

Архангельск (8182)63-90-72  
Астана (7172)727-132  
Астрахань (8512)99-46-04  
Барнаул (3852)73-04-60  
Белгород (4722)40-23-64  
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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  
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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

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## Healthy Sitting

### How long do you sit every day?

Our ancestors were most of the day „on their feet“. Nowadays we spend on average about 80% of our waking hours sitting. From a perspective of evolutionary theory one fact has not changed: The natural shape of our back and spine is not made for sitting, but for walking around.

### What does this mean for you?

Sitting for long periods and the resulting rigid posture as well as the lack of movement are responsible for many civilization diseases. Back pain is completely unknown to indigenous peoples, for example. Basically we all are able to walk and therefore able to do something good for our health and especially for our back.

### What happens to your spine during walking?

At every step you make, the spine and the surrounding muscles are automatically brought into rotation. This effect is referred to as spiral movement of the spine during walking.

In order to keep the spine intact, trained autochthonous muscles are required. These deeper-lying muscles around the spine stabilize your body and keep it at the same time flexible. If these muscles are weakened by non-use (e.g., too much rigid sitting), the consequences often occur in terms of back problems. After a long period of non-use, the stabilizing protective function of the autochthonous muscles does no longer exist. The superficial muscles have to take over this function which will eventually result in back pain due to muscle strains.

### How to prevent from backpain?

Option 1: About three to five hours of walking daily

Option 2: Action on what you do every day: sitting.

## Active-dynamic instead of passive-rigid sitting.

### What happens during active-dynamic sitting?

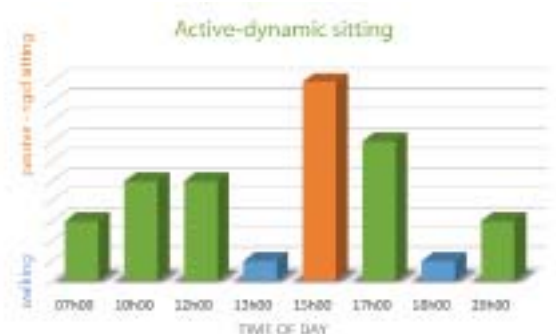
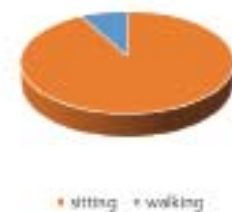
Constant compensating movements create an interaction of relaxation and exertion of the muscle groups in the back. The movement of the spine during walking is like simulated by active-dynamic sitting.

### Your benefit and positive effects on your health:

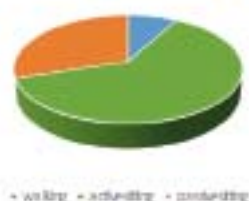
- Training of the autochthonous, stabilising back muscles and reduction of back pain due to muscle strains
- A general stabilisation of the spine at the base
- More flexible intervertebral discs through better supply of nutrients
- Relief of the internal organs
- Improved blood circulation also stimulates the cerebral metabolism processes which translates into increased concentration and perception



Relation Sitting - Walking



relation walking - active sitting - passive sitting



## Airgo® Active Seat Cushion



## Airgo® Active Back Cushion



## Airgo® Sit Ring



### Airgo Active Seat Cushion

The Airgo Active seat cushion - made in Germany - is a supple air-filled cushion for moving and healthy sitting. It keeps by small delicate movements that are incidentally performed without extra time effort, the spine and intervertebral discs sitting in swing. To sit pleasant and relaxed even during long sitting periods, such as when traveling, in the cinema or at the stadium. The Airgo Active seat cushion can also relieve the pelvic floor and the prostate. The deeper back muscles are activated and can be strengthened.

The anatomical shape ensures optimum pressure distribution. Just like the Dynair ball cushion the muscles of the spine compensate for the slightly wobbly surface. Rigid sitting is turned into healthy active-dynamic sitting.

Also available in the Comfort version with the soft climate cover made of special washable material. The cover ensures optimum air circulation and pleasant seating comfort.

| Art.No.:             | Name:                                 | Colour: |
|----------------------|---------------------------------------|---------|
| 401100               | Airgo Active Seat Cushion (1)         | silver  |
| 401120               | Airgo Active Seat Cushion (2)         | black   |
| 401300               | Airgo Active Seat Cushion Comfort (3) | black   |
| <b>Size:</b>         | 40 x 28 cm                            |         |
| <b>Packing unit:</b> | 4                                     |         |
| <b>Contents</b>      | in deco-box with pump                 |         |
| <b>Material:</b>     | Ruton                                 |         |
| <b>Max. load:</b>    | ca. 200 kg                            |         |

### Airgo Active Back Cushion

The Airgo Active back cushion - made in Germany - is a supple air-filled lordosis cushion for moving and healthy sitting. The Airgo supports the back constantly and precisely with every movement.

It keeps by small delicate movements that are incidentally performed without extra time effort, the spine and intervertebral discs sitting in swing. To sit pleasant and relaxed even during long sitting periods, such as when traveling, in the cinema or at the stadium. The Airgo® Active back cushion additionally promotes the upright seating position. The anatomical shape ensures optimum pressure distribution. The deeper back muscles are activated and can be strengthened. Rigid sitting is turned into healthy active-dynamic sitting.

Also available in the Comfort version with a soft, padded cover. The cover ensures pleasant seating comfort.

| Art.No.:             | Name:                                 | Colour: |
|----------------------|---------------------------------------|---------|
| 510000               | Airgo Active Back Cushion (1)         | black   |
| 510100               | Airgo Active Back Cushion Comfort (2) | black   |
| <b>Size:</b>         | 40 x 29cm                             |         |
| <b>VPE:</b>          | 5                                     |         |
| <b>Packing unit:</b> | in deco-box with pump                 |         |
| <b>Contents:</b>     | Ruton                                 |         |
| <b>Max load:</b>     | ca. 200 kg                            |         |

### Airgo Sit Ring

Unlike usual sit rings made of foam the new Airgo Sitring is made of Ruton and air filled. Equipped with a needle valve the air pressure can easily be adjusted by using a needle pump. The Airgo Sitring is extremely robust and long lasting, easy to clean and therefore hygienic. A tool which relieves effectively all kinds of sitting related problems.

Optional available with textile cover.

| Art.No.:             | Colour:                   |
|----------------------|---------------------------|
| 400640               | black, blue               |
| 400648               | black, blue; with cover   |
| <b>Size:</b>         | 40 x 45 cm                |
| <b>Packing unit:</b> | 4                         |
| <b>Contents:</b>     | in box with pump          |
| <b>Material:</b>     | Ruton                     |
| <b>Max. load:</b>    | ca. 200 kg                |
| <b>Specials:</b>     | also available with cover |



## Dynair® Ballkissen® Senso®



### Dynair Ballkissen Senso

The original Dynair Ballkissen Senso - made in Germany - is an air-filled seat cushion for active dynamic sitting. Also it is a tool for sensorimotor and proprioceptive training and therapy. As a simple and space-saving alternative to large exercise balls it is used for many different exercises while sitting, standing and lying. One side has a velvety smooth surface, the other is equipped with soft Senso knobs.

Through the air charge and the specific quality material dynamic sitting and exercising is possible: there are constantly and directly transmitted minimal movements to the body. This can incidentally activate the deeper back muscles and the sensorimotor system. It can be used everywhere - at home, in the office or while traveling - and allows a workout without any extra time effort. The aim is a better balance, a healthy, strong back and a stable and mobile core for a healthy body.

| Art.No.: | Colours:                                                                                                          | Size:       |
|----------|-------------------------------------------------------------------------------------------------------------------|-------------|
| 400270   | red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, sea-grass, misty-mountain, aubergine, basalt | ca. 33 cm Ø |
| 400370   | red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, sea-grass, misty-mountain, aubergine, basalt | ca. 36 cm Ø |
| 400900   | red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, sea-grass, misty-mountain, aubergine, basalt | ca. 39 cm Ø |

|                   |                                                          |
|-------------------|----------------------------------------------------------|
| <b>PU:</b>        | 5 with ca. 33 cm Ø / 4 with ca. 36 cm Ø and 39 cm Ø      |
| <b>Contents:</b>  | in deco-box with exercise poster                         |
| <b>Material:</b>  | Ruton, with needle valve                                 |
| <b>Max. load:</b> | ca. 200 kg (ca. 300 kg for Dynair Ballkissen Senso Plus) |
| <b>Specials:</b>  | AGR certificate                                          |

### Dynair Ballkissen

The original Dynair Ballkissen - made in Germany - is an air-filled seat cushion for active dynamic sitting. Also it is a tool for sensorimotor and proprioceptive training and therapy. As a simple and space-saving alternative to large exercise balls it is used for many different exercises while sitting, standing and lying.

Through the air charge and the specific quality material dynamic sitting and exercising is possible: there are constantly and directly transmitted minimal movements to the body. This can incidentally activate the deeper back muscles and the sensorimotor system. It can be used everywhere - at home, in the office or while traveling - and allows a workout without any extra time effort. The aim is a better balance, a healthy, strong back and a stable and mobile core for a healthy body.

## Dynair® Ballkissen®



| Art.No.: | Colours:                                                                                                                  | Size:       |
|----------|---------------------------------------------------------------------------------------------------------------------------|-------------|
| 400170   | red, green, blue, turquoise, pink, pearl, yellow, soft-violett (confetti), ice-blue (confetti), marble                    | ca. 30 cm Ø |
| 400200   | red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, soft-violett (confetti), ice-blue (confetti), marble | ca. 33 cm Ø |
| 400300   | red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, soft-violett (confetti), ice-blue (confetti), marble | ca. 36 cm Ø |

|                   |                                                     |
|-------------------|-----------------------------------------------------|
| <b>PU:</b>        | 5 with ca. 30 cm Ø und 33 cm Ø / 4 with ca. 36 cm Ø |
| <b>Contents:</b>  | in deco-box with exercise poster                    |
| <b>Material:</b>  | Ruton, with needle valve                            |
| <b>Max. load:</b> | ca. 200 kg                                          |
| <b>Specials:</b>  | AGR certificate                                     |

## Dynair® Cardo® Ballkissen®



## Dynair® Comfort Wedge-Ballkissen®



## Dynair® Wedge-Ballkissen®



### Dynair Cardo Ballkissen

Smooth, adjustable air cushion. Allows controlled dynamic sitting due to its square shape. Well suited for starting back training or therapy. Strengthens torso muscles. Keeps the vertebrae gently in motion and trains spinal musculature. Can help maintain an upright position. Especially designed for beginners and elderly.

|                      |                                         |
|----------------------|-----------------------------------------|
| <b>Art.No. :</b>     | <b>Colour:</b>                          |
| 400390               | black, blue, dark-red, terra, dark-blue |
| <b>Size:</b>         | 36 cm                                   |
| <b>Packing unit:</b> | 5                                       |
| <b>Contents:</b>     | in deco-box with exercise poster        |
| <b>Material:</b>     | Ruton                                   |
| <b>Max. load:</b>    | ca. 200 kg                              |
| <b>Specials:</b>     | with senso knobs                        |

### Dynair Comfort Wedge-Ballkissen

Perfect new solution for everybody who has to sit all day long and suffers from back pain. Easy to use on (nearly) every chair in the office, at home or on journey. The air-filled Dynair Comfort cushion is made of even softer and more comfortable foamed material. The renewed shape of the cushion got an additional integrated relief zone in the center. The Dynair Comfort makes the user sit in a active and dynamic way with balance effect at the same time. It is an ergonomic shaped and adjustable air cushion. Small unconscious movements are steadily necessary and lead to more balance and training of the deeper stabilizing back musculature. This can relieve back pain and support more upright position during a long work day.

|                      |                                           |
|----------------------|-------------------------------------------|
| <b>Art.No. :</b>     | <b>Colour:</b>                            |
| 400720               | blue, anthracite                          |
| <b>Size:</b>         | ca. 36 x 37 cm                            |
| <b>Packing unit:</b> | 4                                         |
| <b>Contents:</b>     | in deco-box with exercise poster and pump |
| <b>Material:</b>     | foamed Ruton, with needle valve           |
| <b>Max. load:</b>    | ca. 150 kg                                |

### Dynair Wedge-Ballkissen

Comfortable and dynamic sitting with balance effect. Ergonomically shaped adjustable air cushion. Strengthens back muscles, can help reduce back problems and promotes upright posture. The optimized weight distribution on the thighs helps the veins. Ideal combination of ball cushion and wedge cushion in one product. Perfect to use on the office chair, at school and at home.

