

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)

**Технические характеристики на  
ролики массажные, мезороллеры,  
твистеры, ручные тренажеры, бодироллы  
компании **TOGU****

## **Aero-Roll® Half-roll – black**



Product information "Semi Bodyroll"

As a small half-roll for self and external massage - made in Germany. Ideal for foot reflexology. More blood circulation and relaxation due to the wide contact surfaces and pleasant soft nubs.

With needle valve for individual pressure regulation.

Technical data:

Dimensions: 13 x 3 cm

Weight: approx. 220 g

Load capacity: approx. 200 kg

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## **Aero-Roll® - black 50 x 20 cm**



Product information "Aero-Roll®"

Aero-Roll®: The air-filled storage aid - made in Germany

Experience gentle support. Optimal adaptation due to the soft air filling. Provides for peace and well-being. Also ideal for applications in wet areas (no swimming aid).

Internal air pressure can be individually adjusted. Easy to clean - simply wash off.

Technical data:

Dimensions: 50 x 15 cm / 50 x 20 cm

Weight: approx. 1400 g / approx. 1850 g

Load capacity: approx. 200 kg

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# Blackroll® Deep Releazer



Product information "Blackroll® Deep Releazer"

Blackroll® Deep Releazer

While the RELEAZER features especially designed edges for a highly effective massage, the DEEP RELEAZER adds durable rubber nubs to target and loosen tight spots on an even deeper level. The DEEP RELEAZER's nubs are available in three different degrees of hardness and are ideal to treat the lower back, the hip, the thighs, and especially the neck.

Dimensions:

18,5 x 15,5 x 4,5 cm

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# Blackroll® Flow



Product information "Blackroll® Flow"

Revolutionary surface

Smooth rolling in one direction and active stimulation by a hard edge in the other

Multiplies the interaction between hydration and blood circulation

The BLACKROLL® FLOW combines contrasting effects into a harmonious whole: smooth rolling and powerful stimulation. The effects multiply: The fascia are rehydrated and the blood circulation of the tissue specifically stimulated. Faster rolling also generates a feeling of vibration, which is particularly useful for activation before exercise.

The new all-rounder

We recommend the BLACKROLL® FLOW to any engaged athlete who wants to maximize the effects of rolling for activation and recovery. The FLOW is based on the competent feedback of our experts in medicine and sports, and is entirely intuitive to use. It delivers palpable results fast, making it our newest all-rounder.

And of course, you can use it as a rolling pin in an emergency, too! But the BLACKROLL® FLOW is a much higher-precision tool, and its aligned edges permit a much more targeted approach. That gives you a far better pushing effect on tissue adhesions. If you've ever wanted to give it the edge to activate metabolism in the tissues, then you'll find it works much better with the FLOW.

Dr. biol. hum. Robert Schleip

Direktor Fascia Research Project, University Ulm

Technical details:

size: ca. 15 x 30 cm

colour: black

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## Blackroll® Groove Standard – orange



Product information "Blackroll® Groove Standard"

The Blackroll® Groove Standard

Structured surface for new stimuli

Average hardness

Vibration effect during fast rolling

Stronger massage effect

The BLACKROLL® GROOVE STANDARD has the same density level as the BLACKROLL® STANDARD, so it addresses a wide spectrum of applications. During fast rolling, the additional grooves on the surface cause a slight vibration effect, providing additional support for blood circulation of the tissues while warming up and stimulating the receptors in the connective tissues and muscles. The BLACKROLL® GROOVE STANDARD is particularly useful in performance sports.

For me, the BLACKROLL® products are the best invention in the last twenty years when it comes to prevention and rehabilitation. For so little money, you get the perfect, very stable, versatile piece of training equipment for working on the fascia.

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# Blackroll® Releazer



Product information "Blackroll® Releazer"

Deeply effective vibration massage

Up to 11 hours battery life

Combines massage with vibration

Improves tension and loosens the musculature

Increases mobility

The BLACKROLL® RELEAZER is a fascia massage device for the treatment of fascia and muscles. Using targeted pressure, massaging movements, and a deep-acting vibration massage, even severe adhesions of the fascial tissues can be smoothed out. The BLACKROLL®RELEAZER combines the technology of myofascial (self) massage with the advantages of vibration.

