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Технические характеристики на
кирпичи, гантели,
барабанные палочки,
балансировочные подушки, майки, тейпы
компании TOGU

TOGU Balance Pad Premium



The TOGU Balance Pad is perfectly suited for the introduction to coordination and balance training and the training of sensorimotor skills.

The Balance Pad consists of a soft and at the same time robust foam. Due to the unstable base, you have to balance and stabilize constantly during training. This trains the deep muscles and the sensorimotor system. The exercises are effective, time-saving and promote health and well-being. The Fitness Pad is easy to store and can be used anywhere.

Product details:

- Material: special foam
- Dimensions (LxWxH): approx. 50x40x6 cm
- Dirt-repellent and easy to clean

Application possibilities:

- Balance exercises
- Coordination training
- Stabilization training
- Proprioceptive exercises
- Back training
- Fitness

The unstable balance trainer for effective holistic body training

With the TOGU Balance Pad you strengthen the muscles close to the joints (knee, ankle, hip, shoulder, spine). During the exercises the pad creates a slight instability, which is compensated by your movements for a constant stabilization - the balance trainer has excellent cushioning properties, which are gentle on your joints. The balance pad is also used in fitness workouts, athletic training and functional exercises. The TOGU Balance Pad is ideal as a combination device with a medicine ball, the TOGU Brasil or a Redondo Ball.

* Merchandise Manufactured in: Taiwan

Balance Block



The Balance Block - made in Germany - was specially developed for standing exercises on one leg at a time. Standing on an unstable surface gives body awareness an additional dimension and trains balance, sensorimotor function and mobility.

Through simple standing exercises, the muscles around the joints can also be trained. Ideal as an additional resource for ankle, knee and hip joints. Easy to clean and stack.

Technical details:

Size: approx. 33 x 15 x 7 cm

Weight: Approx. 895 g

Max. Load capacity: Approx. 150 kg

Blackroll® Block



Blackroll® Block is a multipurpose tool, which has an open flipside in which you can practically store your BLACKROLL® MINI or BLACKROLL® DuoBall & Ball.

use as self myofascial release tool: the BLACKROLL® BLOCK serves as a higher deck for pinpoint massage using a BLACKROLL® DuoBall or BLACKROLL® Ball (8 cm) or BLACKROLL® MINI (calves/achilles), targeting muscle groups that are otherwise hard to reach

functional training tool

use as a yoga block: for extension, support and easier balance in poses - suited for elevated seating/meditation as well

Possible combinations:

1 BLACKROLL® MINI with 1 BLACKROLL® Ball 8 cm

3 separate BLACKROLL® Balls 8 cm

1 BLACKROLL® DuoBall 8 cm and 1 BLACKROLL® Ball 8 cm

BLACKROLL® (Duo-)Ball / BLACKROLL® MINI must be bought separately. They are not included!

Size:

30 cm (l) x 15 cm (w) x 10 cm (h)

Made in Germany:

highest production quality

all rights reserved

quality management to DIN ISO 9001:2000

Green production:

energy saving production

100 % recyclable

free of propellants

free of chemicals

Hygiene:

inodorous

water resistant

easy to clean

easy sanitizable

Merchandise*: manufactured in Sri Lanka.

Dynamic Drums Sticks (1 Pair)



Drums Alive® Sticks (1 Pair)

Classic drum sticks made of wood - made in Germany - look as the most important accessories for the popular Drums fitness concept.

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* Merchandise Manufactured in: Taiwan

Top - XS



K-Active Tape Classic - 17m x 5cm – blue



K-Active Tape Classic - The original from Japan!

This Tape is a water-resistant, elastic and adhesive Kinesiologic Tape which can be worn on the skin for several days.

What is the Tape made of?

It consists of a cotton fabric and acrylic adhesive coating which will be activated by friction after application. After removal it does not leave any residue and does not contain latex.

Technical Details:

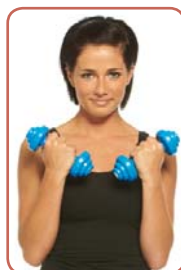
Size: 5m x 5cm

Color: beige, black, blue, green, pink

Size: 17m x 5cm

Color: beige, black, blue, green, pink.

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 knobbed area makes for a smooth, secure and anti-slip grip. Available in three weights.

Art.No. :	Colour:	Weight:	Packing unit
670250	springgreen	250 g	20
670500	pink	500 g	10
670100	blue	1000 g	6
Size:		ca. 13 x 4,5 cm Ø (250 g); ca. 19 x 7,5 cm Ø (500 g + 1000 g)	
Contents:		bulk	
Material:		Ruton with special weight-filling	

Trimpack®



Trimpack

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 Trimpacks in a right and dynamic way will cause the centrifugal mass inside the Trimpack to generate an impulse, thus leading to more muscle input and an acustic 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	

Senso® Massage Pad



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	

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