Eu Patentno. 1616506

| Art.No.:          | Colours:                                                                                           | Size ca.:  |
|-------------------|----------------------------------------------------------------------------------------------------|------------|
| 400140            | red, green, blue, turquoise, pink, pearl, yellow                                                   | 29 x 29 cm |
| 400340            | black, blue, dark-red, terra, dark-blue, pink, pearl, sea-grass, misty-mountain, aubergine, basalt | 36 x 37 cm |
| 400160            | black, blue, dark-red, terra, dark-blue, pink, pearl, sea-grass, misty-mountain, aubergine, basalt | 37 x 40 cm |
| <b>PU:</b>        | 4 for 400340 and 400160, 5 for 400140                                                              |            |
| <b>Contents:</b>  | in deco-box with exercise poster and pump                                                          |            |
| <b>Material:</b>  | Ruton, with needle valve                                                                           |            |
| <b>Max. load:</b> | ca. 200 kg (ca. 300 kg for Dynair Wedge-Ballkissen Plus)                                           |            |

## happyback® Ballkissen®



happyback®

MADE IN GERMANY  
30-Jahre-Garantie

## Sitzball ABS®



## Back-Fit at Work: Balance Block & TOGU® Brasil®



recommended by

MADE IN GERMANY  
30-Jahre-Garantie

### happyback Ballkissen

Sit healthy and dynamic. In the office, at home or while traveling, you unconsciously train the deep muscles of the spine, thereby strengthening your back without having to spend additional time on exercises. Through the innovative seat cushion effect, the ball adapts individually to the personal body shape and optimizes the positive effects. Display available.

### happyback display

| Art.No.: | Name:                                | Contents:                     |
|----------|--------------------------------------|-------------------------------|
| 805027   | happyback display (delivered filled) | each 16 x 33 cm Ø and 36 cm Ø |

### happyback Ballkissen

| Art.No. : | Colour:          | PU: | Size ca.:   |
|-----------|------------------|-----|-------------|
| 400210    | blue, anthracite | 5   | ca. 33 cm Ø |

### happyback Ballkissen XL

| Art.No. : | Colour:          | PU: | Size ca.:   |
|-----------|------------------|-----|-------------|
| 400310    | blue, anthracite | 4   | ca. 336cm Ø |

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

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

**Max. load:** ca. 200 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-Material\*. \*see instruction for use

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

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:      | Size Ø: |
|---------|--------------|---------|
| 408460  | blue, silver | 45 cm   |
| 408560  | blue, silver | 55 cm   |
| 408660  | blue, silver | 65 cm   |
| 408760  | blue, silver | 75 cm   |

**Packing unit:** 4

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

**Material:** Crylon

**Max. load:** 500 kg loadable (120 kg ABS guarantee)

### Back-Fit at Work - Balance Block and TOGU Brasil

For an uncomplicated fitness session at your office workplace. Can increase the physical activity, concentration and balance (body and mind) without extra time required. Can avoid back pain same time by training deeper laying back musculature.

The practical movement program was developed by the Association of German Back schools (Bundesverband der deutschen Rückenschulen BdR e.V.) and is recommended for employees and employers.

Brasil and Balance Block are also available as extra devices:

Brasil in a set of 2 Art.No. 470636

Balance Block Art.No. 410480

| Art.No. : | Colour:               |
|-----------|-----------------------|
| 805029    | blue-purple and green |

**Size:** ca. 33 x 15 x 7 cm; 2 x ca. 270 gr

**Packing unit:** 1

**Contents:** Set of 2 Brasil and Balance Block incl. exercise poster

**Material:** Ruton

**Max. load:** ca. 150 kg





## *The fitness equipment with **antimicrobial** effect.*

The new Actisan Line offers you a clear competitive advantage over your competitors, since each of your customers automatically exercise on disinfected equipment. Even better, it is not necessary for you to clean each tool time consuming by hand.

In the future customers will exercise antimicrobial, since the Actisanized material is highly effective on an ionic basis against bacteria and other microorganisms. It continuously produces ions which are not harmful for humans. Thus it is more efficient than regular disinfectants and keeps up its effectiveness for more than 5 years.

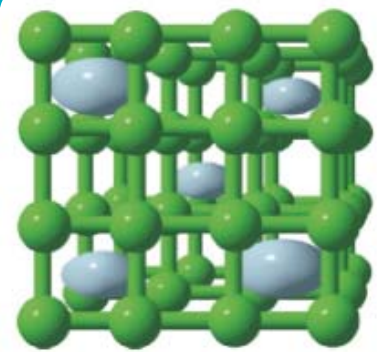
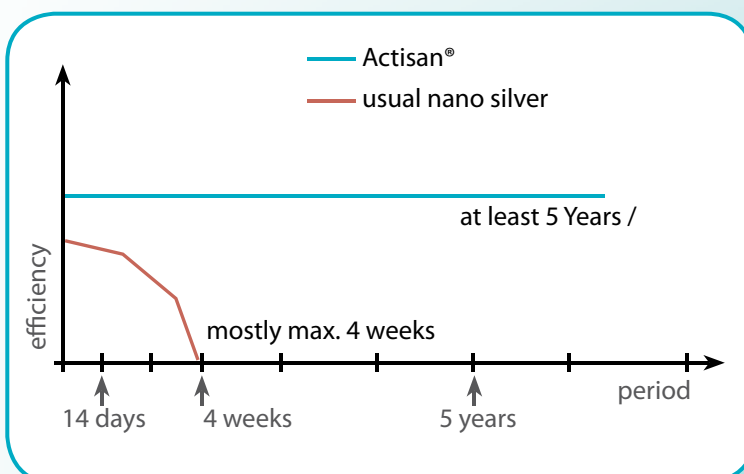
***actisan – safety for your customers!***

### **How actisan works?**

Synthetic materials with antimicrobial effect are being used for quite some time in the medical and clinic sector.

**The secret:** Actisan is an ingredient for the synthetic material used for the tools and highly effective against bacteria and other microorganisms on an ionic basis. It is constantly building up ions which are harmless for humans. These ions are attacking only the metabolism of the harmful organisms.

**What is remarkable about Actisan:** It 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.



Ions are embedded inside the material and are generated constantly new

## Aero-Step® Pro



## Dynair® Ballkissen® Senso® XL with actisan®



## Dynair® Ballkissen® XXL actisan®



## Jumper® actisan® & Jumper® Mini actisan®



### Aero-Step Pro

The new Aero-Step is more dynamic, bigger and more versatile. It can be used both sides up – 2 in 1, easy to clean and to store. Classic training tool with 2-chamber air-system as instable surface allows a training with maximum effect. Perception, sensori-motor function and stability will be activated and increased. The Aero-Step Pro can be used in variable standing, kneeling and lying positions. Equipped with more than 1000 Senso knobs for massage and enhancing blood circulation. Adapted for training, therapy and rehabilitation, in group fitness or at home. As it's predecessor it is recommended and certified as especially back friendly product by AGR. The Aero Step Pro is also available with antimicrobial effective actisan material in anthracite colour:

| Art.No.:          | Colour:                                   | PU: |
|-------------------|-------------------------------------------|-----|
| 420570            | anthracite (with actisan)                 | 4   |
| <b>Size:</b>      | 52 x 40 x 8,5 cm                          |     |
| <b>Contents:</b>  | in deco-box with exercise poster and pump |     |
| <b>Material:</b>  | Ruton                                     |     |
| <b>Max. Load:</b> | ca. 200 kg                                |     |

### Dynair Ballkissen Senso XL with actisan

The Dynair XL Ballkissen of the Actisan studio line unites training with energy and relaxing, stability and lability and each movement becomes a coordinative challenge which demands maximum performance on a wobbly ground. Now also available as self desinfecting training tool.

| Art.No.:             | Colour:                          |
|----------------------|----------------------------------|
| 420400               | anthracite                       |
| <b>Size:</b>         | ca. 36 cm Ø                      |
| <b>Packing unit:</b> | 4                                |
| <b>Contents:</b>     | in deco-box with exercise poster |
| <b>Material:</b>     | Ruton with actisan               |
| <b>Max. Load:</b>    | ca. 200 kg                       |

### Dynair Ballkissen XXL actisan

The Dynair XXL Ballkissen of the actisan studio line unites training with energy and relaxing, stability and lability and each movement becomes a coordinative challenge which demands maximum performance on a wobbly ground. Now also available as self desinfecting training tool.

| Art.No.:             | Colour:                                       |
|----------------------|-----------------------------------------------|
| 420410               | anthracite                                    |
| <b>Size:</b>         | ca. 50 cm Ø                                   |
| <b>Packing unit:</b> | 2                                             |
| <b>Contents:</b>     | in a decobox, with pump, with exercise poster |
| <b>Material:</b>     | Ruton with actisan                            |
| <b>Max. Load:</b>    | ca. 200 kg                                    |

### Jumper actisan & Jumper Mini actisan

TOGU Jumper – more dynamic effect – more fun. The multifunctional training tool and trampoline ball for Group Fitness, personal training, Sports specific training and physiotherapy.

The approved TOGU Jumper brings more efficiency and fun to Physiotherapy, Personal Training and GroupFitness. Safe training on an instable surface with trampoline effect for more strength, endurance and coordination. Jumper can be used both sides up. Now also available as self desinfecting training tool.

| Art.No.:             | Name:                                            | Size:                 | Max. load: |
|----------------------|--------------------------------------------------|-----------------------|------------|
| 420420               | Jumper actisan                                   | ca. 52 cm x max 24 cm | 200 kg     |
| 410330               | Jumper Mini actisan                              | ca. 36 cm x max 18 cm | 120 kg     |
| <b>Colour:</b>       | anthracite, with black plate                     |                       |            |
| <b>Packing unit:</b> | 2                                                |                       |            |
| <b>Contents:</b>     | in a box, with pump and exercise poster          |                       |            |
| <b>Material:</b>     | Ruton with actisan, fibre-glass reinforced plate |                       |            |

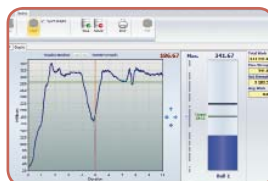
## Medicine Ball actisan®



## MyBall actisan®



## PAB® - pressure air biofeedback



### 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



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



actisan®

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



actisan®

## Topanga®



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) |           |     |

### Topanga

Fast, easy, everywhere.

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

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

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



**Healthy Training**

## Movement - remedy of the 21st century

### The Healthy Training concept

Healthy Training means movement in order to remain healthy or to regain your health. And Healthy Training means enjoyment – enjoyment of movement.

In cooperation with TOGU, doctors have developed the concept of „Healthy Training“ which resulted in a range of 15-minute movement programmes that you can be accessed online free of charge and easily integrated into your everyday life. Each programme has a certain training goal, e.g. stabilising the back, and is also easy to do for beginners. There is a device set suitable for each programme for increased effectiveness of the exercises.

