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Технические характеристики на наборы для упражнений (кардио, фитнес и др.) компании **TOGU**

TOGU Club Fitness Set Basic



The TOGU Club Basic Set is the perfect way to start your training.

Delivery content:

- Redondo Ball Plus
- Dynair Ballkissen Senso 33 cm
- Brasil 2er-Set
- 2 x Theragym Loop yellow/light
- 2 x Theragym Band 240 x 7,5 yellow/light
- Stonies 1 kg

Knie Set



Content:

- Aero Step Pro
- Dynair Senso ball cushion 33 cm
- Theragym Powerband 120 cm blue

Recommended exercise programs and training devices for the knee joint

The knee joint is the largest joint in the human body. As a compound joint, it consists of several individual joints between the upper and lower leg. Frequently, the knee joint not only causes specific injuries in sports, but also general misuse or overloading with negative, painful effects in everyday life.

Similar to the ankle joint, the knee joint can also be trained positively in terms of stability and mobility through balance and coordination exercises. Balance training is at the same time training of strength and sensorimotor functions. In simple terms, sensorimotor function is the interaction between the sensory (e.g. nerve tracts) and motor (e.g. muscles, tendons, ligaments) performance of the body. You train on the air-filled and therefore unstable TOGU pads not only your ability to balance, but also your nervous system and the deeper lying musculature, which provides mobility and stability of your joints.

The 15-minute knee program developed by the team doctor of the German national snowboarding team Dr. Sommer, which you can download here free of charge online and easily integrate into your everyday life, contains such exercises. It can also be carried out by untrained persons. By using the TOGU knee equipment set, which is adapted to this program, the training stimuli are even more intensive. Further articles, which you find in this category, are also suitable for the application in this area.

Dr. Gerrit Sommer:

"The ingenious thing about the healthy training concept is the optimal combination of perfect training equipment and easy implementation for the patient. This is complemented by a unique combination of exercises tailored to the specific disease, injury or desire to lose weight. This makes training possible for young and old alike".

No matter whether you use the program for prevention or only become active after a health problem has occurred: If you have any complaints, always consult your doctor or physiotherapist for advice. Healthy training offers you a solution that you can carry out independently in everyday life as a supplement to therapeutic treatment.

- made in Germany –

LWS Set



Product information "LWS Set"

The lumbar spine (lumbar spine) is the lower section of the spine. In humans it consists of five vertebrae, the lumbar vertebrae. The lumbar vertebrae are highly stressed by the upright gait and form the basis of the trunk. This is where painful irritations often occur. Colloquially known as "low back pain", we know the wide range of pain from simple muscular pain syndrome to damaged discs with neurological deficits.

Strengthening exercises strengthen the back muscles and movement relieves the intervertebral discs and promotes blood circulation. The use of the lumbar spine equipment set intensifies the sensorimotor training stimuli even more. On the air-filled and therefore unstable surfaces you not only train your ability to balance, but also your nervous system and the deeper lying muscles around the spine, which provide stability.

Uwe Veronik, Uwe Veronik Physiotherapy Centre, Munich:

"The TOGU Jumper is an ideal training device for our orthopaedic-traumatological oriented centre for physiotherapy. The versatility in the areas of strength, stabilization and endurance is looking for something comparable. The possibilities in combination with the trampoline effect are great in rehabilitation and prevention."

The 15-minute program, which you can download here free of charge online and easily integrate into your everyday life, contains such exercises. It can also be done by untrained people. Other articles you will find in this category are also suitable for this area.

No matter whether you use the program for prevention or only become active after the occurrence of a health problem: If you have any complaints, please always ask your doctor or physiotherapist for advice. Healthy exercise offers you a solution that you can carry out independently in your everyday life as a supplement to therapeutic treatment.

Training set consisting of: Aero-Step Pro, Dynair ball cushion Cardo and Bodybone

- made in Germany -.

Mentale Fitness Set



The back with the back muscles and the spine literally form the backbone of every human being. And who does not know them: back pain. Younger people are more often affected than older people. The good news is that over 90 percent of all back pain is uncomplicated. Only rarely are there serious illnesses.

That's why those affected can do a lot themselves to make sure that the complaints soon disappear again. Back pain can have both physical and psychological causes - and often these factors influence each other. The most common cause is muscle tension due to poor posture, one-sided strain and lack of exercise. The muscles are unevenly loaded.

Strengthening exercises strengthen the back muscles and exercise relieves the intervertebral discs and promotes blood circulation. The use of the Back Equipment Set intensifies the sensomotoric training stimuli even more. In simple terms, sensorimotor activity is the interaction between the sensory (e.g. nerve tracts) and motor (e.g. muscles, tendons, ligaments) performance of the body. You train on the air-filled and therefore unstable TOGU pads not only your ability to balance, but also your nervous system and the deeper lying muscles around the spine, which provide stability.

