:
410480	blue-purple, silver-grey

Size:	approx. 33 cm x 15 cm x 7 cm
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Packing unit:	4
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Contents:	in a box, incl. exercise poster
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Material:	Ruton
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Max. load:	ca. 150 kg
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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)

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

Size:	ca. 33 x 15 x 7 cm; 2 x ca. 270 gr
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Packing unit:	1
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Contents:	Set of 2 Brasil and Balance Block incl. exercise poster
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Material:	Ruton
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Max. load:	ca. 150 kg
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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.

Art.No.:	Colour:
410150	black
Size:	ca. 50 cm x 16 cm x 8 cm (L x W x H)
Packing unit:	1
Contents:	with instructions
Max. load:	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
VPE:	4	
Contents:	in box with pump	
Material:	Ruton	
Max. load:	ca. 200 kg	
Specials:	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.

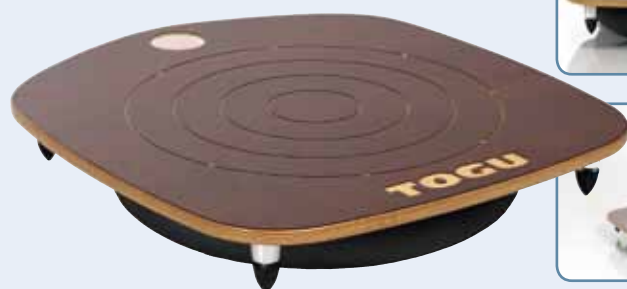
Optional also available with cover.

Multiroll® Halfroll - Storage Aid



Art.No.:	Colour:
400020	black, silver (30-Years-Warranty)
400028	black, silver with cover
Size:	50 x 7,5 cm
Packing unit:	4
Contents:	in box with pump
Material:	Ruton
Max. load:	ca. 200 kg

Posturedo®



Powerball® ABS®



MyBall



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.

Art.No.:	Colour:
440440	birch wood with exotic wood
Size:	ca. 67 cm x 72 cm x 13 cm
Packing unit:	1
Contents:	in a box incl. instructions and pump
Max. load:	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

Art.No.:	Colour:	Size Ø:
407460	Marble	45 cm
407560	Marble	55 cm
407660	Marble	65 cm
407760	Marble	75 cm

Art.No.:	Colour:	Size Ø:
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

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 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.

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

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

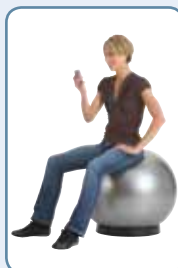
Powerball® Premium ABS®



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

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 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

Packing unit: 4

Contents: in deco-box with exercise poster

Material: Crylon

Max. load: 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

Packing unit: 4

Contents: in deco-box with exercise poster

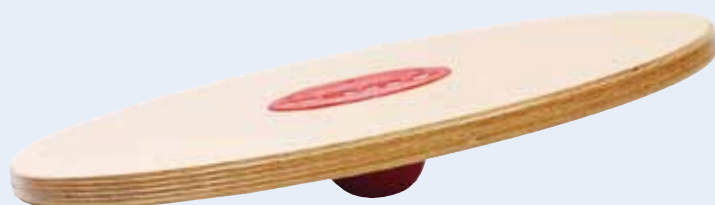
Material: Crylon

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

Balanza® Physiowippe



Balanza® Circle



Balanza® Ballstep® XXL



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.

Art.No.:	Colour:
440430	red with wood
Size:	ca. 48 x 48 x 7 cm
Packing unit:	1
Contents:	in a polybag with instructions and pump
Material:	Ruton and wood
Max. load:	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.

Art.No.:	Colour:
440450	red with wood
Size:	ca. 40 cm x 7 cm
Packing unit:	1
Contents:	instructions for use
Material:	Ruton and wood
Max. load:	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.

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

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

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:		Ruton

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:		Ruton with special weight-filling	
Material Bodybone XL:		Ruton 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
Size:	ca. 6,5 cm
Packing unit:	12
Material:	foamed Ruton

Bodybone® & Bodybone® XL



TOGU® Anti-Stress Ball



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



Medical Device



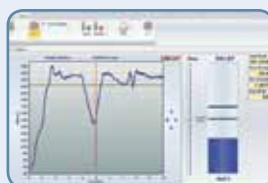
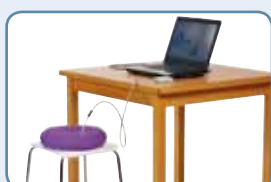
Dynair® Ballkissen® Senso® Med & Dynair® Ballkissen® Senso® XL Med



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
Contents	in a box		
Material:	Ruton		
Max. load:	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
Contents	in a box		
Material:	Ruton		
Max. load:	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