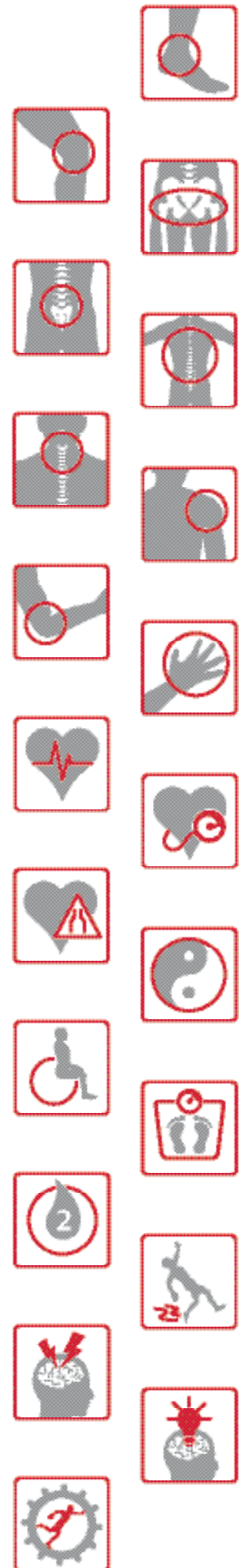
The TOGU training devices particularly support sensorimotor training. Here, the interaction of sensors (e.g. nerve pathways) and motor functions (e.g. muscles, fasciae, joints, bones) is targeted and improved. Irrespective of whether you use the Healthy Training programme for prevention or after symptoms have appeared: Please ask your doctor or physiotherapist for advice in case of problems or pain. Healthy Training offers a solution you can implement yourself in your everyday life or as a supplement to your professional therapeutic treatment.

Find your balance - Increase performance and well-being

Balance Training is also strength training. You don't only train your ability to balance but also your muscles, which ensure your flexibility and the stability of your joints. Strengthening the trunk and back muscles is decisive for your well-being and prevents backaches before they emerge. The proper training is less complicated and time-consuming than you might think. With sports equipment such as the TOGU Jumper Pro (suitable for beginners as well as competitive athletes and fitness professionals), you can reach this goal with simple exercises no matter where you happen to be.

### Balance Training can help you improve your well-being:

- Improved blood circulation
- Improved balance
- Improved reactivity and coordination
- Enhanced muscle strength
- Boosted brain and memory fitness
- More safety and agility in daily living movements
- Effective at any age and for any fitness level



## Healthy training



| INDICATION                         | Ankle joint | Knee | Hip | Lumbar spine | Back | Neck | Shoulder | Elbow | Hand | Cardio |
|------------------------------------|-------------|------|-----|--------------|------|------|----------|-------|------|--------|
| Aero Step XL                       | ○           | ○    | ○   | ○            | ○    | -    | ○        | ○     | -    | ○      |
| Aero Step Pro                      | ○           | ●    | ○   | ●            | ●    | -    | ○        | ○     | -    | ○      |
| Airgo Aktiv Sitzkissen (Comfort)   | -           | -    | ○   | ○            | ○    | -    | -        | -     | -    | -      |
| Airgo Aktiv Rückenkissen (Comfort) | -           | -    | -   | ○            | ○    | -    | -        | -     | -    | -      |
| Balance Block                      | ●           | ○    | ○   | -            | ○    | -    | -        | -     | -    | -      |
| Balanza                            | ○           | ○    | ○   | -            | -    | -    | ○        | -     | -    | -      |
| Balanza Freeride                   | ○           | ○    | ○   | -            | -    | -    | -        | -     | -    | -      |
| Balanza Ballstep                   | ○           | ○    | ●   | ○            | ○    | -    | -        | -     | -    | -      |
| Bodybone                           | -           | -    | -   | ●            | ○    | ○    | -        | -     | -    | -      |
| Bodybone XL                        | -           | -    | -   | ○            | ○    | -    | -        | -     | -    | -      |
| Bodyroll                           | ●           | -    | -   | ○            | ○    | ○    | -        | -     | ○    | ○      |
| Brasil 2er Set                     | -           | -    | -   | -            | ○    | ○    | ●        | ●     | ●    | ●      |
| Dynair Ballkissen                  | ○           | ○    | ○   | ○            | ○    | ○    | ○        | -     | -    | -      |
| Dynair Ballkissen Senso            | ○           | ●    | ●   | ○            | ○    | ○    | ○        | -     | -    | -      |
| Dynair Ballkissen Cardo            | ○           | ○    | ○   | ●            | ●    | ○    | ○        | -     | -    | -      |
| Dynair Keilballkissen              | -           | -    | ○   | ○            | ○    | ○    | -        | -     | -    | -      |
| Dynair Ballkissen XXL              | ○           | ○    | ○   | ○            | ○    | -    | ○        | ○     | -    | -      |
| Dynair Extreme                     | ○           | ○    | ○   | ○            | ○    | -    | ○        | -     | -    | -      |
| Dynair Pro                         | ●           | ○    | ○   | ○            | ○    | -    | ○        | -     | -    | -      |
| Dynair Pads                        | ○           | ○    | ○   | -            | ○    | -    | -        | -     | -    | ○      |
| Dynair Senso Mini 4er-Set          | -           | -    | -   | -            | -    | -    | ○        | ○     | ○    | -      |
| Dynair Walker                      | -           | ○    | ○   | ○            | -    | -    | -        | -     | -    | ○      |
| Geo Balance Igel 2er-Set           | -           | -    | -   | -            | -    | -    | ○        | ○     | -    | -      |
| happyback Relax Nex                | -           | -    | -   | -            | -    | ●    | -        | -     | -    | -      |
| Hot Shots                          | -           | -    | -   | -            | -    | -    | ○        | ○     | -    | -      |
| Jumper                             | ○           | ○    | ○   | ○            | ○    | ○    | -        | -     | -    | ●      |
| Jumper mini                        | ○           | ○    | ○   | ○            | ○    | ○    | -        | -     | -    | ○      |
| Lagerungshilfe Rolle               | -           | ○    | ○   | ○            | ○    | ○    | -        | -     | -    | -      |
| Lagerungshilfe Halbrolle           | -           | ○    | ○   | ○            | ○    | ○    | -        | -     | -    | -      |
| Massage Nex                        | -           | -    | -   | -            | ○    | ○    | -        | -     | -    | -      |
| Medizinball                        | -           | ○    | ○   | ○            | ●    | -    | ○        | ○     | -    | -      |
| Moonhopper (inkl. Sport)           | -           | -    | -   | -            | -    | -    | -        | -     | -    | ○      |
| Multiroll functional               | -           | -    | ○   | ○            | ○    | -    | ○        | ○     | -    | -      |
| Nex- Die Nackenstütze              | -           | -    | -   | -            | -    | ○    | -        | -     | -    | -      |
| Noppenball Klassik                 | -           | -    | -   | -            | -    | ○    | -        | -     | ○    | -      |
| Noppenball lang                    | -           | -    | -   | -            | -    | ○    | -        | -     | ○    | -      |
| Pendel Ball                        | -           | -    | ○   | ○            | ○    | ○    | -        | -     | -    | ○      |
| Powerball ABS                      | -           | -    | ○   | ○            | ○    | ○    | -        | -     | -    | ○      |
| Powerball Premium ABS              | -           | -    | ○   | ○            | ○    | ○    | -        | -     | -    | ○      |
| Powerball Challenge                | -           | -    | ○   | ○            | ○    | ○    | -        | -     | -    | ○      |
| Powerband /Theragym Band           | -           | ●    | ●   | ○            | ○    | ●    | ●        | ●     | ○    | ●      |
| Redondo-Ball                       | -           | -    | ○   | ○            | ○    | ○    | ●        | ○     | ●    | ○      |
| Relax Nex                          | -           | -    | -   | -            | -    | ○    | -        | -     | -    | -      |
| Senso Balance Bar                  | ○           | ○    | ○   | -            | -    | -    | -        | ○     | -    | -      |
| Senso Balance Igel                 | ○           | ○    | ○   | -            | -    | -    | -        | ●     | -    | -      |
| Senso Ball groß                    | -           | -    | -   | -            | -    | -    | -        | -     | -    | -      |
| Senso Ball mini                    | -           | -    | -   | -            | -    | -    | -        | ○     | ●    | -      |
| Senso Handtrainer light            | -           | -    | -   | -            | -    | -    | -        | -     | ○    | -      |
| Senso Handtrainer                  | -           | -    | -   | -            | -    | -    | ○        | ○     | ○    | ○      |
| Senso Massage Pad                  | -           | -    | -   | ○            | -    | -    | -        | ○     | -    | ○      |
| Senso Matte                        | ○           | ○    | ○   | ○            | -    | ●    | -        | -     | -    | ○      |
| Senso Venentrainer                 | ○           | ○    | ○   | -            | -    | -    | -        | -     | -    | ○      |
| Stonies-Der Toning Ball            | -           | ○    | ○   | ○            | ○    | ○    | ○        | ○     | ○    | ○      |
| Togu Balance Board                 | ○           | ○    | ○   | ○            | ○    | ○    | -        | -     | -    | -      |
| Touchball                          | -           | -    | -   | -            | -    | -    | -        | -     | -    | -      |



