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Оренбург (3532)37-68-04
Пенза (8412)22-31-16

Россия (495)268-04-70

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Смоленск (4812)29-41-54
Сочи (862)225-72-31
Ставрополь (8652)20-65-13

Казахстан (772)734-952-31

Сургут (3462)77-98-35
Тверь (4822)63-31-35
Томск (3822)98-41-53
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Тюмень (3452)66-21-18
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**Технические характеристики на
балансировочные платформы, балансировочные
диски, полусферы массажные балансировочные,
мультиплатформы, мунхопперы и др.
компании **TOGU****

Challenge Disc 2.0



The patented (EU Patent No.2081651) multi-axis platform allows for training at all performance levels and ages. The built-in motion sensor connects via Bluetooth 4.0 to any tablet or smartphone which has installed the free app.

The two stable plates of which the upper one is covered with an anti-slip coating on the surface provide the necessary safety.

Special features of the Challenge Disc App:

- Free download and support instructions
- Challenge Disc App allows selective movement - on schedule, efficiently and not accidentally
- The App offers something completely new in the field of coordinative training for health conscious people, athletes, and coaches
- The first coordination /balance training app with Bluetooth 4.0 sensor technology for Win, Mac, Android and iOS
- Scientifically sound norms and training programs
- Multi-axis patented (EU Patent No. 2081651) platform allows training for all performance levels and ages
- The software can be downloaded for free for Android and IOS. Please use the below Links.

The users train independently with the Challenge Disc. They are motivated without a trainer having to control and give instructions. The Challenge Disc app provides coaching and enables targeted coordination training for the lower extremities, back and trunk.

Technical specifications:

- Dimensions: about 44 cm
- Weight: approx. 3,900 g
- Static load: max. 120 kg
- Material: Stand / base plate: wood MDF, anti-slip coating: PVC

Trade item: made in Austria

Aero-Step® Pro



actisan

Aero-Step®



MADE IN GERMANY
30-Jahre-Garantie

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



MADE IN GERMANY
30-Jahre-Garantie

Aero-Step Pro

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

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

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

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

Aero-Step

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

coordination, increase reaction.

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

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

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

Aero-Step XL & Aero-Step XL functional

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

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

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

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

Backswing® Trainer



Backswing Trainer

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

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

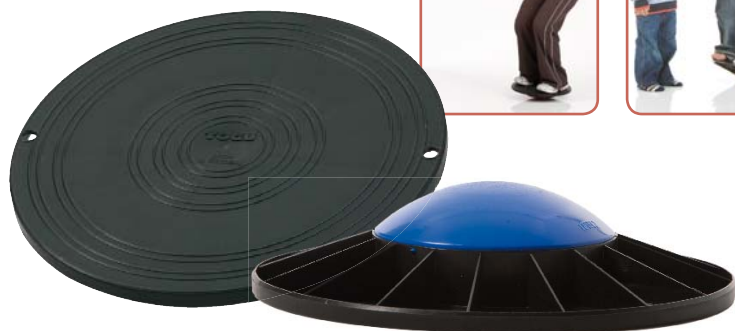
Art.No.:	Colour:
510130	silver with black plate
Size:	ca. 46 cm x 29 cm
Packing unit:	1
Contents:	instructions
Max. load:	ca. 150 kg

TOGU Balance Board

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

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

TOGU® Balance Board



TOGU® Balanza®



Balanza® Ballstep®



NEW!



Balanza® Freeride



TOGU Balanza

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

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

For therapy and training in competitive and high performance sports.

EU Patent No. 25 811 17

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

Balanza Ballstep

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

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

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

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

Balanza Freeride

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

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

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

Balanza® Ballstep® XXL



Balanza® Kids Seesaw



Balanza® Circle & Balanza® Physiowippe



Balanza Ballstep XXL

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

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

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

Balanza Kids Seesaw

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

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

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

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

Balanza Circle & Balanza Physiowippe

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

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

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

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

Bike Balance Board Classic



Bike Balance Board Classic

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

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

Bike Balance Board Easy

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

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

Bike Balance Board Pro

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

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

Bike Balance Board Easy



Bike Balance Board Pro



Brasil® Base Plus



Brasil Base Plus

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

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

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

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

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

Moonhopper® Sport



Moonhopper Sport

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

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

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



Dynair Ballkissen XXL Level III & Level IV

Feel and train the deeper laying musculature.

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

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

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

Dynair Ballkissen XXL actisan

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

Dynair® Ballkissen® XXL actisan®



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

Dynair Cardo Ballkissen

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.

Dynair® Cardo® Ballkissen®



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

Dynair® Extreme



NEW!