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

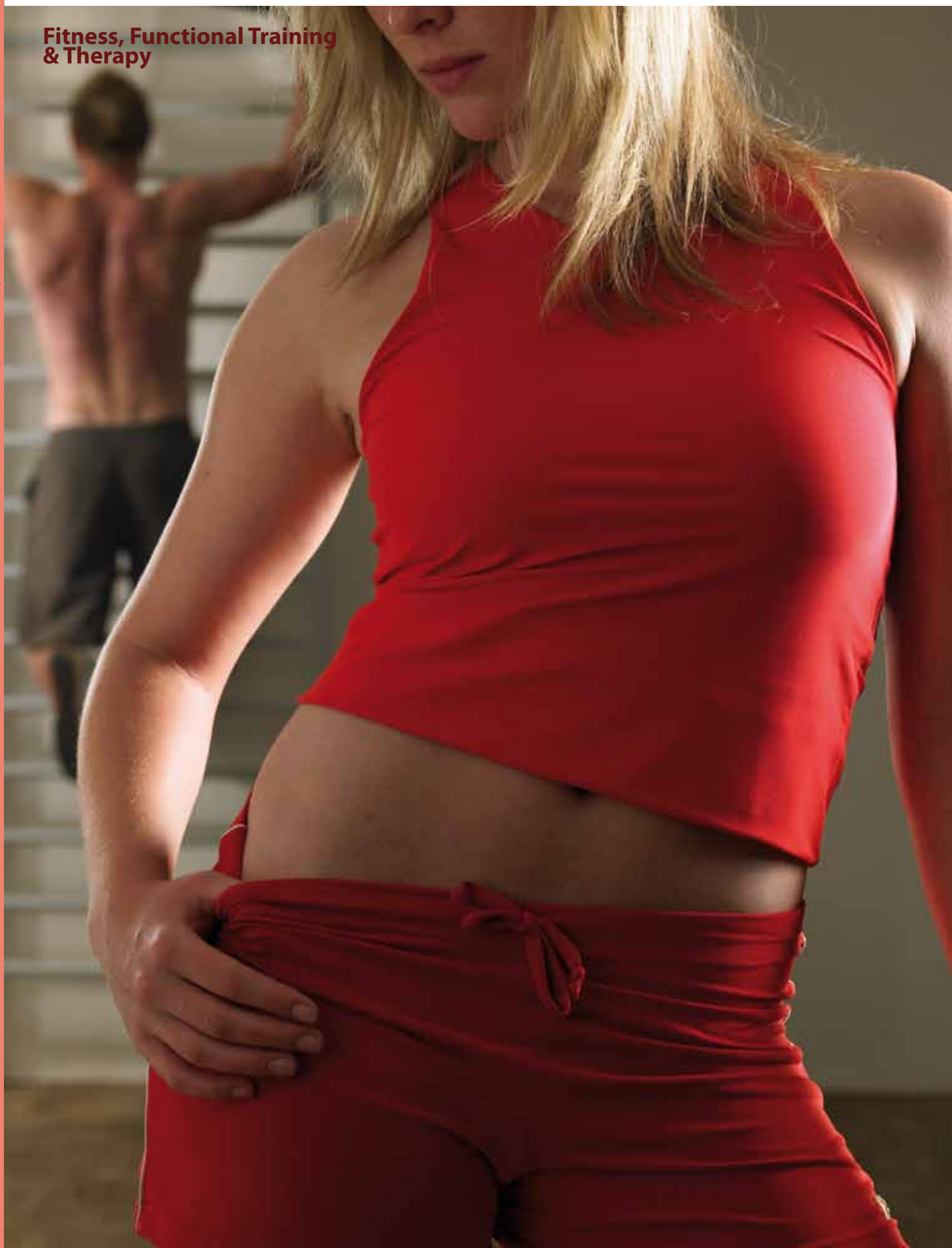
Packing unit: 4

Contents: in a box with instruction for use

Material: Ruton

Max. load: approx. 500 kg

Fitness, Functional Training & Therapy

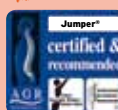


Fitness, Functional Training & Therapy

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 disinfecting 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.

Art.No.:	Colour:
420420	anthracite, with black plate
Size:	ca. 52 cm x max 24 cm
Packing unit:	2
Contents:	in a box, with pump and exercise poster
Material:	Ruton with actisan, fibre-glass reinforced plate
Max. Load:	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
Colour:	anthracite		
Packing unit:	1		
Contents:	in a box (deflated), with exercise chart		
Material:	Ruton with actisan; with plug valve and pump		
Max. Load:	ca. 1000 kg (burst proof up to 250 kg)		

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.

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

Medicine Ball actisan®



actisan®

MyBall actisan®



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



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
Contents: TOGU Balanza: in a bag, instructions, pump / Handgrips: bulk			
Max. load: 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.

Balanza® Freeride



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

Balanza® Ballstep® & Balanza® Ballstep® Group



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

Jumper® double



Dynair® Walker & Dynair® Walker Comfort



TOGU® Balance Board Ballanza®



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

Art.No.:	Colour:
805069	red and green
Size:	2 x 36 cm x max. 18 cm
Packing unit:	1 (set of 2)
Contents:	incl. pump, training chart an instruction für use
max. Load:	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 accessorie parts.

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

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.

Art.No.	Level:	Coulor :	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
Packing unit:	1		
Contents:	in a box		
Material:	high quality GFK-PP		
Max. load:	120 kg		

Jumper®

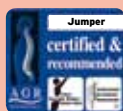


TOGU® JUMPER® EMPFOHLEN VOM

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

Art.No.:	Colour:
410202	red with a black plate
Size:	52 x max. 24 cm
Packing unit:	2
Contents:	in box with exercise poster and pump
Material:	Ruton, fiberglass-strengthened plate
Max. load:	ca. 200 kg
Specials:	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

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

Jumper 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

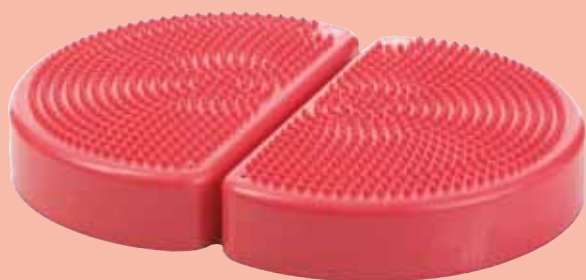
The Jumper Pro Plate is also available as accessory to turn the multifunctional Balance Trainer Jumper into the new version as Jumper Pro. The delivering package contains a mounting instruction, Jumper Pro Plate and a screw with an Allen key.

