

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  
Нижегород (831)429-08-12  
Новокузнецк (3843)20-46-81  
Новосибирск (383)227-86-73  
Омск (3812)21-46-40  
Орел (4862)44-53-42  
Оренбург (3532)37-68-04  
Пенза (8412)22-31-16

Россия (495)268-04-70

Пермь (342)205-81-47  
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

[www.togu.nt-rt.ru](http://www.togu.nt-rt.ru) | | [tgo@nt-rt.ru](mailto:tgo@nt-rt.ru)

# Технические характеристики на мячи (фитнес-мячи, медицинские, массажные, гимнастические и др.) компании **TOGU**

# Drums Alive® Fitnessball - 65 cm



Drums Alive® fitness ball

- made in Germany -

The Drums Alive® fitness ball for the unique fitness and wellness program.

The soft yet sturdy fitness ball is your ideal partner for drumming to the beats of music.

In addition, the Drums Alive® fitness ball can also be used for strength and balance exercises or as a sitting ball.

Technical data:

Dimensions: 65/ 75 cm

Weight: 1.150/ 1.400 g

---

## Gymnastic balls

\*\*\*\*20 gold



\*\*\*\*01 white



\*\*\*\*03 yellow



\*\*\*\*07 orange



\*\*\*\*16 hot pink



\*\*\*\*11 pink



\*\*\*\*08 anemone



\*\*\*\*02 red



\*\*\*\*13 purple



\*\*\*\*10 plum



\*\*\*\*04 blue



\*\*\*\*19 ice-blue



\*\*\*\*12 turquoise



\*\*\*\*06 green



\*\*\*\*15 apple



\*\*\*\*18 pearl-green



\*\*\*\*05 black



\*\*\*\*14 violet



## Gymnastic balls FIG

\*\*\*\*20 gold



\*\*\*\*01 white



\*\*\*\*03 yellow



\*\*\*\*07 orange



\*\*\*\*16 hot pink



\*\*\*\*11 pink



\*\*\*\*08 anemone



\*\*\*\*02 red



\*\*\*\*13 purple



\*\*\*\*10 plum



\*\*\*\*04 blue



\*\*\*\*19 ice-blue



\*\*\*\*12 turquoise



\*\*\*\*06 green



\*\*\*\*15 apple



\*\*\*\*18 pearl-green



\*\*\*\*05 black



\*\*\*\*14 violet



### Gymnastic balls

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

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

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

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

Available colours:

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

### Example:

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

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

### Gymnastic balls FIG

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

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

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

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

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

Available colours:

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

### Example:

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

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

## happyback® Fitnessball

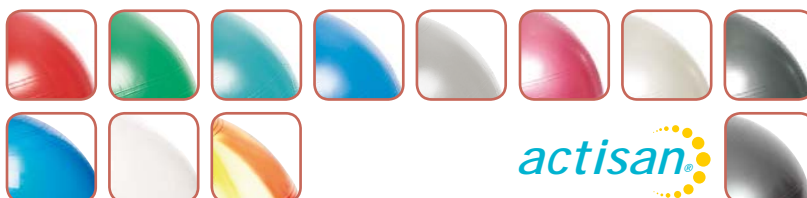


happyback®

## MyBall & MyBall Soft



NEW!