The RELEAZER has two easy-to-adjust vibration levels: Simple static vibration and wave-shaped, oscillating movements. Both types of massage improve the elasticity of the tissues and support blood circulation. The effect is more intensive for the oscillatory movements, however.

The intensity of the massage can also be regulated using the different treatment surfaces of the RELEAZER. The RELEAZER has two different shapes of convex sides and two edges. As an introduction to RELEAZER massage, we recommend the convex sides, and after longer experience with the BLACKROLL® RELEAZER, you can try the more intensive edges.

How to use the BLACKROLL® RELEAZER

The RELEAZER is suitable for both static and dynamic massages. The static massage releases points of stiffness. To do this, exert even pressure at the point of stiffness three times, then move to the next point. Dynamic use targets smoothing of the fascia. The movement can be carried out slowly or quickly. A faster movement leads to a more superficial massage effect in the upper layers of tissue. Moving more slowly allows you to achieve a greater depth effect with the massage.

Developed by pain therapist Christopher Gordon

The RELEAZER was developed by the well-known pain therapist Christopher Gordon (CIT). Gordon invested many years in the development of the perfect fascia massage tool. A clinical study conducted in 2015 (randomized, double blind, standardized), presented at the Fascia World Congress in Washington, clearly demonstrated its therapeutic success.

The RELEAZER:

Can accelerate general recovery.

Massively increases perfusion in the tissues treated.

Supports cell recovery.

Improves the elasticity and capacity of the tissues.

Significantly improves mobility.

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# Blackroll® Needleroller



Product information "Blackroll® Needleroller"

BLACKROLL® NEEDLEROLLER

Stimulation of the surface fascia layers

You'll feel the tingling, perfusion-supporting effect immediately

Can regulate collagen and elastin production

The stimulation of surface fascia with the BLACKROLL® NEEDLEROLLER has a variety of effects. The nerve endings in the skin and upper layers of the fascia are stimulated. The tissues will be optimally prepared for subsequent therapeutic treatments. The tingling, perfusion-supporting effect is felt immediately. In combination with treatment of deeper layers of tissue, the BLACKROLL® NEEDLEROLLER can regulate the production of collagen and elastin.

Applications of the BLACKROLL® NEEDLEROLLER

The pressure of the BLACKROLL® NEEDLEROLLER can be dispensed with great precision. Roll it back and forth on the skin to stimulate the free nerve endings in the skin. The NEEDLEROLLER is particularly well-suited for stimulating the reflex and acupuncture zones. It is also perfect for preparing to work with the BLACKROLL® STANDARD, the BLACKROLL® MINI, the BLACKROLL® DUOBALL, and the BLACKROLL® RELEAZER, but it can also be used after rollout.

The BLACKROLL® NEEDLEROLLER is a great tool for anybody who wants to lead a healthy lifestyle. Its efficiency is just as unique as its simplicity and reliability of use. Its effectiveness is based on a combination of reflex zone activation and mechanical and biochemical reaction to thousands of metal needles. “

Nikolay Lyapko, medical specialist and developer of Dr. Lyapko applicators

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# Blackroll® Twister



Product information "Blackroll® Twister"

BLACKROLL® TWISTER for point-by-point deep stimulation

The revolutionary method of stimulating trigger points and connective tissue

The combination of pressure and rotation with the BLACKROLL® TWISTER releases fascial adhesions

The BLACKROLL® TWISTER is perfect for deep stimulation of targeted points

The BLACKROLL® TWISTER is your new secret weapon in fascial training, adding a new training tool to our line of foam rollers for the effective treatment of fascial adhesions. The TWISTER is relatively small and easy to transport, so it can be with you every day. Its effects on fascial treatment, however, are immense. The special knobby surface of the TWISTER and its ergonomically precise convex shape make the novel, point-by-point stimulation of the tissue and fascial adhesion possible.

Massage with more than just your body weight

In contrast with earlier products, the BLACKROLL® TWISTER doesn't just work under the pressure of your own body weight, but instead, thanks to its ergonomically precise convex shape and the special knobby surface, can be used for the point-by-point stimulation of different parts of the body. To do this, simply place the TWISTER on the location on the body to be treated. The knobs on the surface grip the skin and maximize the blood circulation of the tissue. This permits the targeted stimulation of trigger points and deep perfusion of the fascial tissue. The TWISTER is recommended both for professional therapeutic use and for myofascial applications performed at home. The BLACKROLL® TWISTER is also perfect for the treatment of tennis elbow, neck pain, and runner's knee.