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

Art.Nro:	Colour:
400540	blue, silver-grey, red, black
Size:	52 x 40 x 8,5 cm
Packing unit:	4
Contents:	in deco-box with exercise poster and pump
Material:	Ruton
Max. Load:	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

Art.No.:	Colour:
400510	blue, green, silver-grey, red, black
Size:	51 x 37 x 8 cm
Packing unit:	4
Contents:	in deco-box with exercise poster and pump
Material:	Ruton
Belastbarkeit:	ca. 200 kg
Specials:	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.

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

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.).

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

Dynair 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.

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

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

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 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 *****

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

Powerball Extreme ABS

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 *****

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

Dynaswing

The new Dynaswing is a balance trainer and fitness ball in one. It allows for exciting training exercises while its stable and wooden ground plate provides safety. Movements and vibrations are transferred to the body and the device giving a direct feedback. Users can perform standing and balancing exercises more safely on this device, which is a further development of the popular Dynair Ballkissen and Pendelball. For beginners assistance is still recommended. The Dynaswing features a plug valve and can be easily inflated or deflated. Training with the Dynaswing activates deep muscles. Perception, coordination, power and stability are trained and improved. Suitable for fitness- sports and therapy

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

Powerball® Extreme ABS®



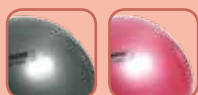
Dynaswing®



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

Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. load:	ca. 500kg
Specials:	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

Packing unit:	4
Contents:	in deco-box with exercise poster
Material:	Ruton
Max. load:	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

Packing unit:	4
Contents:	in a deco-box, with exercise chart and pump
Material:	foamed Ruton, with plug valve
Max. load:	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?

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

Dynanza Surf

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

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

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

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

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

TOGU® Mini-dumbbell



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 knobby 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

Stonies® – The Toning® ball



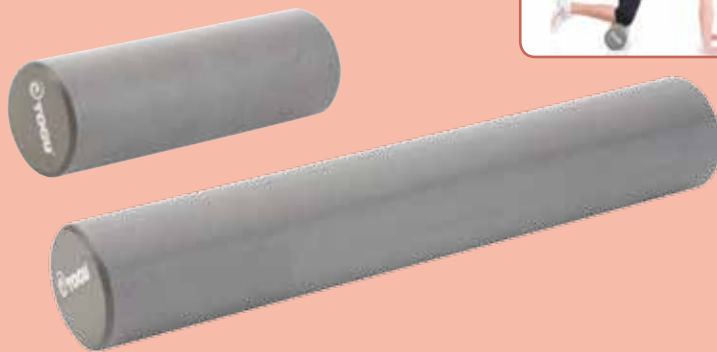
Hot Shots



Medicine ball



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/cm³)		

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



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 Trimpact, 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

Art.No.:	Name:
805024	TOGU FitPack Golf
Size:	ca. 75x42x30 cm
Packing unit:	1
Contents:	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.

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

TOGU Brasil set of 2

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

originally with the TOGU Brasil wristband

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

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

Brasil® „Bewegungsprofi“-Set



Brainfitness-Set



Dynair® Twist (Set of 2)



Backswing® Trainer



Brasil® „Bewegungsprofi“-Set

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

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

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

Art.No.	Contents:	PU:
805034	each in polybag with instruction	15
Material:	Ruton	

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

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)

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

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

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

Trimpact®



MADE IN GERMANY
30-Jahre-Garantie

WaterPower® Roll & WaterPower® Ring



Powerband



TOGU® FT Corner



Trimpact

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 Trimpacts in a right and dynamic way will cause the centrifugal mass inside the Trimpact to generate an impulse, thus leading to more muscle input and an acoustic feedback for the athlete.

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

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.

Art.No.:	Name:	Size :
410460	WaterPower Roll (delivered: without water filling)	ca. 80 cm x 18 cm Ø
410470	WaterPower Ring (delivered: filled with water)	ca. 30 cm Ø and ca. 1800 g
Colour:	blue	
Packing unit:	1	
Contents:	in box	
Material:	Ruton	
Max. load:	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

Packing unit:	10
Contents:	with exercise poster in a polybag
Material:	Latex
Specials:	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.

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



Piloga® – Pilates Wellness Yoga

for Pilates trainers and Pilates at home

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

Redondo® Ball



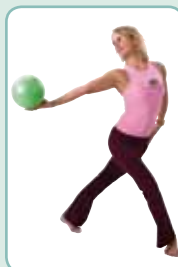
MADE IN GERMANY
30-Jahre-Garantie

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

Packing unit:	16
Contents:	in deco-box with exercise poster
Material:	foamed Ruton
Max load:	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

Packing unit:	16
Contents:	in deco-box with exercise poster
Material:	foamed Ruton
Max load:	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

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

Redondo® ball 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
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	

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
Size:	approx. 33 cm x 15 cm x 7 cm
Packing unit:	4
Contents:	in a box with exercise poster
Material:	Ruton
Max. load:	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
Size:	approx. 40 x 40 x 30 cm
Packing unit:	4
Contents:	in a box, with pump
Material:	Ruton
Max. load:	approx. 150 kg
Specials:	seat height easily customizable

Spirit-Ball



Spirit-Ball

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

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

Pilates Ballance Ball

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

Pilates Ballance Ball



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

Pilates Ball Power Pilates

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

Pilates Ball Power Pilates



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

Pilates Circle Premium

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.