particularly suitable



suitable



not suitable

## Healthy training



| INDICATION                         | Hyper-tension | Vascular Calci-fication | Relaxation | for Wheelchair driver | Obesity | Type 2 diabetes | Burn-out | Mental fitness | Diseases of nervous system | Preven-tion of falls |
|------------------------------------|---------------|-------------------------|------------|-----------------------|---------|-----------------|----------|----------------|----------------------------|----------------------|
| Aero Step XL                       | ○             | ○                       | -          | -                     | -       | -               | -        | ●              | ●                          | ●                    |
| Aero Step Pro                      | ●             | ○                       | -          | -                     | -       | ●               | ○        | ○              | ○                          | ○                    |
| Airgo Aktiv Sitzkissen (Comfort)   | -             | -                       | ○          | -                     | -       | -               | -        | ○              | ○                          | -                    |
| Airgo Aktiv Rückenkissen (Comfort) | -             | -                       | ○          | -                     | -       | -               | -        | -              | -                          | -                    |
| Balance Block                      | -             | -                       | -          | -                     | -       | -               | -        | -              | -                          | ○                    |
| Balanza                            | -             | -                       | -          | -                     | -       | -               | ○        | -              | -                          | -                    |
| Balanza Freeride                   | -             | -                       | -          | -                     | -       | -               | ○        | -              | -                          | -                    |
| Balanza Ballstep                   | -             | -                       | -          | -                     | ○       | ○               | ○        | ○              | ○                          | ○                    |
| Bodybone                           | -             | -                       | ○          | ○                     | -       | -               | -        | -              | -                          | -                    |
| Bodybone XL                        | -             | -                       | ○          | ○                     | ○       | -               | -        | -              | -                          | -                    |
| Bodyroll                           | ○             | ○                       | ●          | ○                     | -       | ○               | -        | ○              | ●                          | -                    |
| Brasil 2er Set                     | ○             | ○                       | -          | -                     | ●       | ●               | ○        | ●              | ○                          | -                    |
| Dynair Ballkissen                  | -             | -                       | -          | -                     | -       | -               | -        | ○              | ○                          | ○                    |
| Dynair Ballkissen Senso            | -             | -                       | ○          | -                     | -       | ○               | -        | ○              | ○                          | ○                    |
| Dynair Ballkissen Cardo            | -             | -                       | -          | -                     | -       | -               | -        | ○              | ○                          | ●                    |
| Dynair Keilballkissen              | -             | -                       | ○          | -                     | -       | -               | -        | ○              | ○                          | -                    |
| Dynair Ballkissen XXL              | -             | -                       | ○          | -                     | ○       | -               | -        | -              | -                          | -                    |
| Dynair Extreme                     | -             | -                       | ○          | -                     | -       | -               | -        | -              | -                          | -                    |
| Dynair Pro                         | -             | -                       | -          | -                     | -       | -               | -        | -              | -                          | -                    |
| Dynair Pads                        | ○             | ●                       | -          | -                     | ○       | ○               | -        | -              | -                          | ○                    |
| Dynair Senso Mini 4er-Set          | -             | -                       | -          | -                     | -       | -               | -        | -              | -                          | -                    |
| Dynair Walker                      | ○             | ○                       | -          | -                     | ○       | ○               | -        | ○              | ○                          | ○                    |
| Geo Balance Igel 2er-Set           | -             | -                       | -          | -                     | -       | -               | -        | ○              | ○                          | -                    |
| happyback Relax Nex                | ●             | -                       | ●          | -                     | -       | -               | ●        | ○              | ○                          | -                    |
| Hot Shots                          | -             | -                       | -          | -                     | -       | -               | -        | ○              | -                          | -                    |
| Jumper                             | ○             | ○                       | -          | -                     | ●       | ○               | ●        | ○              | ○                          | ○                    |
| Jumper mini                        | ○             | ○                       | -          | -                     | -       | -               | -        | ○              | ○                          | -                    |
| Lagerungshilfe Rolle               | -             | -                       | ○          | ○                     | -       | ○               | -        | -              | -                          | -                    |
| Lagerungshilfe Halbrolle           | -             | -                       | ○          | ○                     | -       | ○               | -        | -              | -                          | -                    |
| Massage Nex                        | -             | -                       | ○          | ○                     | -       | -               | ○        | ○              | ○                          | -                    |
| Medizinball                        | -             | -                       | -          | -                     | ○       | ○               | -        | -              | -                          | ○                    |
| Moonhopper (inkl. Sport)           | ○             | ○                       | -          | -                     | -       | -               | -        | -              | -                          | -                    |
| Multiroll functional               | -             | -                       | ○          | -                     | ○       | -               | ○        | -              | -                          | -                    |
| Nex- Die Nackenstütze              | -             | -                       | ○          | -                     | -       | -               | ○        | -              | -                          | -                    |
| Noppenball Klassik                 | -             | -                       | ○          | -                     | -       | -               | ○        | ○              | ○                          | -                    |
| Noppenball lang                    | -             | ●                       | ○          | -                     | -       | -               | ○        | ○              | ○                          | -                    |
| Pendel Ball                        | ○             | ○                       | ○          | -                     | ○       | -               | ○        | ○              | ○                          | ○                    |
| Powerball ABS                      | ○             | ○                       | -          | -                     | -       | ○               | ○        | -              | -                          | -                    |
| Powerball Premium ABS              | ○             | ○                       | -          | -                     | ●       | -               | -        | -              | -                          | -                    |
| Powerball Challenge                | ○             | ○                       | -          | -                     | ○       | -               | -        | -              | -                          | -                    |
| Powerband /Theragym Band           | ○             | ○                       | -          | -                     | ○       | ●               | -        | -              | -                          | ●                    |
| Redondo-Ball                       | ●             | ○                       | ●          | ○                     | -       | ○               | ○        | ○              | ○                          | -                    |
| Relax Nex                          | -             | -                       | ○          | ○                     | -       | -               | ○        | -              | -                          | -                    |
| Senso Balance Bar                  | -             | -                       | -          | -                     | -       | -               | -        | -              | -                          | -                    |
| Senso Balance Igel                 | -             | -                       | -          | -                     | -       | -               | -        | -              | -                          | -                    |
| Senso Ball groß                    | -             | -                       | -          | -                     | -       | -               | -        | ●              | ○                          | -                    |
| Senso Ball mini                    | -             | -                       | -          | -                     | -       | -               | -        | ○              | ○                          | -                    |
| Senso Handtrainer light            | -             | ○                       | -          | -                     | -       | -               | -        | ○              | -                          | -                    |
| Senso Handtrainer                  | ○             | ○                       | -          | -                     | -       | -               | -        | ○              | ●                          | -                    |
| Senso Massage Pad                  | ○             | ●                       | -          | -                     | -       | -               | ○        | ○              | ○                          | -                    |
| Senso Matte                        | ○             | ○                       | ●          | -                     | ○       | ○               | ●        | ○              | ○                          | ○                    |
| Senso Venentrainer                 | ○             | ○                       | -          | -                     | -       | -               | -        | ○              | ○                          | ○                    |
| Stonies-Der Toning Ball            | ○             | ○                       | -          | -                     | ○       | ○               | ○        | -              | -                          | ○                    |
| Togu Balance Board                 | -             | -                       | -          | -                     | -       | -               | -        | ○              | ○                          | ○                    |
| Touchball                          | -             | -                       | -          | -                     | -       | -               | -        | ○              | ○                          | -                    |

The above given recommendations do not release you from your own responsibility to visit your doctor, physician or therapist.  
In case of discomfort before, during or after the training the doctor must be consulted.



## Aero-Step® Pro



**actisan**

## Aero-Step®



**MADE IN GERMANY**  
30-Jahre-Garantie

## Aero-Step® XL & Aero-Step® XL functional



**MADE IN GERMANY**  
30-Jahre-Garantie

### Aero-Step Pro

The new Aero-Step is more dynamic, bigger and more versatile. It can be used both sides up – 2 in 1, easy to clean and to store.

Classic training tool with 2-chamber air-system as instable surface allows a training with maximum effect. Perception, sensori-motor function and stability will be activated and increased. The Aero-Step Pro can be used in variable standing, kneeling and lying positions. Equipped with more than 1000 Senso knobs for massage and enhancing blood circulation. Adapted for training, therapy and rehabilitation, in group fitness or at home.

As it's predecessor it is recommended and certified as especially back friendly product by AGR.

| Art.No.:          | Colour:                                   | PU: |
|-------------------|-------------------------------------------|-----|
| 400540            | blue, silver-grey, red, black             | 4   |
| 420570            | anthracite (with actisan)                 | 4   |
| <b>Size:</b>      | 52 x 40 x 8,5 cm                          |     |
| <b>Contents:</b>  | in deco-box with exercise poster and pump |     |
| <b>Material:</b>  | Ruton                                     |     |
| <b>Max. Load:</b> | ca. 200 kg                                |     |

### Aero-Step

The Aero-Step – made in Germany – for kids is fun balance training – also for small children and small feet. They learn to keep in balance while moving, promoting reaction and reflexes. They improve their attitude and incidentally, the ability to concentrate.

coordination, increase reaction.

With an air-filled twin-chamber system training becomes a varied experience with great fun guaranteed.

The device is equipped with many round knobs for perception and improve circulation. It can be used for school sport, therapy or simply at home.

| Art.No.:             | Colour:                          |
|----------------------|----------------------------------|
| 400429               | blue, green, red                 |
| <b>Size:</b>         | 46 x 32 x 8 cm                   |
| <b>Packing unit:</b> | 4                                |
| <b>Contents:</b>     | in deco-box with exercise poster |
| <b>Material:</b>     | Ruton                            |
| <b>Max. Load:</b>    | ca. 200 kg                       |
| <b>Specials:</b>     | AGR- quality-seal                |

### Aero-Step XL & Aero-Step XL functional

The Aero-Step XL – made in Germany – is your next step to reach more stability. The approved tool, with the twin air chamber system provides training with maximum effect. You learn to keep in balance while moving, promoting reaction and reflexes. You can improve your attitude and incidentally, the ability to concentrate by training of sensori-motor function.

More intensive training for the deep lying musculature apperception, processing of stimuli and stability will be trained and enhanced. Applicable in fitness training, physical therapy or simply at home in standing, kneeling, or lying down exercise positions.

Over 1000 soft knobs massage to enhance blood circulation and perception. Without knobs for more sensitive proprioceptive training available as „Aero-Step XL functional“.

| Art.No.:             | Colour:                                   | Name:                   |
|----------------------|-------------------------------------------|-------------------------|
| 400510               | blue, green, silver-grey, red, black      | Aero-Step XL            |
| 400590               | red, black, silver-grey                   | Aero-Step XL functional |
| <b>Size:</b>         | 51 x 37 x 8 cm                            |                         |
| <b>Packing unit:</b> | 4                                         |                         |
| <b>Contents:</b>     | in deco-box with exercise poster and pump |                         |
| <b>Material:</b>     | Ruton                                     |                         |
| <b>Max. load:</b>    | ca. 200 kg                                |                         |
| <b>Specials:</b>     | optional DVD available, AGR- quality-seal |                         |



## Aero-Step® One



## Backswing® Trainer



## TOGU® Balance Board



### Aero-Step One

The new Aero-Step one - made in Germany - is an air-filled and individually adjustable balance training device. It is available in two difficulty levels: Level 1 (red) and Level 2 (anthracite). Train your strength, balance, coordination and your agility in everyday life. It also helps improve your sensori-motor system and body awareness.

The Aero-Step one offers you even more flexibility and versatility in training and therapy. It is space-saving, easy to clean and stack. The Aero-Step one is the ideal, complementary device for 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 work surface, it allows maximum training, particularly for foot and leg axis training. Suitable for therapy and rehabilitation, fitness or at home. The material Rulon is odorless, very durable, and has a maximum weight limit of 150kg.

| Art.No.:      | Colour:                  |
|---------------|--------------------------|
| 400552        | red (level 1)            |
| 400555        | anthracite (level 2)     |
| Size:         | ca. 38 cm x 21 cm x 6 cm |
| Packing unit: | 6                        |
| Contents:     | in carton box            |
| Max. load:    | ca. 150 kg               |

### Backswing Trainer

The Backswing Trainer is a versatile air-filled training and therapy tool and a further development of the classic Airgo Lordosis Back cushion. The additional stable plate which is glued to the air cushion ensures a smooth and secure connection to the underlying surface. The tool can be used on the floor in standing or further positions to improve balance, coordination and stability. Especially physical therapists can use the Backswing Trainer as additional dynamic and soft surface for mobilization of patients to reduce pressure and pain. Ideal also for stretching exercises and positions in supine position for all fitness levels. The integrated needle valve allows the user to adapt the air filling according to the patients needs.

For: therapy (Rehabilitation), fitness, Functional Training, Performance sports

| Art.No.:      | Colour:                 |
|---------------|-------------------------|
| 510130        | silver with black plate |
| Size:         | ca. 46 cm x 29 cm       |
| Packing unit: | 1                       |
| Contents:     | instructions            |
| Max. load:    | ca. 150 kg              |

### TOGU Balance Board

In 3 different levels: red, green and blue. Due to different shaped radii. Very effective and longlasting due to special plastics material. Lower weight than wooden material.

| Art.No.       | Level:              | Color :          | Size:      |
|---------------|---------------------|------------------|------------|
| 410402        | Level I (easy)      | Black with red   | 40 x 8 cm  |
| 410406        | Level II (medium)   | Black with green | 40 x 9,5cm |
| 410404        | Level III (hard)    | Black with blue  | 40 x 12 cm |
| Packing unit: | 1                   |                  |            |
| Contents:     | in a box            |                  |            |
| Material:     | high quality GFK-PP |                  |            |
| Max. load:    | 120 kg              |                  |            |

## TOGU® Balanza®



## Balanza® Ballstep®



## Balanza® Freeride



### TOGU Balanza

Stabilization and coordination training for competitive and high performance sports training in a new and challenging dimension. TOGU Balanza allows to conduct a holistic training in several levels. Below the specific plate made of stable wooden material a robust and durable air-filled ball is mounted. This enables the user to train through the dynamic instable surface and target the stabilizing muscle groups and joint protecting effects. In contrast to usual therapy boards the standing area is like floating supported suspension. This allows a multidimensional shift during the training.

For stabilization and coordination exercises in standing positions (one and two leg) in combination with or without additional training tools as rope pulls. Ideal also for propped positions as push ups because of the handles. Setting new training stimuli.