"I like the idea of being able to "grip" the upper layer of the fascia in order to work specifically across the grain of the tissue.

Marcus Lindner, athletic trainer of the national basketball team and the Unics Kazan

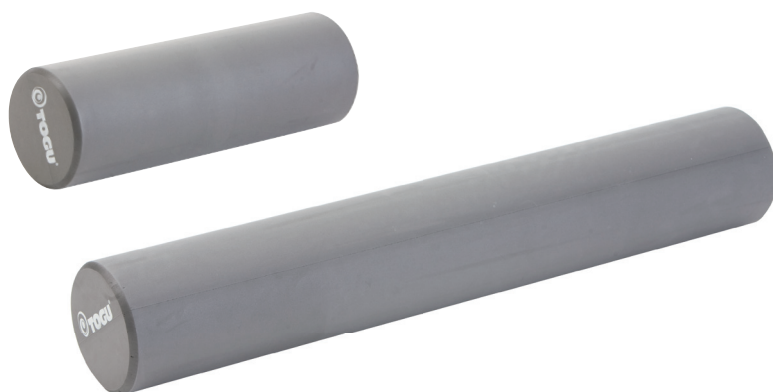
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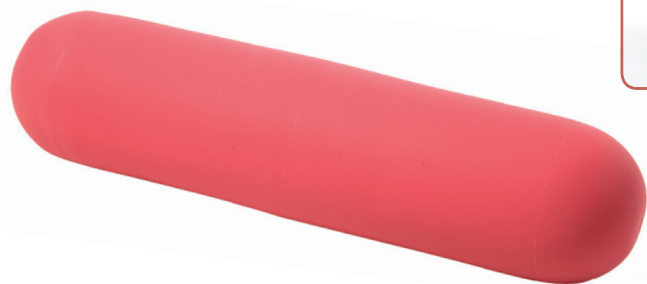
## Pilates Foamroller Premium



## OS Roller Premium



## Multiroll® functional & Multiroll „Mein Yoga“



### 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.

<b>Colour:</b>	purple
<b>Size:</b>	90 x 15 cm Ø
<b>Material:</b>	EVA Material
<b>Max. load:</b>	ca. 150 kg

### 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.

<b>Colour:</b>	anthracite
<b>Size:</b>	45 x 15 cm Ø; 90 x 15 cm Ø
<b>Material:</b>	EVA (0,038 g/cm³)
<b>Max. load:</b>	ca. 150 kg

### Multiroll functional & Multiroll „Mein Yoga“

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.

Also available as „Multiroll Mein Yoga“

Yoga and gymnastics - the new air-filled yoga roll „Multiroll® mein Yoga“  
With the air-filled yoga roller Multiroll® mein Yoga - made in Germany - you can integrate various gymnastic exercises in your daily training. Find your center and activate body and mind. The movement concept „mein Yoga“ contains elements of classical yoga, modified by harmonious gymnastics sequences. This makes it simple and challenging at the same time. Contents are e.g. Yoga as back training, Fascia Yoga and Figure Yoga.

The exercise programs are available online for free.

<b>Colours:</b>	black, silver, red; Multiroll „Mein Yoga“: black
<b>Size:</b>	80 x 18 cm Ø
<b>Material:</b>	Ruton
<b>Max. load:</b>	ca. 200 kg

## TOGU® Blackroll®



## Actiroll® Wave



### TOGU Blackroll

The original TOGU Blackroll - made in Germany - in standard size 30x15cm weighs only approx. 150 grams and serves as a regeneration tool for effective self-massage. With the handy and light fascia roll, also available in a 20% softer version (Blackroll Soft), the blood circulation can be stimulated and the muscles relaxed. Adhesions of the connective tissue can be loosened. At the same time, the core muscles, which are important for everyday life and sport, can be stabilised. Blackroll and Blackroll Soft are also available in 45cm length.

The Blackroll Mini is especially suitable for hand and foot reflexology applications.

The fascia ball is easy to use and serves as a self-massage tool for regeneration and relaxation. The Blackroll Duoball is the ideal training device for selective self-massage of the back and neck. Like the Blackroll Standard, the Duo Ball is especially suitable for use on the wall or on the floor. Both Blackroll Ball and Duoball are available in two sizes with 8 and 12cm diameter. With Blackroll training devices you can improve your general mobility and relax tensions of muscles and the connective tissue.