Pilates Circle Premium



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

Pilates Foamroller Premium



Pilates Multiroll®



MADE IN GERMANY
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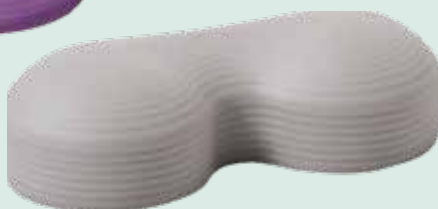
happyback® Relax-Nex®



happyback®

MADE IN GERMANY
30-Jahre-Garantie

Relax-Nex®



MADE IN GERMANY
30-Jahre-Garantie

Pilates Foamroller Premium

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

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

Pilates Multiroll

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

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

happyback Relax-Nex

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

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

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

Relax-Nex

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

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

Dynair® XXL Meditation and Yoga



MADE IN GERMANY
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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.

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

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.

Art.No.:	Colour:
400408	purple
Size:	ca. 80 cm
Packing unit:	1
Contents:	in a box, with pump
Material:	Ruton with plug valve
Max. load:	ca. 200 kg
Specials:	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
Contents:	single in deco-box		
Material:	Ruton with special weight-filling		
Max. load:	ca. 200 kg		

Relax release & soothe

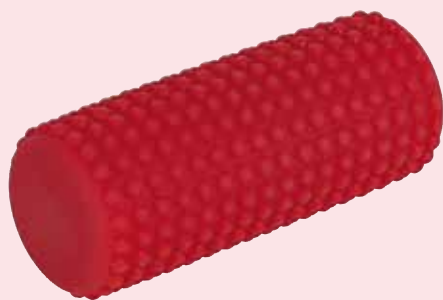


Relax, release & soothe

Relax, release & soothe

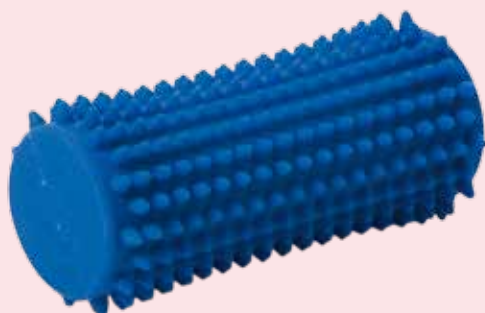
for relaxing, massage, body awareness, psychomotor training and therapy

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.

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

Bodyroll in a set of 2

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

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

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

Senso Massage Pad

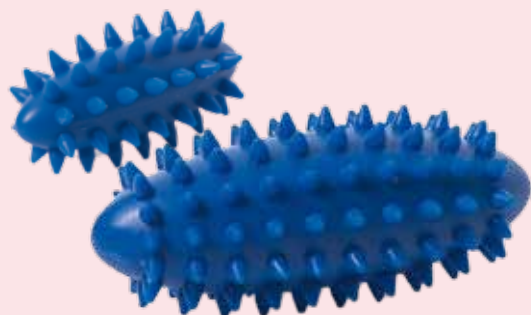
A handy massage tool for the internal and external application. The handy handle fits comfortably in your hand and allows for individual application and distribution of pressure on all extremities and the back. Ideal for deep tissue massage and to improve blood circulation. Equipped with convenient soft-touch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

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

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

Packing unit: 50

Contents: bulk

Material: Ruton

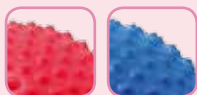
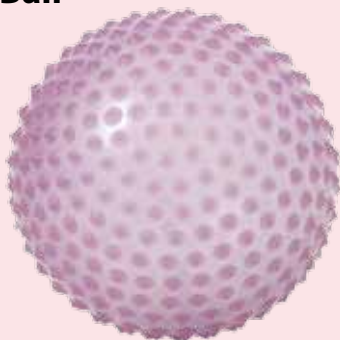
Max. load: ca. 150 kg

Semi Knobbed Ball

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

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

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.

Hygienic and washable.

Art.No.:	Colour:
400490	blue, amethyst
Size:	20 x 10,5 cm
Packing unit:	15
Contents:	in deco-box
Material:	Ruton

Nex-Neckrest

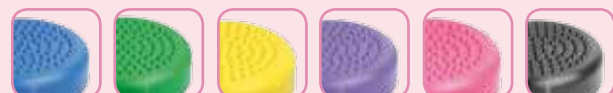
The space in the centre takes pressure off the spine, transferring the load to the transverse process of the vertebrae. This allows massage/ acupressure along the long back extensors (vesicle meridian). Also suitable for self massage. Keeps the hand or forearm in position during mobilization or rehab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

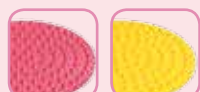
Senso® Balance hedgehog + XL



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

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 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

Packing unit:	6
Contents:	set of 2 in a box
Material:	Ruton
Max. load:	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

Packing unit:	10
Contents:	set of 2 in a polybag
Material:	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
Size:	23 cm
Packing unit:	5
Contents:	with deco-tax-seal
Material:	Ruton
Max. load:	ca. 200 kg