For therapy and training in competitive and high performance sports.

EU Patent No. 25 811 17

| Art.No.:                                                    | Colour:       | ca. Size:          | Packing unit: |
|-------------------------------------------------------------|---------------|--------------------|---------------|
| 410410                                                      | red with wood | ca. 55 x 35 x 7 cm | 1             |
| <b>Contents:</b> TOGU Balanza: in a box, instructions, pump |               |                    |               |
| <b>Max. load:</b> ca. 150 kg                                |               |                    |               |

### Balanza Ballstep

The new **Balanza Ballstep** for more stability and dynamics. With 4 balls below the wooden board it enables active people in every fitness level and age to step into sensori-motor function training and increase their capabilities. Perception and stability can be activated and increased alike. Unique in comparison to usual balance boards is the kind of floated suspension by using air-filled balls below the plate. Each ball can be adapted easily by using a needle ball pump.

The new **Balanza Ballstep Group** is especially designed for the needs of group training. In addition to the regular Ballstep the four balls below the plate are laying in extra wooden stabilization rings. Therefore you get even more stability and dynamics.

The new **Balanza Ballstep mini** – made in Germany – even more compact and dynamic than its big brother Balanza Ballstep. With 4 balls below the wooden board it allows active people at every fitness level and age, to step into sensori-motor function training and increase their capabilities.

| Art.No.:             | Colour:                                                         |
|----------------------|-----------------------------------------------------------------|
| 440560               | wood with red balls (Balanza Ballstep Mini)                     |
| 440420               | wood with red balls (Balanza Ballstep)                          |
| 440490               | wood with red balls (Balanza Ballstep Group)                    |
| <b>Size:</b>         | ca. 89 x 43 x 14 cm; Balanza Ballstep Mini: ca. 64 x 33 x 13 cm |
| <b>Packing unit:</b> | 1                                                               |
| <b>Contents:</b>     | in a box with instructions and pump                             |
| <b>Material:</b>     | Balls: Ruton; Plate: 100% birch wood                            |
| <b>Max. load:</b>    | ca. 150 kg                                                      |

### Balanza Freeride

The Balanza for everybody who wants to train power, coordination and balance in a versatile and effective way. Perception, sensori-motor function and stability can be activated and increased. Unique in comparison to usual balance boards is the kind of floated suspension by using air-filled balls below the plate. Each ball can be adapted easily by using a needle ball pump.

A balance that makes you fit. Ideal for everybody who loves board and freeride sports, and wants to be prepared for the upcoming season.

| Art.No.:             | Colour:                              |
|----------------------|--------------------------------------|
| 440410               | birch wood with a red balls          |
| <b>Size:</b>         | ca. 100 x 30 x 14 cm                 |
| <b>Packing unit:</b> | 1                                    |
| <b>Contents:</b>     | in a box with instructions and pump  |
| <b>Material:</b>     | Balls: Ruton; Plate: 100% birch wood |
| <b>Max. load:</b>    | ca. 200 kg                           |

## Balanza® Ballstep® XXL



## Balanza® Kids Seesaw



## Balanza® Circle & Balanza® Physiowippe



### Balanza Ballstep XXL

Our new Ballstep in oversize. The new Balanza for more stability and dynamics. With 5 balls below the wooden board it enables active people in every fitness level and age to step into sensori-motor function training and increase their capabilities. Perception and stability can be activated and increased also.

Unique in comparison to usual balance boards is the kind of floated suspension by using air-filled balls below the plate. Each ball can be adapted easily by using a needle ball pump.

|                      |                               |
|----------------------|-------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                |
| 440421               | red with wood                 |
| <b>Size:</b>         | ca. 180 cm x 60 cm x 15 cm    |
| <b>Packing unit:</b> | 1                             |
| <b>Contents:</b>     | instructions for use and pump |
| <b>Material:</b>     | Ruton and wood                |
| <b>Max. load:</b>    | ca. 250 kg                    |

### Balanza Kids Seesaw

The portable seesaw! Use indoors, in the garden or in day care centers. It has a magic attraction to children because of its stimulative nature, while at the same time it helps to practice coordination and balance. Due to its well devised base made of resilient balls, a three-dimensional seesaw experience provides training for stabilization and rhythm.

In addition there is a social learning component as the seesaw can only be operated through the teamwork of two children.

The seesaw is entirely being manufactured in Germany and is made of a birchwood plate which features leather straps as handgrips. The four balls, which are attached in a durable way through a special screw connection to the wooden plate, consist of the safe and resilient material Ruton. Each of these balls can be individually adjusted with a pump and a needle, which both come with the product. The Balanza Kids Seesaw is easy to clean and therefore perfectly suitable for the use in kindergarten and daycare centers.

|                      |                                        |
|----------------------|----------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                         |
| 440500               | red with wood                          |
| <b>Size:</b>         | ca. 120 cm x 50 cm x 41 cm (L x W x H) |
| <b>Packing unit:</b> | 1                                      |
| <b>Contents:</b>     | instructions for use and pump          |
| <b>Material:</b>     | Ruton and wood                         |
| <b>Max. load:</b>    | ca. 150 kg                             |

### Balanza Circle & Balanza Physiowippe

The new Balanza for physical therapy and rehabilitation. With a smaller ball diameter even more safety for patients and handicapped persons is guaranteed. Can be used also in training after the therapy phase for strengthening and enhancing coordination and balance. The connection between a durable ball below the stable wooden birch plate enables active people in every fitness level and age to step into sensori-motor function training and increase their capabilities. Perception and stability can be activated and increased as well.

Unique in comparison to usual balance boards is the kind of floated suspension by using air-filled balls below the plate. Each ball can be adapted easily by using a needle ball pump.

Available as version „Circle“ with one and „Physiowippe“ with two balls.

|                      |                                         |                    |
|----------------------|-----------------------------------------|--------------------|
| <b>Art.No.:</b>      | <b>Name:</b>                            | <b>Size:</b>       |
| 440450               | Balanza Circle                          | ca. 40 cm x 7 cm   |
| 440430               | Balanza Physiowippe                     | ca. 48 x 48 x 7 cm |
| <b>Colour:</b>       | red with wood                           |                    |
| <b>Packing unit:</b> | 1                                       |                    |
| <b>Contents:</b>     | in a polybag with instructions and pump |                    |
| <b>Material:</b>     | Ruton and wood                          |                    |
| <b>Max. load:</b>    | ca. 150 kg                              |                    |

Bike Balance Board Classic



Bike Balance Board Classic

On the Bike Balance Board – made in Germany – you move like riding your bike. You will be much more flexible on the bike - you learn to compensate the movements of your bike faster and more accurately. Additionally you train the basics of controlling your bike with the body and your core muscles. So you will also be stronger on climbing uphill. You train your muscles and at the same time your brain or your nervous system, your so called sensori-motor skills. You train constantly at your personal limit and have to push the limit step by step. Over time, your brain stores pattern of movement - biking takes your body back then by itself to this movement pattern. The level of difficulty can be adjusted easily by changing the air pressure in the ball with the attached ball pump. You can train with the Bike Balance Board on an area of less than two square meters.

|                      |                                    |
|----------------------|------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                     |
| 440510               | wood with red                      |
| <b>Packing Unit:</b> | 1                                  |
| <b>Size:</b>         | ca. 86 x 57 x 28 cm                |
| <b>Contents:</b>     | in a box with instruction and pump |
| <b>Material:</b>     | Birch wood, Ruton, stainless steel |

Bike Balance Board Easy



Bike Balance Board Easy

On the Bike Balance Board easy – made in Germany – you move like riding your bike. You will be much more flexible on the bike - you learn to compensate the movements of your bike faster and more accurately. The level "easy" using a Dynair ball cushion instead of a ball is perfect for beginners. Additionally you train the basics of controlling your bike with the body and your core muscles. So you will also be stronger on climbing uphill. You train your muscles and at the same time your brain or your nervous system, your so called sensori-motor skills. You train constantly at your personal limit and have to push the limit step by step. For reaching the next level, TOGU offers the Bike Balance Board Pro. Over time, your brain stores pattern of movement - biking takes your body back then by itself to this movement pattern. The level of difficulty can be adjusted easily by changing the air pressure in the ball with the attached ball pump. You can train with the Bike Balance Board easy on an area of less than two square meters.

|                      |                                    |
|----------------------|------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                     |
| 440540               | wood with red                      |
| <b>Packing Unit:</b> | 1                                  |
| <b>Size:</b>         | ca. 60 x 48 x 17 cm                |
| <b>Contents:</b>     | in a box with instruction and pump |
| <b>Material:</b>     | Birch wood, Ruton, stainless steel |

Bike Balance Board Pro



Bike Balance Board Pro

On the Bike Balance Board Pro – made in Germany – you move like riding your bike. You will be much more flexible on the bike - you learn to compensate the movements of your bike faster and more accurately. Additionally you train the basics of controlling your bike with the body and your core muscles. So you will also be stronger on climbing uphill. You train your muscles and at the same time your brain or your nervous system, your so called sensori-motor skills. You train constantly at your personal limit and have to push the limit step by step. Over time, your brain stores pattern of movement - biking takes your body back then by itself to this movement pattern. The level of difficulty can be adjusted easily by changing the air pressure in the ball with the attached ball pump. You can train with the Bike Balance Board Pro on an area of less than two square meters.

|                      |                                    |
|----------------------|------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                     |
| 440530               | wood with red                      |
| <b>Packing Unit:</b> | 1                                  |
| <b>Size:</b>         | ca. 86 x 57 x 28 cm                |
| <b>Contents:</b>     | in a box with instruction and pump |
| <b>Material:</b>     | Birch wood, Ruton, stainless steel |



## Brasil® Base Plus



## Dynair®-A



## Dynair® Ballkissen® Senso® XL with actisan®



actisan®



### Brasil Base Plus

Brasil Base Plus – made in Germany – is a new and adjustable balance training tool. It combines an airfilled part and a stable base plate – two pieces of equipment rolled into one, providing even more training and therapy options for sensorimotor functions and coordination.

With this simple and effective tool you can train your deep musculature. You get a direct feedback on your movements and protect your joints and ankles due to the air-filled and therefore individually adjustable base.

The Brasil Base Plus is ideal for physiotherapy, home fitness training and for Brasil® group classes in the gym. The airfilled surface is balance trainer and balance board in one piece. It enhances also body awareness, blood circulation and concentration.

Particularly suitable for balance exercises on one leg in physiotherapy and functional training - can also be used upside down! With extra skid-proof material for absolute safety. The Brasil Base Plus can be used in pairs or in a row depending on the sport (e.g. football, golf, tennis, skiing, etc.)

|                      |                                           |
|----------------------|-------------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                            |
| 470639               | green with black plate                    |
| <b>Size:</b>         | 38 cm x 11 cm                             |
| <b>Packing unit:</b> | 1                                         |
| <b>Contents:</b>     | in a carton box incl. instruction for use |

### Dynair-A

The Dynair-A is an inflated threefold pillow. It was developed together with Karin Albrecht especially for the Antara® training concept. The achievable body position, possible application as well as training effects are very unique. The way the Dynair-A is constructed, in particular the air filling, cause the sensorimotoric stimuli to work into depth so that the local muscles can actually react. Dynair-A lends itself to any training especially for a therapeutic application.

|                      |                    |
|----------------------|--------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>     |
| 400320               | blue-purple        |
| <b>Size:</b>         | ca. 32 cm x 96 cm  |
| <b>Packing unit:</b> | 1                  |
| <b>Contents:</b>     | in a box with pump |
| <b>Max. Load:</b>    | ca. 200 kg         |

### Dynair Ballkissen Senso XL with actisan

The Dynair XL Ballkissen of the Actisan studio line unites training with energy and relaxing, stability and lability and each movement becomes a coordinative challenge which demands maximum performance on a wobbly ground.