The 15-minute program, which you can download here free of charge online and easily integrate into your everyday life, contains such exercises. It can also be done by untrained persons. Other articles you will find in this category are also suitable for back training and back school.

It doesn't matter if you use the program for prevention or only become active after a health problem has occurred: If you have any complaints, please always ask your doctor or physiotherapist for advice. Healthy training offers you a solution that you can carry out independently in your everyday life as a supplement to therapeutic treatment.

- made in Germany -

Office-Fitness Set



Set includes:

Dynair® Keilballkissen® Premium dark-red

Aero-Step® One, Level 1 red

Anti-Stress-Ball ruby-red

The ideal set for active sitting, stress management and more exercise in the workplace, made in Germany!

The Dynair® Wedge Ballkissen® Premium - made in Germany - is an inflated and dynamic therapy and training tool made of high-quality Rulon and is shaped like a wedge. It is a space saving alternative to an exercise ball and is being used as an unstable surface for back and fitness training. It features a needle valve for regulating the air charge. The Dynair® Wedge Ballkissen® can bear a weight of max. 500kg. The material is odorless and free of latex and forbidden phthalates. The manufacturer offers a 30 year warranty for the product.

A soft and pleasant Anti-Stress-Ball - made in Germany - for squeezing, working and strengthening the whole finger and hand musculature. The soft material causes a perfect distribution of pressure on the whole palm of your hand. Very suitable for complementary exercises to dissolve finger, hand, and lower arm strains. At the office, to overcome stress or to reduce tension. Hygienic and washable. Includes as a special feature a needle valve to adjust pressure and size.

The new Aero-Step One - made in Germany - is an air-filled and individually adjustable balance training device. Train your strength, balance, coordination and your agility in everyday life. The sensorimotor system and body awareness can also be improved. The Aero-Step one offers you even more flexibility and versatility in training and therapy. It is space-saving, ideal to clean and easy to stack. The Aero-Step One is the ideal, complementary element in occupational health promotion and physiotherapy for ankle, knee and hip rehabilitation. The concentration, e.g. in the workplace is promoted by short training units. As a dynamic underlay, it allows maximum training, particularly in the area of foot and leg axis training. Suitable for therapy and rehabilitation, in fitness or at home. The material Rulon is odorless, very durable, loadable up to 150 kg and 100% recyclable.

Rücken Set



Content:

- Aero Step XL
- Bodyroll
- Senso Walking Trainer plus

Recommended exercise programmes and training equipment for nervous system disorders

The task of the nervous system is to receive and process information about the environment and the organism, i.e. stimuli, and to induce reactions in order to react to changes. In the human nervous system, the conduction of neurons can be divided into afferences (from the sensors to the brain) and efferences (from the brain to the effectors, e.g. muscles).

Diseases of the nervous system often have far-reaching consequences and greatly limit the patient's ability to act. One example is Parkinson's disease, which is associated with the loss of specific brain cells.

Training balance also means training sensorimotor functions. In simple terms, sensorimotor function is the interaction between sensory (e.g. nerve tracts) and motor (e.g. muscles, tendons, ligaments) performance of the body. You train on the air-filled and therefore unstable surfaces of TOGU not only your ability to balance but also your nervous system, as new stimulus information (e.g. to get out of balance during a simple movement) has to be processed.

The 15-minute program, which you can download here for free online and easily integrate into your daily life, contains such exercises. It can also be carried out by untrained persons. Other articles you will find in this category are also suitable for this area. If you have an existing nervous system disorder, your doctor can give you individual recommendations for the program presented here.

Dr. med. Gerrit Sommer:

"The ingenious thing about the healthy training concept is the optimal combination of perfect training equipment and easy implementation for the patient. This is complemented by a unique combination of exercises tailored to the specific illness, injury or desire to lose weight. This makes training possible for young and old alike".

No matter whether you use the program for prevention or only become active after a health problem has occurred: If you have any complaints, always consult your doctor or physiotherapist for advice. Healthy training offers you a solution that you can carry out independently in everyday life as a supplement to therapeutic treatment.

- made in Germany -.

Sprunggelenk Set



Content:

- Balance Block
- Dynair Pro
- Bodyroll set of 2

Recommended exercise programs and training equipment for the ankle

The ankle joint is one of the most heavily loaded joints of the body because it has to carry the entire body load with every step and transfer it to the ground. Injuries, incorrect or excessive loads and the resulting problems in everyday life or when practising a sport are the almost logical consequence.

A stable and at the same time mobile ankle joint can be trained specifically through balance and coordination exercises as well as mobilisation.