Dynair Extreme

Sit on it and feel good. Brings you automatically in 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.:	Colours:
400408	purple
401408	anthracite
Size:	ca. 80 cm
Packing unit:	1
Contents:	in a box, with pump
Material:	Ruton with plug valve
Max. load:	ca. 200 kg
Specials:	AGR-quality-seal; also suitable for children

Dynair® Golf Pro



Dynair® Golf Pro

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

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

Dynair® Pro



Dynair Pro

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

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

Dynair® Senso® Mini



Dynair® Walker Comfort



Dynair® Twist (Set of 2)



Dynair Senso Mini

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

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

Packing unit:	4
Contents:	in deco-box with pump
Material:	Ruton
Max. Load:	ca. 200 kg

Dynair Walker Comfort

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

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

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

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

Dynair Twist (Set of 2)

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

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

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

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

Art.No.:	Colour:
510140	red with black plate
Size:	ca. 20 cm
Packing unit:	1
Contents:	Set of 2 in a carton box
Material:	Ruton

Dynanza® Surf



Dynanza Surf

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

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

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

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

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

Dynaswing

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

Dynaswing®



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

PAB® - pressure air biofeedback



actisan®

PAB - pressure air biofeedback

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

PAB BASIC version :

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

PAB BASIC - Contents :

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

PAB PRO version:

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

PAB PRO - Contents:

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

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

Packing unit: 1

Posturedo

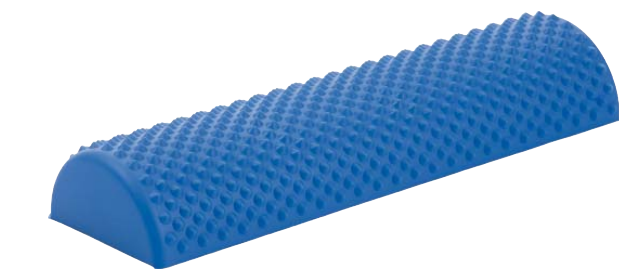
The new Posturedo – made in Germany - enhancing and supporting posture, coordination and strength after injuries or at orthopedic indications. This innovative training and therapy tool stabilizes and mobilizes. It enables you to exercise on a dynamic and instable surface which is special due to its air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

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

Posturedo®



Senso® Balance Bar



Senso® Balance hedgehog + XL set of 2



Senso® Balance® hedgehog Geo



Senso Balance Bar

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

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

Size: 50 x 7,5 cm

Packing unit: 4

Contents: in polybag, with pump

Material: Ruton

Max. load: ca. 150 kg

Senso Balance hedgehog + XL set of 2

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

Available in two sizes and 7 colours.

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

Packing unit: 6

Contents: in deco-box with exercise poster

Material: Ruton

Max. Load: ca. 150 kg

Senso Balance hedgehog Geo + XL

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

Available in two sizes and 6 colours.

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

Packing unit: 6

Contents: in deco-box with exercise poster

Material: Ruton

Max. Load: ca. 150 kg

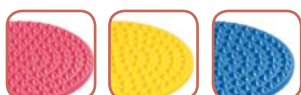
Senso® Balance Hedgehog Pro



Senso® Balance Cushion + XL set of 2



Senso® Balance Pad + XL set of 2



Senso Balance Hedgehog Pro

The classic Senso Balance hedgehog is available now also connected with a stable plate, which creates a secure base to the plain surface.

Therefore coordinative and stabilizing exercises can be executed in an even more versatile way. Balance training, which effects sensori motor functional and muscle training at the same time, can be done in standing, kneeling and lying positions. Ideal to implement in balance parcours in training, rehabilitation and physical therapy.

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

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

Senso Balance Cushion + XL set of 2

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

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

Available in two sizes and 7 colours.

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

Senso Balance Pad + XL set of 2

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

Available in two sizes and 3 colours.

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

Senso® vein trainer



Senso vein trainer

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

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

Ski Trainer



Ski Trainer

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

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

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

Workplace Health Promotion Set



Workplace Health Promotion Set

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

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

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

Архангельск (8182)63-90-72
Астана (7172)727-132
Астрахань (8512)99-46-04
Барнаул (3852)73-04-60
Белгород (4722)40-23-64
Брянск (4832)59-03-52
Владивосток (423)249-28-31
Волгоград (844)278-03-48
Вологда (8172)26-41-59
Воронеж (473)204-51-73
Екатеринбург (343)384-55-89
Иваново (4932)77-34-06

Ижевск (3412)26-03-58
Иркутск (395)279-98-46
Казань (843)206-01-48
Калининград (4012)72-03-81
Калуга (4842)92-23-67
Кемерово (3842)65-04-62
Киров (8332)68-02-04
Краснодар (861)203-40-90
Красноярск (391)204-63-61
Курск (4712)77-13-04
Липецк (4742)52-20-81

Киргизия (996)312-96-26-47

Магнитогорск (3519)55-03-13
Москва (495)268-04-70
Мурманск (8152)59-64-93
Набережные Челны (8552)20-53-41
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Новокузнецк (3843)20-46-81
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Орел (4862)44-53-42
Оренбург (3532)37-68-04
Пенза (8412)22-31-16

Россия (495)268-04-70

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Ростов-на-Дону (863)308-18-15
Рязань (4912)46-61-64
Самара (846)206-03-16
Санкт-Петербург (812)309-46-40
Саратов (845)249-38-78
Севастополь (8692)22-31-93
Симферополь (3652)67-13-56
Смоленск (4812)29-41-54
Сочи (862)225-72-31
Ставрополь (8652)20-65-13

Казахстан (772)734-952-31

Сургут (3462)77-98-35
Тверь (4822)63-31-35
Томск (3822)98-41-53
Тула (4872)74-02-29
Тюмень (3452)66-21-18
Ульяновск (8422)24-23-59
Уфа (347)229-48-12
Хабаровск (4212)92-98-04
Челябинск (351)202-03-61
Череповец (8202)49-02-64
Ярославль (4852)69-52-93

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