**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.**

|                      |                                  |
|----------------------|----------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                   |
| 420400               | anthracite                       |
| <b>Size:</b>         | ca. 36 cm Ø                      |
| <b>Packing unit:</b> | 4                                |
| <b>Contents:</b>     | in deco-box with exercise poster |
| <b>Material:</b>     | Ruton with actisan               |
| <b>Max. Load:</b>    | ca. 200 kg                       |

## Dynair® Ballkissen® XXL Level III & Dynair® Ballkissen® XXL Level IV



### Dynair Ballkissen XXL Level III & Level IV

Feel and train the deeper laying musculature.

Level III: strong. The Dynair Ballkissen XXL level III is more difficult and labile than Dynair ball cushion level I and II. It's challenging and boosts the performance for everyone to use it, because of the diameter of 50 cm. It is a perfect tool in prevention, therapy or at home.

Level IV: extra strong. The Dynair Ballkissen XXL level IV is a brilliant tool for professional athletes, high level coordination and stability training. Because of a very labile design, it's a great challenge for a much better performance.

|                      |                                           |
|----------------------|-------------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                            |
| 400404               | blue (Level III)                          |
| 400406               | black (Level IV)                          |
| <b>Size:</b>         | 50 cm                                     |
| <b>Packing unit:</b> | 2                                         |
| <b>Contents:</b>     | in deco-box with exercise poster and pump |
| <b>Material:</b>     | Ruton                                     |
| <b>Max. load:</b>    | ca. 200 kg                                |

### Dynair Ballkissen XXL actisan

The Dynair XXL Ballkissen of the actisan studio line unites training with energy and relaxing, stability and lability and each movement becomes a coordinative challenge which demands maximum performance on a wobbly ground.

## Dynair® Ballkissen® XXL actisan®



|                      |                                               |
|----------------------|-----------------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                                |
| 420410               | anthracite                                    |
| <b>Size:</b>         | ca. 50 cm Ø                                   |
| <b>Packing unit:</b> | 2                                             |
| <b>Contents:</b>     | in a decobox, with pump, with exercise poster |
| <b>Material:</b>     | Ruton with actisan                            |
| <b>Max. Load:</b>    | ca. 200 kg                                    |

### Dynair Cardo Ballkissen

Smooth, adjustable air cushion. Allows controlled dynamic sitting due to its square shape. Well suited for starting back training or therapy. Strengthens torso muscles. Keeps the vertebrae gently in motion and trains spinal musculature. Can help maintain an upright position. Especially designed for beginners and elderly.

## Dynair® Cardo® Ballkissen®



|                      |                                         |
|----------------------|-----------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                          |
| 400390               | black, blue, dark-red, terra, dark-blue |
| <b>Size:</b>         | ca. 50 cm Ø                             |
| <b>Packing unit:</b> | 5                                       |
| <b>Contents:</b>     | in deco-box with exercise poster        |
| <b>Material:</b>     | Ruton                                   |
| <b>Max. Load:</b>    | ca. 200 kg                              |
| <b>Specials:</b>     | with senso knobs                        |



## Dynair® Extreme



**NEW!**

### Dynair Extreme

Sit on it and feel good. Brings you automatically in a upright and healthy position. The Dynair Extreme is the largest member coming from the Dynair family. With a diameter of 80 cm and a height of 18 cm it is perfectly suited as a meditation pillow and seat cushion. Smooth vibrations are being absorbed immediately by the cushion and emitted to the spine. In order to keep up a calm seating position small adjusting moves have to be made all the time, thus becoming a challenge for the spinal muscles and trunk muscles. Furthermore spinal training and exercises for improving trunk stability can be carried out perfectly in a dorsal or ventral position. Like all Dynair ball cushions, the Dynair Extreme is equipped with our well proven knobs on one side and with a smooth and soft surface on the other side. Therefore the Dynair Extreme suits also extremely well as a therapy cushion for certain disease patterns such as paresis, sensoric and motoric deficits or neurological and muscle dysfunctions.

| Art.No.:      | Colours:                                     |
|---------------|----------------------------------------------|
| 400408        | purple                                       |
| 401408        | anthracite                                   |
| Size:         | ca. 80 cm                                    |
| Packing unit: | 1                                            |
| Contents:     | in a box, with pump                          |
| Material:     | Ruton with plug valve                        |
| Max. load:    | ca. 200 kg                                   |
| Specials:     | AGR-quality-seal; also suitable for children |

## Dynair® Golf Pro



### Dynair® Golf Pro

The enhancement of Dynair technology for all Golfers. Adjusted especially to the needs of modern golf technique. With the Dynair Golf Pro you will find your balance much faster and improve your stability and precision. It can be used at home, in a training room or on the course.

| Art.No.:      | Colour:                  |
|---------------|--------------------------|
| 410350        | green with a black plate |
| Size:         | ca. 36 x 10 cm           |
| Packing unit: | 1                        |
| Contents:     | set of 2 in box          |
| Material:     | Ruton with needle valve  |
| Max. load:    | ca. 150 kg               |

## Dynair® Pro



### Dynair Pro

The first Ballkissen combined with a stable base - two pieces of equipment rolled into one, providing even more training and therapy options for sensorimotor functions and coordination. Particularly suitable for balance exercises on one leg in physiotherapy - can also be used upside down! With extra skid-proof material for absolute safety. The Dynair Pro can be used in pairs or in rows depending on the sport (e.g. football, golf, tennis, skiing, etc.).

| Art.No.:      | Colour:                        |
|---------------|--------------------------------|
| 410360        | orange with black              |
| Size:         | ca. 36 cm Ø x 10 cm            |
| Packing unit: | 2                              |
| Contents:     | in a box, with exercise poster |
| Material:     | Ruton with needle-valve        |
| Max. load:    | ca. 150 kg                     |
| Specials:     | AGR-quality-seal               |

## Dynair® Senso® Mini



## Dynair® Walker Comfort



## Dynair® Twist (Set of 2)



### Dynair Senso Mini

A "wobbly toy" for small feet and hands in kindergarten, sports classes and activity trails. ... When tiny feet get a little bigger... Can be used perfectly for child physio therapy, to increase awareness and stability training.

| Art.No.: | Colour:                  | Size: |
|----------|--------------------------|-------|
| 465400   | red, blue, yellow, green | 16 cm |
| 465600   | red, blue, yellow, green | 20 cm |

|                      |                       |
|----------------------|-----------------------|
| <b>Packing unit:</b> | 4                     |
| <b>Contents:</b>     | in deco-box with pump |
| <b>Material:</b>     | Ruton                 |
| <b>Max. Load:</b>    | ca. 200 kg            |

### Dynair Walker Comfort

This innovative training tool was developed especially for the training and stabilization of the ankle joints. The reactive training enables you to move the upper body and arms freely. Therefore you can increase the efficiency of training with additional core or arm exercises and movements. Most injuries in team and ball sports are ankle joint injuries. In this sector physical therapists can use the Dynair Walker perfectly for rehabilitation of their patients and also for preventative work to avoid those problems.

Preventative training is appropriate to professional and also leisure sports people, because for best performance a stabile ankle joint is essential condition. A pump, detailed exercise chart and instruction for use is attached.

Dynair Walker Comfort comes with a new improved Comfort Fixation System. These Comfort straps are also available as accessorio parts.

| Art.No.:             | Colour:                                   |
|----------------------|-------------------------------------------|
| 465900               | black with red                            |
| <b>Size:</b>         | one size fits all; EUR 37 - 46            |
| <b>Packing unit:</b> | 2 pair                                    |
| <b>Contents:</b>     | as a pair in a polybag incl. instructions |
| <b>max. Load:</b>    | ca. 150 kg                                |

### Dynair Twist (Set of 2)

The new Dynair Twist is available as a set of 2 and makes stabilization core training become more challenging and versatile. The convex lower surface effects a balance work of the muscles around the joints.

You can conduct targeted rotating movements and extend therefore the range of exercises

Ideal for shoulder and lower limb training and therapy. These tools can also be used in all body and standing positions as dynamic surface. Individually adjustable by needle air valve.

For: Fitness, therapy (rehabilitation), Functional Training, Performance sports, club and school sports

| Art.No.:             | Colour:                  |
|----------------------|--------------------------|
| 510140               | red with black plate     |
| <b>Size:</b>         | ca. 20 cm                |
| <b>Packing unit:</b> | 1                        |
| <b>Contents:</b>     | Set of 2 in a carton box |
| <b>Material:</b>     | Ruton                    |

## Dynanza® Surf



### Dynanza Surf

The Dynanza® Surf Board is the perfect balance trainer for all boardsports. Strength, coordination and endurance can be trained simultaneously. Fitting equally well for training during season or as preparation for your favourite sport.

Its inflatable cushions allow for exciting training exercises while the stable and wooden plate provides a safe stand. Movements and vibrations are transferred on the body and the device, giving the user a direct feedback. This helps to improve balance and strengthen the deep musculature which is stabilising the body. Even perception and coordination can be trained on the Dynanza Surf.

As an advanced development combining Dynair Pro and Balanza technology it offers a safe platform for partner exercises as well. Two separately inflatable cushions are attached on the bottomside. Instructions and a pump come with the product.

Perfect for fitness and sports training at home, at the studio or in physiotherapy.

|                      |                                      |
|----------------------|--------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                       |
| 440480               | red with wood                        |
| <b>Size:</b>         | ca. 160 cm x 40 cm x 18 cm           |
| <b>Packing unit:</b> | 1                                    |
| <b>Contents:</b>     | incl. instruction for use and a pump |
| <b>Material:</b>     | Ruton and wood                       |
| <b>Max. Load:</b>    | ca. 150 kg                           |

### Dynaswing

The new Dynaswing is a balance trainer and fitness ball in one.

It allows for exciting training exercises while its stable and wooden ground plate provides safety.

Movements and vibrations are transferred to the body and the device giving a direct feedback.

Users can perform standing and balancing exercises more safely on this device, which is a further development of the popular Dynair Ballkissen and Pendelball. For beginners assistance is still recommended. The Dynaswing features a plug valve and can be easily inflated or deflated.

Training with the Dynaswing activates deep muscles. Perception, coordination, power and stability are trained and improved.

Suitable for fitness- sports and therapy

## Dynaswing®



|                      |                        |
|----------------------|------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>         |
| 440470               | red with wood          |
| <b>Size:</b>         | ca. 85 cm x max. 55 cm |
| <b>Packing unit:</b> | 1                      |
| <b>Contents:</b>     | user manual            |
| <b>Material:</b>     | Ruton and wood         |
| <b>Max. load:</b>    | ca. 150 kg             |



## Jumper®



actisan®

MADE IN GERMANY  
30-Jahre-Garantie

## Jumper® mini



actisan®

MADE IN GERMANY  
30-Jahre-Garantie

## Jumper

**The patented TOGU Jumper** (European Pat. No. 2092964) - made in Germany - is the multifunctional Balance trainer for versatile use in physiotherapy, training and group fitness.

Jumping and swinging yourself fit! With a lot of fun and a little time effort to achieve more strength, endurance and coordination. The combination of dynamic ball and stable plate is suitable for beginners as well as professional athletes in all age groups. More efficiency and well-being can be achieved with simple and everywhere feasible exercises.

Moving on the air filled balance trainer you create many small, delicate movements, which are transmitted continuously on the body and especially the deeper back and core muscles are activated. By the way moving on the Jumper can improve posture and concentration.

An optimized pressure distribution is ensured by approved Dynair technology. This provides more stability for the ankle and a dynamic rebound for a better trampoline effect. The Jumper don't slip away even on glossy surfaces and the Better grip surface enables to have a safe workout. The jumper can be used on both sides. Integrated Easy-Store-System without extra cost.