Balance training is at the same time training of strength and sensorimotor functions. In simple terms, sensorimotor function is the interaction between the sensory (e.g. nerve tracts) and motor (e.g. muscles, tendons, ligaments) performance of the body. You train on the air-filled and therefore unstable TOGU pads not only your ability to balance, but also your nervous system and the deeper lying musculature, which provides mobility and stability of your joints.

The 15-minute ankle joint program developed by the team doctor of the German national snowboarding team Dr. Sommer, which you can download here free of charge online and easily integrate into your everyday life, contains such exercises. It can also be carried out by untrained persons. By using the TOGU Ankle Equipment Set, which is specially designed for this purpose, the training stimuli are intensified even more.

Dr. med. Gerrit Sommer:

"The ingenious thing about the healthy training concept is the optimal combination of perfect training equipment and easy implementation for the patient. This is complemented by a unique combination of exercises tailored to the specific disease, injury or desire for weight reduction. This makes training possible for young and old alike".

No matter whether you use the GT program for prevention or only become active after a health problem has occurred: If you have any complaints, always consult your doctor or physiotherapist for advice. Healthy training offers you a solution that you can use in your everyday life as a supplement to therapeutic treatment.

- made in Germany –

Sturzprophylaxe Set



Content:

- Aero Step XL
- Dynair ball cushion Cardo
- Theragym Powerband 120 cm blue

Recommended exercise programmes and training equipment for fall prevention

Falls are an ever-present danger in the lives of older people. The consequences are bruises or broken bones, but also psychological restrictions such as a reduced willingness to move again after a fall. Due to age, physical and mental performance naturally decreases. This makes it more difficult to master dangerous situations that were not a problem in younger years. However, the speed of this process can be influenced.

Balance training is at the same time training of strength and sensorimotor skills. In simple terms, sensorimotor function is the interaction between sensory (e.g. nerve tracts) and motor (e.g. muscles, tendons, ligaments) performance of the body. If this interaction no longer functions properly, the risk of falling increases. On the air-filled and therefore unstable surfaces of TOGU, you train not only your ability to balance, but also your reactions, the nervous system and the deeper lying muscles, which provide for the mobility and stability of your joints. Thus you get more movement security.

The 15-minute fall prophylaxis program developed by general practitioner Dr. med. Sommer, which you can download here free of charge online and easily integrate into your everyday life, includes such exercises. It can also be carried out by previously untrained people at any age. The fall prophylaxis set is specially designed for this purpose. Other articles you will find in this category are also suitable for use in this area.

Dr. med. Gerrit Sommer:

"The ingenious thing about the healthy training concept is the optimal combination of perfect training equipment and easy implementation. This is complemented by a unique combination of exercises that is tailored to the specific training goal. Thus, training for young and old is possible".

No matter whether you use the program for prevention or only become active after a health problem has occurred: If you have any complaints, please always ask your doctor or physiotherapist for advice. Healthy training offers you a solution that you can carry out independently in everyday life as a supplement to therapeutic treatment.

- made in Germany -

Nervensystem Set



Content:

- Aero Step XL
- Bodyroll
- Senso Walking Trainer plus

Recommended exercise programmes and training equipment for nervous system disorders

The task of the nervous system is to receive and process information about the environment and the organism, i.e. stimuli, and to induce reactions in order to react to changes. In the human nervous system, the conduction of neurons can be divided into afferences (from the sensors to the brain) and efferences (from the brain to the effectors, e.g. muscles).

Diseases of the nervous system often have far-reaching consequences and greatly limit the patient's ability to act. One example is Parkinson's disease, which is associated with the loss of specific brain cells.

Training balance also means training sensorimotor functions. In simple terms, sensorimotor function is the interaction between sensory (e.g. nerve tracts) and motor (e.g. muscles, tendons, ligaments) performance of the body. You train on the air-filled and therefore unstable surfaces of TOGU not only your ability to balance but also your nervous system, as new stimulus information (e.g. to get out of balance during a simple movement) has to be processed.

The 15-minute program, which you can download here for free online and easily integrate into your daily life, contains such exercises. It can also be carried out by untrained persons. Other articles you will find in this category are also suitable for this area. If you have an existing nervous system disorder, your doctor can give you individual recommendations for the program presented here.

Dr. med. Gerrit Sommer:

"The ingenious thing about the healthy training concept is the optimal combination of perfect training equipment and easy implementation for the patient. This is complemented by a unique combination of exercises tailored to the specific illness, injury or desire to lose weight. This makes training possible for young and old alike".

No matter whether you use the program for prevention or only become active after a health problem has occurred: If you have any complaints, always consult your doctor or physiotherapist for advice. Healthy training offers you a solution that you can carry out independently in everyday life as a supplement to therapeutic treatment.