The material EPP is robust and easy to clean, skin-friendly, odourless and 100% recyclable.

You can find more Blackroll articles on [www.togu.de](http://www.togu.de) and in our order manual.

- 1) TOGU Blackroll (2 Sizes)
- 2) TOGU Blackroll Mini
- 3) TOGU Blackroll Soft (2 Sizes)
- 4) TOGU Blackroll Ball (2 Sizes)
- 5) TOGU Blackroll Duoball (2 Sizes)

Product:	Size ca.:
TOGU Blackroll / TOGU Blackroll soft	30 cm x 15 cm Ø, 45 cm x 15 cm Ø
TOGU Blackroll Mini	15 cm x 5,5 cm Ø
TOGU Blackroll Ball	8 cm Ø, 12 cm Ø
TOGU Blackroll Duoball	8 cm Ø, 12 cm Ø
<b>Colour:</b>	black, white with grey (TOGU Blackroll Soft)
<b>Material:</b>	EPP

### Actiroll Wave

The Actiroll Wave – made in Germany – is a air-filled regeneration tool for self-massage and myofascial release and relaxation. Compared to foam rolls, there is no material fatigue.

It can be adjusted easily by using the attached hand pump to different hardness. So Actiroll is perfect to reach new progressions in exercises and to be used by different individuals. The air-filling causes an absorbing effect. Therefore it is also allowed and recommended to roll and move even on joints and vertebral bodies.

The wave-like structured surface enables to a more effective and smooth and deeply working massage. This roll offers a variety of use in training. The Actiroll is light, easy, long-lasting and space saving to use. Due to a massage on the roll under use of your own body weight adhesions and tensions can be solved. Therefore your blood circulation can be improved. The Actiroll Wave is used in fascia fitness and training. The material Rulon is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

Application: at home and training

Inflate and deflate:

To de- or inflate the Actiroll please use the attached original TOGU ball pump for needle valves (Art.nr. 904400). Important: Moisten the needle and insert the needle straight and carefully into the valve.

<b>Colour:</b>	black, green, red
<b>Size:</b>	15 x 6,5 cm (S), 30 x 11,5 cm (M), 53 x 23 cm (L - only in black)
<b>Material:</b>	Rulon
<b>Max. Load:</b>	up to ca. 150 kg

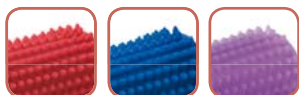
## Bantoo® Roller



## Bodybone® & Bodybone® XL



## Bodyroll - set of 2



### Bantoo Roller

The new Bantoo Roller is an air-filled knobby roll made of Ruton. The material is odorless, extremely durable and can bear a weight of at least 150kg. The product is free of forbidden phthalates and latex.

Bantoo Roller activates and animates your body touching the reflex zones and promotes the blood circulation. A good blood circulation can help to accelerate the healing process of injuries and affects prophylactically to your health. The device is mainly used for self-massage. After a long hard day at work you remember to the feeling, bare-foot, mindful and healthy to walk. You are feeling well and relaxed. You don't need special handling or massage techniques for use. Just lay the device on the floor and roll your foot direction on the Bantoo Roller. Take attention to the feeling that spread now through your body. Depending on your own feeling you can push harder or less hard with your body weight on the Bantoo Roller. You can use them in standing or sitting position.

The delivery package includes a detailed instruction with massage proposals and an overall view of the hand and foot reflex zones.

Bantoo is easy, well-being and relaxation pure.

<b>Art.No.:</b>	<b>Colour:</b>
470690	red
<b>Size:</b>	ca. 11 cm x 4,5 cm Ø
<b>Packing Unit:</b>	10
<b>Contents:</b>	in a polybag with instructions
<b>Material</b>	Ruton

### Bodybone & Bodybone XL

The Bodybone – made in Germany – is an outstanding and anatomically aligned tool.

It 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 lumbar spine area, as well as muscles on the surface and extremities.

The bodybone is filled with special weight material.