**Jumper Pro:** The additional Jumper Pro Plate creates a flat surface on the plate side. The new plate is equipped with a screw supplied quick and easy to attach and remove.

**Actisan:** Also available with Actisan antimicrobial material as self disinfecting training tool.

## Jumper Pro Plate:

The Jumper Pro Plate is also available as accessory to turn the multifunctional Balance Trainer Jumper into the new version as Jumper Pro. The delivering package contains a mounting instruction, Jumper Pro Plate and a screw with an Allen key.

## Jumper actisan

| Art.No.: | Name:              | Colour:    | ca. Size:            |
|----------|--------------------|------------|----------------------|
| 420420   | Jumper actisan     | anthracite | 52 cm Ø x max. 24 cm |
| 410310   | Jumper Pro actisan | anthracite | 52 cm Ø x max. 24 cm |

## Jumper &amp; Jumper Pro

| Art.No.: | Name:            | Colour:   | ca. Size:            |
|----------|------------------|-----------|----------------------|
| 410200   | Jumper           | red, blue | 52 cm Ø x max. 24 cm |
| 410320   | Jumper Pro       | red, blue | 52 cm Ø x max. 24 cm |
| 949530   | Jumper Pro Plate | black     | 50 cm Ø x 7 cm       |

**PU:** 2

**Contents:** in box with exercise poster and pump

**Material:** Ruton, fiberglass-strengthened plate

**Max. load:** ca. 200 kg

## Jumper mini

The Jumper as mini version. Ideal for one leg exercises and rehabilitation. Approved Dynair technology (2/3 ball). Extremely dynamic rebound effect. More stability for joints and ankles. Don't slip away even on glossy surfaces. Better Grip material. Both sides to use. Vibration transfer.

European Patent No. 2092964

## Jumper Mini actisan

| Art.No.: | Name:               | Colour:    | ca. Size:            |
|----------|---------------------|------------|----------------------|
| 410330   | Jumper Mini actisan | anthracite | 36 cm Ø x max. 18 cm |

## Jumper Mini

| Art.No.: | Name:       | Colour: | ca. Size:            |
|----------|-------------|---------|----------------------|
| 410302   | Jumper Mini | red     | 36 cm Ø x max. 18 cm |

**Packing unit:** 2

**Contents:** in box with exercise poster and pump

**Material:** Ruton, fiberglass-strengthened plate

**Max. load:** ca. 120 kg

## Jumper® double



## JumpStep™



## Moonhopper® Sport



## Multiroll® functional



### Jumper double

Jumper double is a set of two Jumper mini: one in green and one in red with a workout concept for more effect and fun in your training. It allows new possibilities in your fitness and health training. Improving balance, coordination and strength. You can use it in group and also personal training. Different positions and the both sides to use of the Jumper double create a huge variety of exercise progressions. To play with both colours red and green can increase physical and mental fitness. Ideal to use in Group Fitness classes, Functional Training and therapy.

European Patent No. 2092964

|                      |                                                    |
|----------------------|----------------------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                                     |
| 805069               | red and green                                      |
| <b>Size:</b>         | 2 x 36 cm x max. 18 cm                             |
| <b>Packing unit:</b> | 1 (set of 2)                                       |
| <b>Contents:</b>     | incl. pump, training chart and instruction for use |
| <b>max. Load:</b>    | each ca. 120 kg                                    |

### JumpStep

The JumpStep - made in Germany - for more stability and dynamics and more exercise variations in functional training and therapeutic use. With four balls under the wooden board, you can balance workout in all fitness levels and enter into the sensorimotor training to increase performance. The training can improve due to intensive effects in proprioception, sensorimotor functions, mobility and stability. Under the especially developed plate there are four extremely robust air-filled Balanza balls. The top-mounted air cushion enables challenging exercise variations and brings even more dynamic in training and therapy. Ideal for spring action movement and exercise units with jump elements.

|                      |                                           |
|----------------------|-------------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                            |
| 440550               | birchwood with red                        |
| <b>Size:</b>         | 78 x 78 x 27 cm                           |
| <b>Packing unit:</b> | 1                                         |
| <b>Contents:</b>     | in a carton box incl. instruction for use |
| <b>max. Load:</b>    | up to ca. 150 kg                          |

### Moonhopper Sport

The Moonhopper for adults. Reinforced board (up to 110kg). The jumping gyroscope for excellent ankle stability. Is therapy or play time?

|                      |                 |
|----------------------|-----------------|
| <b>Art.No.:</b>      | <b>Colour:</b>  |
| 666700               | blue with black |
| <b>Size:</b>         | ca. 40 x 30 cm  |
| <b>Packing unit:</b> | 5               |
| <b>Contents:</b>     | in polybag      |
| <b>Material:</b>     | Ruton           |
| <b>Max. load:</b>    | 110 kg          |

### Multiroll functional

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.

|                      |                         |
|----------------------|-------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>          |
| 400010               | black, silver, red      |
| <b>Size:</b>         | 80 x 18 cm              |
| <b>Packing unit:</b> | 4                       |
| <b>Contents:</b>     | with pump in a poly-bag |
| <b>Material:</b>     | Ruton                   |
| <b>Max. load:</b>    | ca. 200 kg              |
| <b>Specials:</b>     | optional DVD available  |

## PAB® - pressure air biofeedback



actisan®

### 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.

#### PAB BASIC version :

Will allow for one PAB device to be used  
Up to 100 clients can be tested  
A maximum of 2 installations can be done on two PC, one at home and one at work

#### 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 version:

Will allow for one up to four PAB devices to be used at same time  
Additional Workout and strength calculations  
A double bar function selectable is included  
Unlimited clients can be tested  
A maximum of 2 installations can be done on two PC, one at home and one at work

#### 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 KissenXL

| 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

### Posturedo

The new Posturedo – made in Germany - enhancing and supporting posture, coordination and strength after injuries or at orthopedic indications. This innovative training and therapy tool stabilizes and mobilizes. It enables you to exercise on a dynamic and instable surface which is special due to its air filled device in below a wooden plate. Small movements of the body are transferred to the Posturedo and back to the body. This feedback can be used in all stabilisation training and therapy programmes. In addition, located on the surface there are four metallic pins that allow the attachment of additional weight discs. This allows the coach or therapist to adapt requirements individually according to the needs of the patient. Integrated optical position indicating device to control posture and movements of the patient. The level of instability can be adjusted easily and seamless by the included ball pump. The large plate allows the user to train in nearly all standing and lying positions on the Posturedo. Ideal for all training and therapy centers.

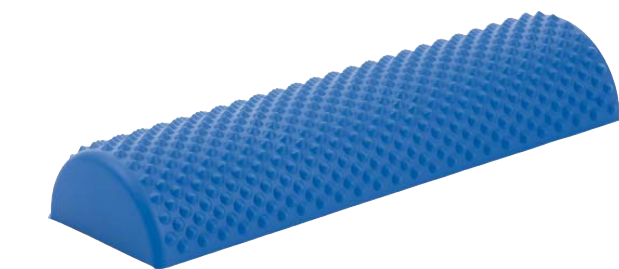
| Art.No.:          | Colour:                                      | Packing unit: |
|-------------------|----------------------------------------------|---------------|
| 440440            | birch with exotic wood inlay                 | 1             |
| <b>Size:</b>      | ca. 67 cm x 72 cm x 13 cm                    |               |
| <b>Contents:</b>  | in a box incl. instructions and pump         |               |
| <b>Max. load:</b> | ca. 200 kg                                   |               |
| <b>Specials:</b>  | german Gebrauchsmuster-No. 20 2012 005 792.8 |               |

## Posturedo®





## Senso® Balance Bar



## Senso® Balance hedgehog + XL set of 2



## Senso® Balance® hedgehog Geo



### Senso Balance Bar

The air-filled Balance Bar. Ideal for building up your balance. With senso knobs to improve perception. Available in 3 different colours.

| Art.No.: | Colour:          |
|----------|------------------|
| 410100   | red, blue, green |

**Size:** 50 x 7,5 cm

**Packing unit:** 4

**Contents:** in polybag, with pump

**Material:** Ruton

**Max. load:** ca. 150 kg

### Senso Balance hedgehog + XL set of 2

Balance, train and have fun. Improve coordination, flexibility and body awareness. A must for balance trails. For every age.

Available in two sizes and 7 colours.

| Art.No.: | Colour:                                       | Size ca.: Ø |
|----------|-----------------------------------------------|-------------|
| 465150   | red, yellow, blue, green, pink, purple, black | 16 cm       |
| 465170   | red, yellow, blue, green, pink, purple, black | XL 18,5 cm  |

**Packing unit:** 6

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

**Material:** Ruton

**Max. Load:** ca. 150 kg

### Senso Balance hedgehog Geo + XL

The variety of geometric shapes and bright colours is perfect for balance trails and to increase body awareness or coordination. 6 colours, two sizes and three geometric forms.

Available in two sizes and 6 colours.

| Art.No.: | Colour:                                | Size ca.: Ø |
|----------|----------------------------------------|-------------|
| 465180   | red, yellow, blue, green, pink, purple | 16 cm       |
| 465190   | red, yellow, blue, green, pink, purple | XL 18,5 cm  |

**Packing unit:** 6

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

**Material:** Ruton

**Max. Load:** ca. 150 kg

## Senso® Balance Hedgehog Pro



## Senso® Balance Cushion + XL set of 2



## Senso® Balance Pad + XL set of 2



### Senso Balance Hedgehog Pro

The classic Senso Balance hedgehog is available now also connected with a stable plate, which creates a secure base to the plain surface.

Therefore coordinative and stabilizing exercises can be executed in an even more versatile way. Balance training, which effects sensori motor functional and muscle training at the same time, can be done in standing, kneeling and lying positions. Ideal to implement in balance parcours in training, rehabilitation and physical therapy.

For Fitness workout, therapy (rehabilitation), Functional Training, Club and school sports.

|                      |                              |
|----------------------|------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>               |
| 465260               | red with black plate         |
| <b>Size:</b>         | ca. 18,5 cm                  |
| <b>Packing unit:</b> | 1                            |
| <b>Contents:</b>     | single piece in a carton box |
| <b>Max. Load:</b>    | ca. 150 kg                   |

### Senso Balance Cushion + XL set of 2

This is an addition to the Senso Balance product line. It has new, improved contact with the floor. The level of inflation and the special Senso raised nodules act as an ideal proprioception stimulant and are especially good for all walking and stepping exercises.

Ideal for perception training with young children and teenagers but also suitable as an added extra for adults.

Available in two sizes and 7 colours.

|                      |                          |              |
|----------------------|--------------------------|--------------|
| <b>Art.No.:</b>      | <b>Colour:</b>           | <b>Size:</b> |
| 410490               | red, yellow, blue, green | 16 cm        |
| 410500               | red, yellow, blue, green | XL 20 cm     |
| <b>Packing unit:</b> | 6                        |              |
| <b>Contents:</b>     | set of 2 in a box        |              |
| <b>Material:</b>     | Ruton                    |              |
| <b>Max. Load:</b>    | approx. 150 kg           |              |

### Senso Balance Pad + XL set of 2

This is an addition to the Senso Balance product line. It can be incorporated into any therapy thanks to the soft and hard-wearing material and the raised nodules, and also enables another level to be built into sensorimotor training. Available in a range of colours, the pads are an excellent aid when introducing people to walking therapies and multi-sensory training sessions. The low height of the Senso Balance Pads also gives them added versatility as position markers in any gymnasium and in any type of sport.