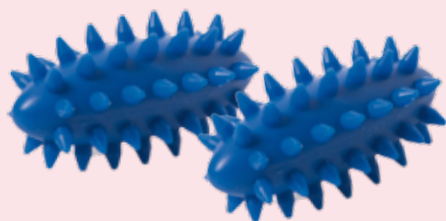
Senso® Hand Trainer Light



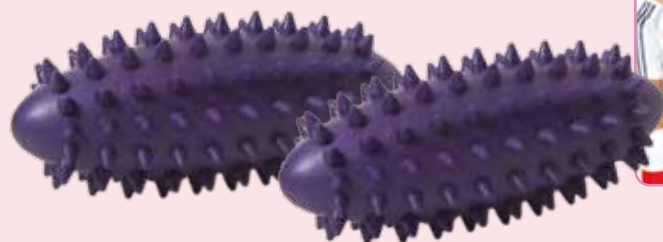
Senso® Hand Trainer Plus



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.

Art.No.:	Colour:
470510	red, blue, green, blue-purple, pink
470511	silver
Packing unit:	50
Contents:	bulk
Material:	Ruton
Specials:	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.

Art.No.:	Colour:
470610	red, blue, green, blue-purple, pink
470611	silver
Packing unit:	30
Contents:	bulk
Material:	Ruton
Specials:	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.

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

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.

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

Kids in balance



Kids in balance

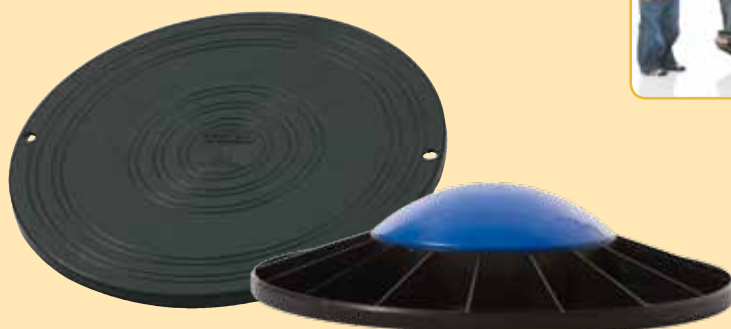
for movement at home

for kindergarten, preschool, school and therapy

Jumper® and Jumper® mini



TOGU® Balance Board Ballanza®



Dynair® Extreme



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)

Packing unit: 2

Contents: In box with exercise poster

Material: Ruten, fiberglass-strengthened plate

Max. Load: 200 kg, 120 kg (mini)

Specials: 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.

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

Packing unit: 1

Contents: in deco-box

Material: high quality GFK-PP

Max. Load: 120 kg

Specials: 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

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

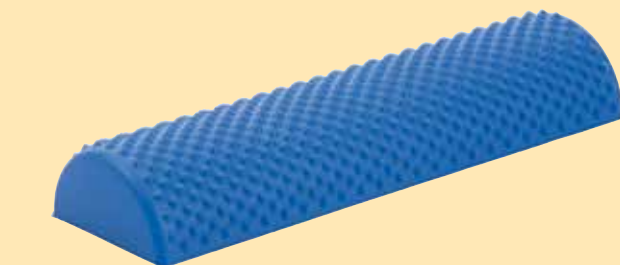
TOGU® Air Parcours small



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



Bonito®



Leo Lion



Kangaroo Ball ABS Junior / Super

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

Available in two sizes and 3 colours.

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

Packing unit: 10

Contents: in deco-box with exercise poster

Material: Crylon

Max. Load: ABS up to 60 kg (45 cm Ø), up to 75 kg (60 cm Ø), general up to 500 kg

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.

Art.No.:	Colour:
400000	red, blue

Size: 50 x 7,5 cm

Packing unit: 4

Contents: in deco-box with exercise poster

Material: Ruton

Max. Load: up to 60 kg

Leo the Lion

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

Art.No.:	Colour:
400060	warm-orange

Size: 50 x 7,5 cm

Packing unit: 4

Contents: in deco-box with exercise poster

Material: Ruton

Max. Load: up to 60 kg

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

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

Dynair Wedge Ballkissen Kids

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

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

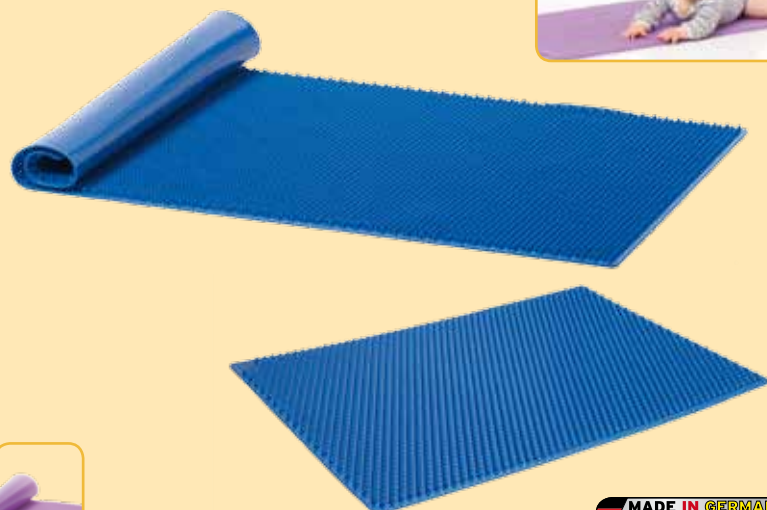
Aero-Step

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.