In size XL which is exclusively filled with air, it is 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:	Colour:	PU:
410431	Bodybone	ca. 15 x 6,5 cm / ca. 430 g	silver-grey	6
410432	Bodybone	ca. 15 x 6,5 cm / ca. 430 g	red	6
410440	Bodybone XL	ca. 26 x 14 cm	silver-grey	2
<b>Contents:</b>		in a box		
<b>Material Bodybone:</b>		Ruton with special weight-filling		
<b>Material Bodybone XL:</b>		Ruton with plug- and needle-valve		
<b>Max. Load:</b>		ca. 200 kg		

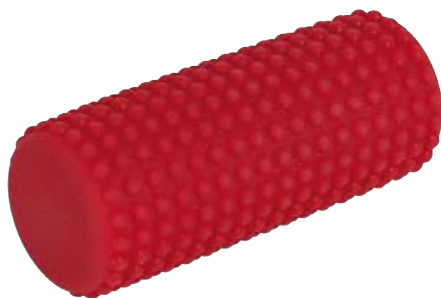
### Bodyroll in a set of 2

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

<b>Art.No.:</b>	<b>Colour:</b>
460200	red, blue, amethyst
<b>Size:</b>	13 x 6 cm
<b>Packing unit:</b>	10
<b>Contents:</b>	in deco-box with exercise poster
<b>Material:</b>	Ruton
<b>Max. load:</b>	ca. 150 kg



## Bodyroll Senso® in a Set of 2

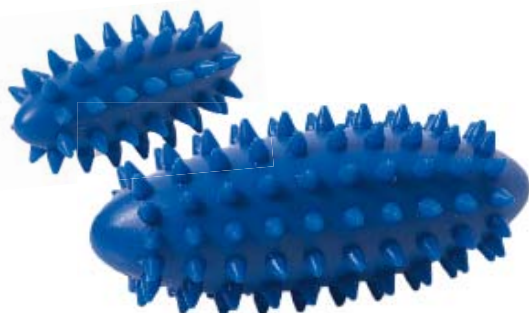


### Bodyroll Senso Set of 2

The new Bodyroll Senso – made in Germany – 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.

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

## Knobbed ball long

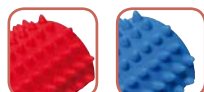


### Knobbed ball long

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.

<b>Art.No.:</b>	<b>Colour:</b>	<b>Size:</b>
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
<b>Packing unit:</b>	50 for 4707	
<b>Contents:</b>	bulk	
<b>Material:</b>	Ruton	
<b>Max. load:</b>	ca. 150 kg	

## Semi Bodyroll



### 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.

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

Senso® Walking Trainer in a set of 2



Senso Walking Trainer in a set of 2

The Senso Walking Trainer – made in Germany - from the sports ball range "knobbed ball long" is used for strengthening fingers, hand and forearm muscles and improves blood circulation. The pleasant Senso knobs stimulate the self-perception and the ergonomic shape facilitates application. The "little coaches" in the set of 2 for walking or jogging , which can help in particular to avoid cold hands while training outdoors. The Plus version (each with a weight of 250g) additionally activate back and core musculature. The Senso Walking trainer can also be used for rolling exercises as massage tool. Simple and uncomplicated to use and hygienic for massage at home, in rehabilitation and physiotherapy.

Available in 2 Sizes:

**Senso Walking Trainer Light:** air filled and smaller (ca. 4 x 7 cm)

**Senso Walking Trainer Plus:** with a weight of ca. 250 g and bigger (ca. 5 x 11 cm)

Art.No.:	Colour:	Size/Name:	PU:
470500	red, blue, green, blue-purple, pink, silver	light (4x7cm)	20
470600	red, blue, green, blue-purple, pink, silver	plus (5x11cm)	10
Contents:	set of 2		
Material:	Ruton		
Specials:	also available in bulk, see Senso Hand Trainer		

Senso® Hand Trainer



Senso Hand Trainer Light & Senso Hand Trainer Plus

The Senso Hand Trainer – made in Germany - from the sports ball range "knobbed ball long" is used for strengthening fingers, hand and forearm muscles and improves blood circulation. It can therefore help in particular to avoid cold hands. The pleasant Senso knobs stimulate the self-perception and the ergonomic shape facilitates application. The Senso hand trainer can also be used for rolling exercises as massage tool.

Simple and uncomplicated to use and hygienic for massage at home, in rehabilitation and physiotherapy.

The knobbed ball with an ergonomic form.

