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www.togu.nt-rt.ru | | tgo@nt-rt.ru

**Технические характеристики на кольца
(кольца для дайвинга, фитнес-кольца,
топанга-кольца, детские мягкие кольца,
полукольца, пилатес-кольца, утяжеленные
и др.) компании **TOGU****



Wurfringe

Zum Werfen, Fangen und Jonglieren!
Luftgefüllt und mit Ventil ausgestattet.
Farbig sortiert in rot, blau, grün und gelb.
Griffige, gerillte Oberfläche.

For throwing, catching and juggling!
Air filled with valve!
Assorted in red, blue, green and yellow.
Handy, grooved surface.

Art.Nr.: 640000 **ca. Größe / Size Ø:** 18 cm

VPE / PU: 40



Tauchringe

Für Tauchtraining und Spaßhaben in Hallen- und Freibädern. Vom Babybecken bis zum Freischwimmer.
Glatte, vollgefüllte Ringe. Sortiert in den Farben rot, blau grün und gelb.

For diving training and having fun at the swimming pool. For the smallest ones and the big ones.
Fully filled rings assorted in red, blue green and yellow.

Art.Nr.: 645000 **Gewicht / Weight ca.:** 140 g **ca. Größe / Size Ø:** 18 cm

VPE / PU: 60

Pilates Circle Premium



What is the Pilates Circle Premium?

A stable ring made of fiberglass with soft handles and 35 cm diameter from our category "Piloga"

What is it good for?

Due to squeezing the ring, different muscle groups are claimed and trained. You can do the exercises in standing, lying and sitting positions. For individual and group training.

Technical details:

size: 35 cm diameter

colour: black

* trading goods Made in: Taiwan

Knobbed ring



Knobbed ring

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

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

Octositz the Multi-Cube

Fascial Coach deepRING



The Fascial Coach deepRING is an innovative sensorimotor training device that activates your deeper muscles. The special weighted and moving filling inside the ring activates your endogenous power, caused by rotations and movements by acceleration.

The Fascial Coach deepRING challenges and supports all your senses. It inspires and motivates you through the diversified applications and varied challenges during training.

The enclosed training chart shows you different exercises for use in the studio or at home. The Fascial Coach deepRING - made in Germany - is about 30 cm in diameter with a weight filling of about 1,500 grams. The material Rulon is extremely durable, washable and robust and can be recycled multiple times.

The concept Fascial Coach deepRING:

Promote perception: you will feel the balls running inside the ring. Receptors of the skin and the superficial fascial layer are stimulated.

Teaching sensory systems: the filling activates the small muscle groups in a reflective way. The receptors of the muscle shells and partner structures are stimulated.

Increase power: increase your strength and core power by appropriate acceleration and lever change.

Positively influencing mobility: Your mobility benefits by fine tuning of your receptors and the central nervous system.

Improve coordination: improved coordination allows for a functional muscle-fascia system. A healthy system can prevent structural pain or reduce it in the long term.

- Color: turquoise
 - Size: approx. 30 cm diameter
 - Weight: approx. 1.500 g
 - Material: Rulon, filled with stainless steel bowls
-

Wurfring (Animal) - blue



The throwing ring - made in Germany.

This ring is made of stable ruton and is very resistant and filled with air. Best suitable for retrieval training, even from puppy age.

Technical data:

Measures: 18 cm

Weight: approx. 180 g

Topanga® green 3 kg



Fast, easy, everywhere - Topanga green 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. Actisan material offers a hygienic solution for groups. Users got a safe and hygienic training tool.

Technical details:

Size: ca. 39 cm diameter

Weight: ca. 3.000 g

- made in Germany -

Topanga®



actisan®

Topanga

Fast, easy, everywhere.

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

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

Art.No.:	Colour:	Size / Weight:
646000	anthracite (with actisan)	ca. 39 cm Ø / 4 kg
Packing unit:	4	
Contents:	in a polybag, with exercise chart	
Material:	Ruton with actisan	

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

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