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

Senso® Mat Mini / Senso® Mat



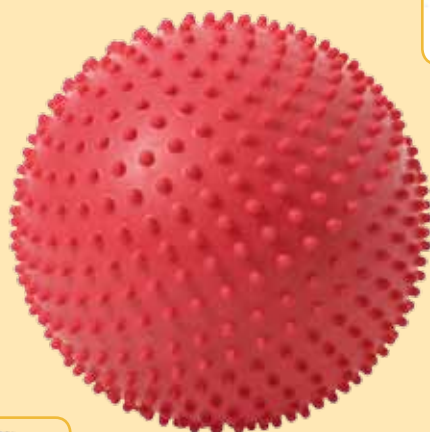
MADE IN GERMANY
30-Jahre-Garantie

Knobbed ring



Phthalatfrei
Tested acc. to EN 71

Knobbly catch training ball



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

Size: 120 x 60 cm or 60 x 40 cm

Packing unit: 4

Contents: in deco-box

Material: Ruton

Knobbed ring

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

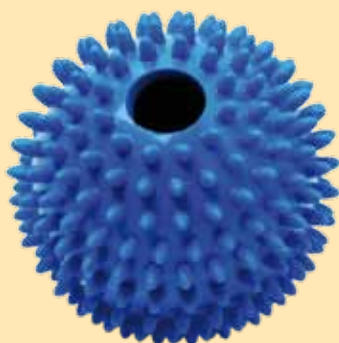
Art.No.:	Colour:
466000	yellow
Size:	16 cm
Packing unit:	50
Contents:	in a box
Material:	Ruton

Knobbly catch training ball

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

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

Knobbly sound ball



Touch-Ball



Senso® Ball



Senso® Ball mini



Knobbly sound ball

The chiming ball with integrated bell and good grip!

Its extra long knobs stimulate the tactile sensory perception perfectly.

Non-springy.

Art.No.:	Colour:
467100	blue
Size:	10 cm
Packing unit:	10
Contents:	Shipping box
Material:	Ruton

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
Contents:	Shipping box		
Material:	Ruton		

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
Packing unit:	10	
Contents:	bulk	
Material:	Ruton	

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
Packing unit:	50	
Contents:	bulk	
Material:	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)

Packing unit: 1

Contents: box

Material: Crylon

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

Theragym Ball Senso ABS

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

Guaranteed safety thanks to the 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

Packing unit: 1

Contents: box

Material: Crylon

Max. Load: 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 Ø:
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

Packing unit: 4

Contents: in deco-box with exercise poster

Material: Crylon

Max. Load: 500 kg (90 kg ABS guaranteed), AGR-quality-seal

Diving Ring, Diving Block, Diving Ball



Throwing ring



Octositz® the Multi-Cube



Dynair® Balance-Seat



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.

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

Size: 18 cm

Packing unit: 40

Contents: Shipping box

Material: Ruton

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

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!

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

Colibri Supersoft Football

The light football for small kickers!

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

Colibri Supersoft Football Dribbling

The light football for young kickers!

Art.No.:	Colour:
487700	yellow, green
Size:	22 cm Ø
Packing unit:	10
Contents:	Shipping box
Material:	Ruton

Colibri Supersoft Basketball

Ideal solution for training. The light basketball for kids!

Art.No.:	Colour:
487800	yellow, green
Size:	22 cm Ø
Packing unit:	10
Contents:	Shipping box
Material:	Ruton

Colibri Supersoft Volleyball

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

Art.No.:	Colour:
487300	yellow, green
Size:	21 cm Ø
Packing unit:	10
Contents:	Shipping box
Material:	Ruton

Colibri Supersoft Gymnastics Ball

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

Art.No.:	Colour:
487400	yellow, green
Size:	16 cm Ø
Packing unit:	10
Contents:	in poly-bag
Material:	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

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

Art.No.:	Contents:	PU:
805034	each in polybag with instructions	15
Weight:	2 x ca. 270 g	
Material:	Ruton with special weight-filling	

Balanza Kids Seesaw

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

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

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

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

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“.

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)

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

Balanza® Kids Seesaw



FIG Gymnastic balls Premium Glitter



445605

445606

445705

445704

445702

445706



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



Slow motion balls



Ball with grip



Soft ball



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: Ruton

Slow motion balls

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

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

Size: ca. 35 cm Ø

Contents: Shipping box

Material: Ruton

Ball with grip

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

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

Size: ca. 10 cm

Packing unit: 12

Contents: Shipping box

Material: Ruton

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



Chiming medicine ball



Earth ball



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.

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.

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)

Size: ca. 122 cm

Packing unit: 1

Contents: 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)

Size: ca. 70 cm

Packing unit: 1

Contents: 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)

Size: ca. 160 cm

Packing unit: 1

Contents: 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

Size: ca. 80 cm

Packing unit: 1

Contents: 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.

Art.No.:	Colour:
970099	black
Packing unit:	1
Contents:	in polybag

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 Slaxtix, and anchor.

All-legs Speed Builder



Art.No.:	Colour:
970092	black
Packing unit:	1
Contents:	in polybag

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 Slaxtix, and anchor.