actisan®

### happyback Fitnessball

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

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

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

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

**Packing unit:** 4

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

**Material:** foamed Ruton, with plug valve

**Max. load:** ca. 500 kg

### MyBall and MyBall Soft

**MyBall** – the classic one

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

**MyBall actisan** – a round matter

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

**MyBall Soft** – with foamed surface

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

### MyBall

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

### MyBall actisan

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

### MyBall Soft

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

**Packing unit:** 4

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

**Material:** Ruton

**Max. load:** ca. 500kg

## Pendel® Ball ABS®



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



## Powerball® ABS®

**NEW!**



### Pendel Ball ABS

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

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

**Contents:** in a box (deflated), with exercise poster and pump

**Material:** Ruten with plug valve

**Max. load:** ca. 1000 kg (ABS Burst-Proof-Guarantee up to 250 kg)

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

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

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

**ABS:** ABS-Material

Gebrauchsmuster Nr.: 20 2005 004 166.1

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

**Colour:** anthracite

**Packing unit:** 1

**Contents:** in a box (deflated), with exercise chart

**Material:** Ruten with actisan; with plug valve and pump

**Max. Load:** ca. 1000 kg (burst proof up to 250 kg)

### Powerball ABS

Original ABS® safety made in Germany - The airbag for your gym ball.

From 45 cm to 75 cm. Each size in 6 different colours. With the classic TOGU double groove. Effective, dynamic back training. Diverse and easy. Does not roll away when you stand up. Guaranteed safety thanks to the ABS®.

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

\*see instruction for use

**Safety category 4 \*\*\*\***

### Find the right size for your ABS®-Ball

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

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

**Packing unit:** 4

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

**Material:** Crylon

**Max. load:** 500 kg loadable (90 kg ABS guarantee)

**Specials:** optional DVD available, AGR-quality-seal

## Powerball® Premium ABS®



## Powerball® Challenge ABS®



### Powerball Premium ABS

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

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

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

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

#### Powerball Premium ABS Maternity

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

#### Powerball Premium ABS Sport

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

#### Packing unit:

4

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

**Material:** Crylon

**Max. load:** 1000 kg loadable (170/120 kg ABS guarantee)

**Specials:** optional DVD available, AGR-quality-seal

#### Powerball Challenge ABS

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

#### Safety category 6 \*\*\*\*\*

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

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

## Powerball® Extreme ABS®



## Redondo® Ball Plus



actisan



actisan



## Sitzball ABS®



### Powerball Extreme ABS

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

#### Safety category 7 \*\*\*\*\*

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

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

### Redondo Ball Plus

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

New: Now also available in actisan!

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

### Sitzball ABS

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

\*see instruction for use

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

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

## Theragym® Ball ABS®



## Theragym® Ball Senso® ABS®



## Dynamic Drums Ball, Ball Bowl, and Sticks



### Theragym Ball ABS

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

(\* see instructions for use)

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

**Packing unit:** 1

**Contents:** box

**Material:** Crylon

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

### Theragym Ball Senso ABS

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

(\* see instructions for use)

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

**Packing unit:** 1

**Contents:** box

**Material:** Crylon

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

### Dynamic Drums Ball

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

## Stonies® – The Toning® ball



## Putting Shot



## Diving Ring, Diving Block, Diving Ball



### Stonies – The Toning ball

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

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

**Contents:** single in deco-box

**Material:** Ruton

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

### Putting Shot

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

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

**Packing unit:** 2

**Contents:** bulk

**Material:** Hytrel

### Diving Ring, Diving Block, Diving Ball

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

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

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

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

## FascialFitness Ball - Set of 3



## Pendel® Roll Wave



## TOGU® Toning® Ball Set of 2



### Fascial Fitness Ball - Set of 3

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

Concept and developed by Dr. Robert Schleip und Divo Müller

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

### Pendel Roll Wave

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

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

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

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

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

### TOGU Toning Ball Set of 2

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

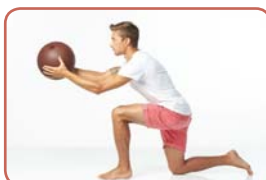
Art.No.:	Colour:	Size / Weight:
400650	amethyst, pearl	ca. 10 cm Ø and 500 g each
401650	amethyst, pearl	ca. 10 cm Ø and 900 g each
PU:	1	
Contents:	set of 2 in box	
Material:	Ruton	
Max. Load:	up to ca. 150 kg	

# Jacaranda®

NEW!