Available in 2 Sizes:

**Senso Hand Trainer Light:** air filled and smaller (ca. 4 x 7 cm)

**Senso Hand Trainer Plus:** with a weight of ca. 250 g and bigger (ca. 5 x 11 cm)

Art.No.:	Colour:	Size/Name:	PU:
470510	red, blue, green, blue-purple, pink	light (4x7cm)	50
470511	silver	light (4x7cm)	50
470610	red, blue, green, blue-purple, pink	plus (5x11cm)	30
470611	silver	plus (5x11cm)	30
Contents:	bulk		
Material:	Ruton		
Specials:	also available as a set of 2 , see Senso Walking Trainer		

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 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](http://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	10
Material:	Ruton	

## TOGU® Brasil® set of 2



MADE IN GERMANY  
30-Jahre-Garantie

## TOGU® Brasil® Aqua



## Actiroll® Rumble



### 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

<b>Art.No.:</b>	<b>Colour:</b>
470636	green
<b>Size:</b>	2 x ca. 270 g
<b>Packing unit:</b>	10
<b>Contents:</b>	in a polybag with exercise poster, yellow rubber band
<b>Material:</b>	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.

<b>Art.No.:</b>	<b>Colour:</b>
470666	green
<b>Size:</b>	2 x ca. 270 g
<b>Packing unit:</b>	10
<b>Contents:</b>	in a polybag incl. 2 safety straps and training chart
<b>Material:</b>	Ruton

The Actiroll Rumble – made in Germany – is a new air-filled and hard regeneration tool for self-massage and myofascial release and relaxation. Compared to foam rolls, there is no material fatigue.

It can be adjusted easily by using the attached hand pump to different hardness. So Actiroll is perfect to reach new progressions in exercises and to be used by different individuals. The air-filling causes an absorbing effect. Therefore it is also allowed and recommended to roll and move even on joints and vertebral bodies. The knobby structured surface enables to a more effective and deeply working massage.

The Actiroll Rumble is light, easy, long-lasting and space saving to use. Due to a massage on the roll under use of your own body weight adhesions and tensions can be solved. The structured surface enables to a more effective and pleasant massage. Therefore your blood circulation can be improved. The Actiroll Rumble is used in fascia fitness, training and therapy. The material Ruton is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

Application: at home, rehabilitation an therapy

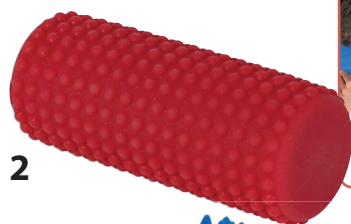
Inflate and deflate:

To de- or inflate the Actiroll please use the attached original TOGU ball pump for needle valves (Art.nr. 904400). Important: Moisten the needle and insert the needle straight and carefully into the valve.

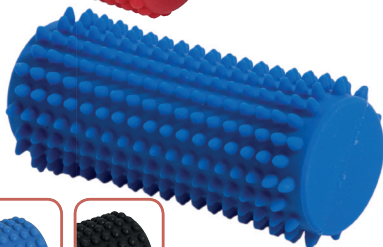
<b>Art.No.:</b>	<b>Colour:</b>	<b>PU:</b>	<b>Size :</b>
465330	black, green, red	4	ca. 30 x 13 cm Ø (Size M)
465340	black	2	ca. 53 x 26 cm Ø (Size L)
<b>Contents:</b>	in a polybag, incl. pump and training chart		
<b>Material:</b>	Ruton		
<b>Max. Load:</b>	ca. 200 kg		



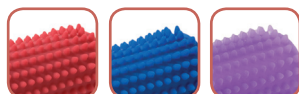
## Bodyroll & Bodyroll Senso®



2



1



MADE IN GERMANY  
30-Jahre-Garantie

### Bodyroll & Bodyroll Senso in a set of 2

The Bodyroll and Bodyroll Senso – made in Germany – as air-filled and easy to use massage tool can improve blood circulation. The massage roll for the entire body. Soft, gentle knobs. 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. Roll – enjoy. Simple and effective.

Bodyroll and Bodyroll Senso are delivered in a set of 2.

- 1) Bodyroll
- 2) Bodyroll Senso

Colour:	red, blue, amethyst (Bodyroll); red, blue, black (Bodyroll Senso)
Size:	13 x 6 cm
Material:	Ruton
Max. load:	ca. 150 kg

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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  
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