Accelerator

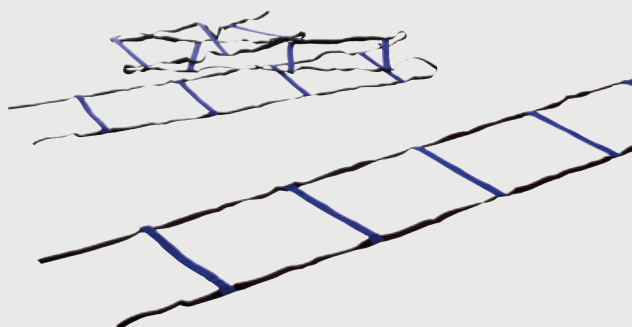


Art.No.:	Colour:	Resistance
970093	yellow	ca. 47 kg / ca. 105 lb
970094	yellow	ca. 68 kg / ca. 150 lb
Packing unit:	1	
Contents:	in polybag	

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.

Functional Training Ladder



Art.No.:	Colour:
970102	blue/black
Packing unit:	1
Contents:	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



Ball pump



Set for inflating special sport balls



TOGU® Dual-action pump



TOGU® Premium Easy



Original TOGU® ball bowl



Powerball Pump

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

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

Ball pump

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

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

Set for inflating special sport balls

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

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

TOGU Dual-action pump

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

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

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.

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

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.

Art.No.:	Colour:
930002	silver
930000	black
Size:	one size fits all
Packing unit:	4
Contents:	Shipping box
Material:	PVC

Balanza® Handgrips



Jumper® Pro Plate



Balanza Handgrips

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

Art.No.:	Colour:
908602	black
Size:	ca. 12,5 cm x 7 cm
Packing unit:	1 pair
Contents:	bulk

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.

Art.No.:	Colour:
949530	black
Size:	ca. 50 cm Ø x 7 cm
Packing unit:	2

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.

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

Stacking aid set of 3

Very durable, transparent material.

Art.No.:	Colour:
930500	transparent
Packing unit:	1
Contents:	in a set of 3 rings

TOGU® FT Corner



Stacking aid set of 3



Training Chart

Trainings Charts A0 -Textile

					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.
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	textile material, with attachment Art.Nr.: 980605
					
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



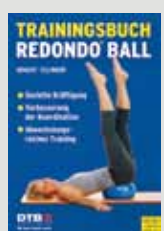
Body Mind Trends

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 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

TOGU® ist offizieller Partner des



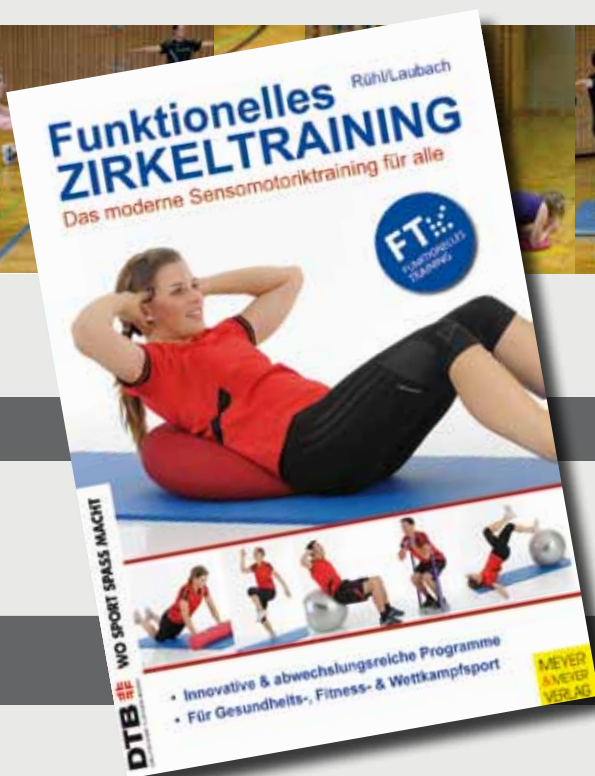


Vereine

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
Gesundheitssport	G1	G2	G3
Fitnesssport	F1	F2	F3
Wettkampfsport	S1	S2	S3
	Sensomotorisches Grundlagentraining	⇒	Sensomotorisches Krafttraining



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 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). Panos gehört zu dem Entwicklern des FT-Coach Ausbildungskonzepts und ist mit seinem internationalen Team seit 2013 verantwortlich für die Inhalte und Verbreitung weltweit.

GroupTraining – 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



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



Gunda Slomka
www.4more-education.de

GroupTraining – Fitness

speziell für Trainer aus den Bereichen:

Fitness

Vereine (Übungsleiter)

Sportlehrer

BRASIL® – Schüttel-effekt der in die Tiefe geht

entwickelt von Gabi Fastner

- schnell – einfach – effektiv!
- Neuartiges Figurtraining mit dem „Schüttel-effekt“ 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)

TOGU®



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

→ 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



Michaela Busch

www.bewegungsraum-hannover.de



Christiane Wolff

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 KdR 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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info@star-education.ch
www.star-education.ch



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finem@finem.com
www.redbalance.com



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info@kddr.de
www.kddr.de



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30625 Hannover
www.robinson.de



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www.4more-education.de
www.gunda-slomka.de



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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: Sportsysteme, 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.



Rehrl 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-Instruktörin inkl. Kids Beats, Zumba-Instruktörin, 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 / Chiropraktik / Naturheilkunde / Akupunktur, int. Referent für Sportmedizin und Propriozeption, Entwickler von TOGU® Sport, Jumper®-Instructor, Olympia-Arzt 2006/2010. TOGU Schwerpunkte: funktionelles Training, sport spezifische 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® Dynair® 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, Dynair® XXL.