## Medicine Ball



NEW!

actisan®



## Jacaranda

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

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

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

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

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

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

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

PU: 6

Material: Ruten, stainless steel balls

## Medicine Ball

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

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

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

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

Contents: bulk

Material: Ruten or Ruten with actisan

Specials: with needle valve

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



actisan®

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



actisan®

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

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

New: also available in two sizes.

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

Gebrauchsmuster Nr.: 20 2005 004 166.1

Now also available as self desinfecting training tool.

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

### Redondo ball & Redondo ball Plus with actisan

A healthy body posture with the Redondo Ball.

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

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

Art.No.:	Colour:	Size: Ø	PU:
420600	anthracite	ca. 18 cm	16
420470	anthracite	ca. 22 cm	16
491800	anthracite	ca. 38 cm	12
<b>Contents:</b>	in deco-box, with exercise poster		
<b>Material:</b>	Ruton with actisan, with plug valve		
<b>Max. load:</b>	ca. 120 kg for exercises in lying position (for 38 cm Ø ca. 150 kg)		

## Medicine Ball actisan®



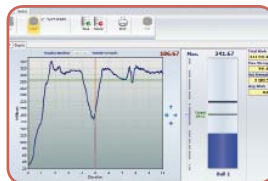
actisan®

## MyBall actisan®



actisan®

## PAB® - pressure air biofeedback



actisan®

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

### Medicine Ball actisan

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

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

**Contents:** bulk

**Material:** Ruton

**Specials:** with needle valve

### MyBall actisan

MyBall with actisan: a round matter

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

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

**Packing unit:** 4

**Contents:** in a decobox, with exercise poster

**Material:** Ruton with actisan, with plug valve

**Max. load:** ca. 500 kg

### PAB - pressure air biofeedback

The PAB Set – muscle function diagnosis simple and scientific

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

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

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

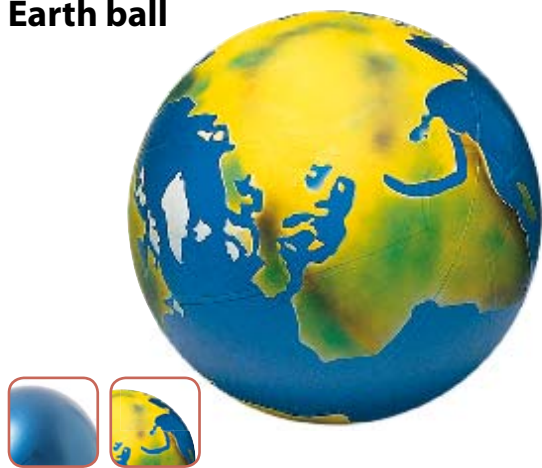
**PAB BASIC - Contents:** 1 x measurement with one unit incl. software, 1 x Bodyroll Senso, 1 x Throwing ring, 1 x Dynair Ballkissen XL Senso, 1 x Senso Ball 23cm, 1 x Senso Balance KissenXL

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

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

**Packing unit:** 1

## Earth ball



## Ball with grip



## Chiming medicine ball



### Earth ball

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

#### With decor

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

#### Without decor

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

**Packing unit:** 1

**Contents:** Shipping box

**Material:** Ruton

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

**Specials:** Earth ball-repair-set available

### Ball with grip

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

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

**Size:** ca. 10 cm

**Packing unit:** 12

**Contents:** Shipping box

**Material:** Ruton

### Chiming medicine ball

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

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

**Contents:** Shipping box

**Material:** Ruton

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  
Нижний Новгород (831)429-08-12  
Новокузнецк (3843)20-46-81  
Новосибирск (383)227-86-73  
Омск (3812)21-46-40  
Орел (4862)44-53-42  
Оренбург (3532)37-68-04  
Пенза (8412)22-31-16

Россия (495)268-04-70

Пермь (342)205-81-47  
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

[www.togu.nt-rt.ru](http://www.togu.nt-rt.ru) | | [tgo@nt-rt.ru](mailto:tgo@nt-rt.ru)