- made in Germany -.

Burn-Out Set



Content:

- happyback Relax-Nex
- Jumper
- Senso Mat XL

Recommended exercise programs and training equipment for burn-out training

The burnout syndrome describes a state in which a person suffers from emotional exhaustion. If this condition becomes permanent, it can develop into serious psychosomatic illness or depression. The exhaustion is often triggered by overwork and stress and at the same time is becoming more and more intense. Regular stress reduction is the key to more serenity, well-being and a balanced life. Movement can be a method or part of a method to break the vicious circle of stress, overload and exhaustion.

The 15-minute anti-burnout program (see also Relaxation Program), which you can download here free of charge online and easily integrate into your everyday life, offers you such a method. It can also be carried out by untrained persons. By using the TOGU device set, the perception is addressed and light massage stimuli are set. It is also fun to balance on the air-filled jumper. Further articles you will find in this category are also suitable for the application in this area.

Dr. Gerrit summer:

"The ingenious thing about the Healthy Exercise concept is the optimal combination of perfect training equipment and easy practicability for the patient. This is complemented by a unique combination of exercises tailored to the specific disease, injury or desire to lose weight. This makes training possible for young and old alike".

No matter whether you use the program for prevention or only become active after a health problem has occurred: If you have any complaints, always consult your doctor or physiotherapist for advice. Healthy training offers you a solution that you can carry out independently in everyday life as a supplement to therapeutic treatment.

- made in Germany -

Diabetes TypII Set



Product information "Diabetes TypII Set"

Content:

- Aero Step Pro
- Brasil set of 2
- Theragym Powerband 120 cm blue

Recommended exercise programs and training devices for type II diabetes

Diabetes mellitus (colloquially called diabetes or diabetes disease) is the name for a group of metabolic diseases. There is a multitude of different types of diabetes. In simple terms, the problem consists of hyperglycaemia of the blood. Approximately 5 million Germans between the ages of 18 and 79 are affected by diabetes type II.

Since the health problems of this type only begin gradually, early treatment is beneficial: regular exercise plays an important role, along with other factors such as an appropriate diet.

The 15-minute exercise programme for this indication includes suitable exercises which can be carried out in consultation with your doctor. It can be accessed online here free of charge and is easy to integrate into your everyday life. The program is also suitable for untrained persons. The special Diabetes Type II set provides additional motivation for training and exercise. The air-filled training devices are also ideal for use in a group.

Dr. med. Gerrit Sommer:

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No matter whether you use the program for prevention or only become active after a health problem has occurred: If you have any complaints, always consult your doctor or physiotherapist for advice. Healthy training offers you a solution that you can carry out independently in everyday life as a supplement to therapeutic treatment.

- made in Germany -

Ellenbogen Set



Content:

- Brasil set of 2
- Senso Balance hedgehog (16 cm)
- Theragym Band 120 cm blue (strong)

Recommended exercise programs and training devices for the elbow

The elbow joint, like the other main joints, is a complex joint consisting of three partial joints with a common joint capsule. The flexion and extension of the forearm in relation to the upper arm takes place in this joint. The turning movements of the hand are also made possible in this joint by the rotational movement of the radius relative to the ulna.

The elbow joint is generally exposed to very high loads during sports, playing and physical work. Often bone fractures and dislocations are caused, for example, by a fall while cycling.

Simple pulling and rotating exercises can strengthen the mobility of this joint. The TOGU devices provide additional stimuli and train the sensorimotor system, which in simple terms represents the interaction between the sensory (e.g. nerve tracts) and motor (e.g. muscles, tendons, ligaments) performance of the body.

The 15-minute program developed by the team doctor of the German national snowboarding team Dr. Sommer, which you can download here free of charge online and easily integrate into your everyday life, contains such exercises. It can also be carried out by untrained persons. By using the TOGU Shoulder Equipment Set, which is specially designed for this purpose, the training stimuli are even more intensive. Other articles you will find in this category are also suitable for use in this area.

Dr. med. Gerrit Sommer:

"The ingenious thing about the healthy training concept is the optimal combination of perfect training equipment and easy implementation for the patient. This is complemented by a unique combination of exercises tailored to the specific illness, injury or the desire to lose weight. This makes training possible for young and old alike".

No matter whether you use the program for prevention or only become active after a health problem has occurred: If you have any complaints, always consult your doctor or physiotherapist for advice. Healthy training offers you a solution that you can carry out independently in everyday life as a supplement to therapeutic treatment.

-made in Germany-

Hand Set



Content:

- Brasil set of 2
- Redondo Ball (18 cm)
- Senso Ball mini, 11 cm red

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