Werther Sabrina

Staatl. geprüfte Gymnastiklehrerin, Lizenzen: Grundkurs Kinesiotherapie, 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

Fachwirtin Aerobic WTB, Dipl. DTB-Ausbilderin, DTB Group Fitness-Master-Trainerin, DTB Trainerin Wellness & Gesundheit, TOGU Schwerpunkte: Kinder & Jugendtraining, Head Dynair® XXL Kids, Jumper®.



Wolff Christiane

Staatlich geprüfte Sport- & Gymnastik-Lehrerin, lizenzierte Pilates-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, EFFKT, Bodytoning and Functional training for association and conventions

Greece



Arvanitidou Despina

Dipl. Sportlehrerin, Ex-Geräteturnerin und Profi Aerobic-Athletin, Expertin in Functional Training, Personal Training, Yoga, Pilates. Teilinhaberin, Organisatorin und Ausbilderin der Fitness-Schule GR.A.F.T.S. HELLAS



Kombidou Eleytheria

Dipl. Sportlehrerin, Ex-Leichtathletin im Sprint, Personal Trainerin für Sportler und Fitness-Schule GR.A.F.T.S. HELLAS.



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 Alficare

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 kinesitherapy


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 Präsenster 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



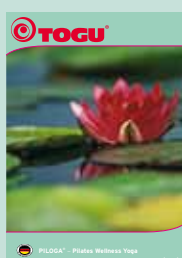
Fitness and Functional Training

decoration package



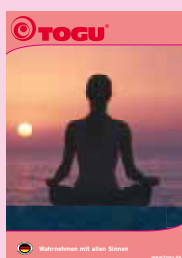
Piloga - Pilates, Wellness, Yoga

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	
A							
Aero-Step	400429	blue, green, red	46x32x8 cm	2100 g	4	65	
Aero-Step Pro	400540	black, sliver-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	
N Anti-Stress Ball	464100	blue, red, anthracite	ca. 6,5 cm	ca. 40 g	12	11, 27	
B							
BackFit at Work Set (Balance Block and Brasil)	805029	blue-purple, green	ca. 33x15x7 cm	1435 g	1	22	
N Backswing Trainer	510130	silver-grey	40x29 cm	1.780 g	1	8, 45	
N 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	
N 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	
N Balanza Ballstep Group	440490	wood with red	ca. 89x43x14 cm	ca. 5.250 g	1	8, 33	
N Balanza Ballstep XXL	440421	wood with red	ca 180x60x15 cm	16.300 g	1	9, 26	
N Balanza Kids seesaw	440500	wood with red	ca. 120x50427 cm	6.000 g	1	9, 72	
N 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	
Ball Pumps:							
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	
N Blackroll Ball 8cm	410010	black	ca. 8 cm	ca. 15 g	10	13, 43	
N Blackroll Ball 12cm	410020	black	ca. 12 cm	ca. 50 g	12	13, 43	
N Blackroll mini	410030	black	ca. 15x5,5 cm	ca. 22 g	8	13, 43	
N 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	
N 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		
N Brasil Aqua set of 2	470666	green		540 g	15	11, 44	
Brasil Bewegungsprofi Set	805034	green		550 g	1	45, 72	
C							
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 q	10	71	

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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
Covers:						
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
D						
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 Multiroll 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
N 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
N 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
N Dynanza Surf	440480	wood with red	ca. 160x40x18 cm	12.200 g	1	10, 41
N Dynaswing	440470	wood with red	ca. 80xmax.55 cm	13.500 g	1	10, 39
E						
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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G							
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	
H							
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	
J							
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	
N Jumper Pro	410320	red with black	ca. 52x24 cm	5.050 g	2	7, 35	
N 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	
N Jumper double (set of 2)	805069	red and green	(2x) 36x18 cm	4.560 g	1	7, 34	
K							
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	
L							
Leo	400060	warm-orange		3.000 g	4	64	

Order details 2014

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M						
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	
Mini Punching Bag Set	955600	red		2195 g	4	
N						
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
N						
Nex – Neckrest	400440	blue, amethyst	20x10,5 cm	350 g	15	56
O						
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
P						
N PAB pressure air biofeedback Basic Set	805070	set			1	14, 28
N PAB pressure air biofeedback Basic (device)	921800				1	14, 28
N PAB pressure air biofeedback Pro Set	805071	set			1	14, 28
N 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

Order details 2014

Article	Art.-No.	Colours	Size	Weight	Packing	Page
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 (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
R						
Redondo Ball (Material: foamed PVC)	491300	anthracite	18 cm	150 g	16	48
Redondo Ball	491000	blue	22 cm	150 g	16	48
N	Redondo Ball 18 cm mit actisan	420600	anthracite	18 cm	150 g	16, 49
	Redondo Ball 22 cm with actisan	420470	anthracite	22 cm	150 g	16, 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
S						
Sales Support:						
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

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	Article	Art.-No.	Colours	Size	Weight	Packing	Page	
N	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, amehyst	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	
	Stroops products:							
		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	
T								
	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	

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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
N 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
W						
WaterPower Roll	410460	blue	ca. 80 cm	1930 g	1	46
WaterPower Ring	410470	blue	ca. 30 cm	1500 g	1	46
Y						
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 amendements 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 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.



TOGU® products „made in Germany“ are manufactured in compliance with valid EU norms, are free of forbidden phthalates (2005/84/EG) and free of any heavy metals. All TOGU® made articles (except especially marked) are made of high quality material Ruton®

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Registergericht Traunstein HRA 1370

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