Available in two sizes and 3 colours.

|                      |                       |              |
|----------------------|-----------------------|--------------|
| <b>Art.No.:</b>      | <b>Colour:</b>        | <b>Size:</b> |
| 410510               | red, yellow, blue     | 16 cm        |
| 410520               | red, yellow, blue     | XL 20 cm     |
| <b>Packing unit:</b> | 10                    |              |
| <b>Contents:</b>     | set of 2 in a polybag |              |
| <b>Material:</b>     | Ruton                 |              |

## Senso® vein trainer



### Senso vein trainer

Balance training for active life! Especially for beginners. More safety by step on it and stability - because of the low height of the Senso vein trainer it is possible to step on the ground everytime. Regulated stimuli for the stabilisation system of muscles, sinews, ligaments - without sensory overload. Controlled gain of performance. Perfect adjust between the Senso vein trainer and the arch of foot. Effect of massage by soft Senso knobs on one side. Can be used for two-legged or knee standing space saving, because of folding and individual pressure adjustment.

|                      |                       |
|----------------------|-----------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>        |
| 400430               | red, blue-purple      |
| <b>Size:</b>         | 34 x 33cm             |
| <b>Packing unit:</b> | 4                     |
| <b>Contents:</b>     | in deco-box with pump |
| <b>Material:</b>     | Ruton                 |
| <b>Max. load:</b>    | ca. 200 kg            |
| <b>Specials:</b>     | AGR certificate       |

## Ski Trainer



### Ski Trainer

The TOGU Ski Trainer – made in Germany – is a new dynamic and versatile training and therapy tool. You can use both sides – 2 in 1 and conduct an extremely space saving balance and coordination training. The TOGU Ski Trainer is approved by skiing professionals and provides with the twin air chamber system a training with maximal effect. More intensive training for the deep lying musculature apperception, processing of stimuli and stability will be trained and enhanced. Both air chambers can be adjusted easily to each level of difficulty by in- or deflating using the pump attached.

The Ski Trainer can be used on any kind of plane surface. The design of the TOGU Ski Trainer ensures a secure and non-slip grip.

|                      |                      |
|----------------------|----------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>       |
| 440520               | red with black plate |
| <b>Size:</b>         | ca. 40 x 40 x 12 cm  |
| <b>Packing unit:</b> | 1                    |
| <b>Material:</b>     | Ruton                |
| <b>Max. Load:</b>    | ca. 200 kg           |

## Workplace Health Promotion Set



### Workplace Health Promotion Set

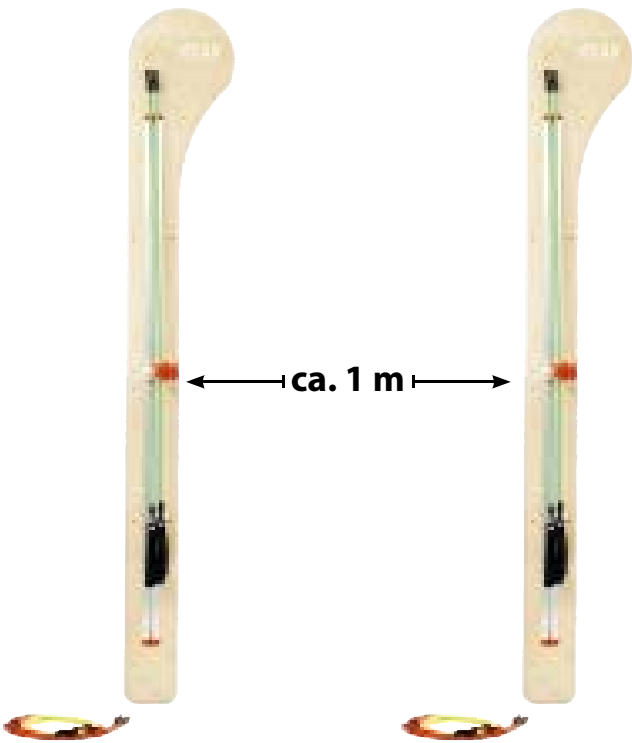
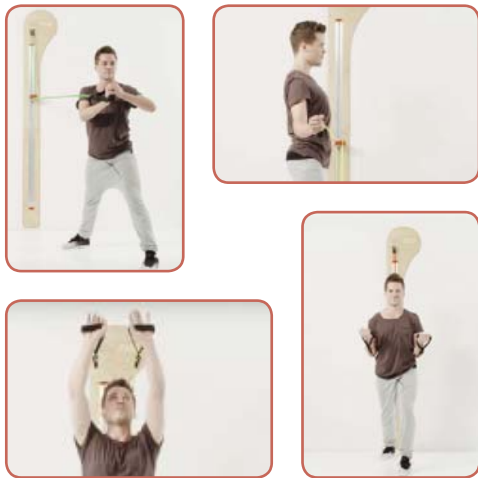
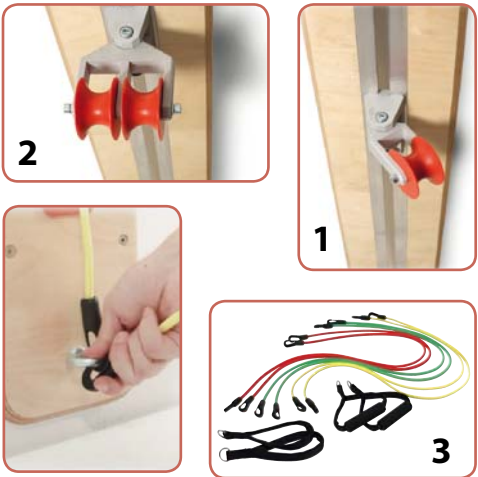
According to the latest scientific findings, activities for Workplace Health Promotion have enormous benefits for employees and companies as well. Results are healthy, motivated employees, who are highly efficient and less absent due to illness. Lack of movement, rising life expectancy and increase in the burden of everyday work require a variety of measures. One part is this movement and this set – developed by DTB German association for gymnastics enables trainers and professionals to bring employees in motion. Fast, easy and effective.

Contents: 1x Senso vein trainer, 1x Aero-Step functional, 1x TOGU Balance Board, 2 x Balance Block, 2 x Brasil Set of 2, 1 x Theragym Tube

|                      |                                     |
|----------------------|-------------------------------------|
| <b>Art.No.:</b>      | <b>Contents:</b>                    |
| 805037               | 5 displays incl. equipment in a box |
| <b>Packing unit:</b> | 1                                   |



# TOGU® Tower



## TOGU Tower

The **TOGU Tower** - made in Germany - is an individually and continuously height-adjustable retention system for versatile resistance training. The TOGU Tower is attached to a wall of the training or therapy room and different resistance training systems can be attached. The trainee has got full range of movement and the possibility of different heights and directions. The system is used with a double joint (two bands / tubes mounted) and with a single joint (one band / tube mounted). Standard mounting material is included. The individual requirements for wall mounting should be observed. On request, we offer a custom-made in various types of wood and color tones. The wood material used is robust and easy to clean

## TOGU Tower with Theragym Pro Complete-Set (3)

Connected with the TOGU Tower the Theragym Pro Complete Set (3) is ideal for use as a pulley. The Theragym Pro Complete Set (3) consists of special elastic bands (made in Germany) with three different resistances plus handles and foot straps.

## TOGU Tower as KGG - physiotherapy on the device (universal and vertical pulley for physiotherapy)

Two TOGU Tower as a set, mounted at a distance of approx. one meter, allow the simultaneous training of both body halves and thus the use in physiotherapy as KGG (physiotherapy on the device). The TOGU Tower can be used as a universal pulley as a set of 2. The TOGU Tower as a single unit serves as a vertical pulley and is indispensable for furnishing a modern physiotherapy room. Other TOGU devices such as the Jumper Pro or Aero-Step one can be ideally combined. We recommend as KGG the corresponding number of TOGU Tower with Theragym Pro complete set. A Theragym Pro complete set consists of special elastic bands (made in Germany) with three different resistances and hand grips as well as foot loops. A space-saving and versatile application with all target groups is possible. At the same time purchase costs are lower compared to complex pulley devices.

| Art.No.:      | Name:                                           |
|---------------|-------------------------------------------------|
| 980010        | TOGU Tower Single (1)                           |
| 980020        | TOGU Tower Double (2)                           |
| 980020        | TOGU Tower Double (2) with Theragym Pro Set (3) |
| Size:         | 225 x 35 x 2 cm                                 |
| Packing Unit: | 1                                               |
| Contents:     | two-piece in a carton box                       |
| Material:     | birch wood, aluminium                           |



TOGU® Wall



example of use

TOGU Wall

The new **TOGU Wall** is an intelligent combination of a presentation space and storage aid for all TOGU training and therapy tools.

The system can be used in a modular way. One article consists of two single elements each with a size of 2 m (height) x 1 m (width) (Walnut optics).

The optional shelves and brackets can be ordered as a set or individually according to the needs in each training and therapy room. These parts can be attached easily to the wall system. Standard fixing material is included. Individual requirements for the wall fastening must be observed. TOGU Wall is also available as customized product with various colours upon request. The material is very robust, durable and easy to clean.

TOGU Wall mirror

The new model of TOGU Wall in mirror optics consists of one element of 1.20 m width and 2 m height. It is an intelligent combination of a presentation space and storage aid for all TOGU training and therapy tools. The system can be used in a modular way.

The optional shelves and brackets can be ordered as a set or individually according to the needs in each training and therapy room. These parts can be attached easily to the wall system. Standard fixing material is included. Individual requirements for the wall fastening must be observed. TOGU Wall is also available as customized product with various colours upon request. The material is very robust, durable and easy to clean.

| Art.No.:  | Contents:                 | Colour: | Size:              |
|-----------|---------------------------|---------|--------------------|
| 902035    | TOGU Wall                 | mirror  | 1,2 m x 2 m x 1 cm |
| 902030    | TOGU Wall                 | walnut  | 2 m x 2 m x 1 cm   |
| 902036    | TOGU Wall with 18 hangers | mirror  | 1,2 m x 2 m x 1 cm |
| 902031    | TOGU Wall with 18 hangers | walnut  | 2 m x 2 m x 1 cm   |
| PU:       | 1                         |         |                    |
| Material: | MDF                       |         |                    |

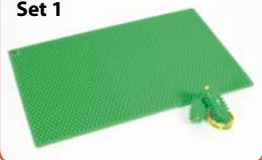
## Anti-Stress Ball in sales display



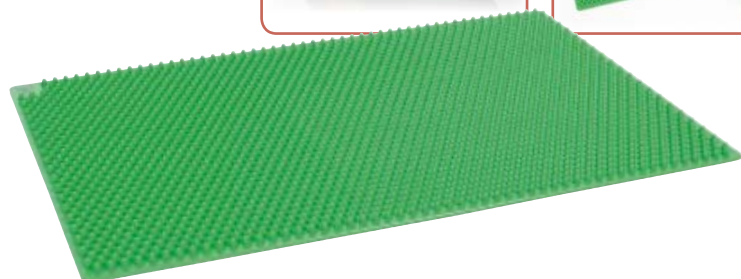
## Brasil® Base



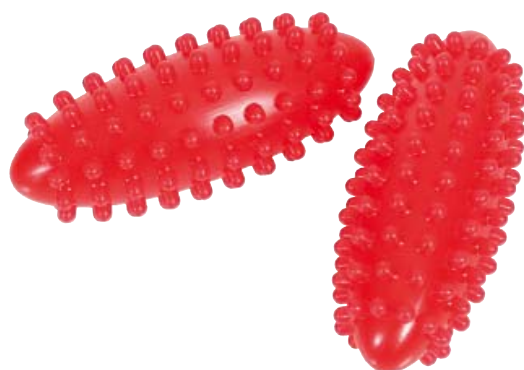
Set 1



Set 2



## Bantoo® set of 2



### Anti-Stress Ball in sales display

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 pressure on the whole palm of your hand. Very suitable for a targeted use in therapy, as well as complementary exercises to dissolve finger, hand, and lower arm strains.

Includes as a special feature a needle valve to adjust pressure and size.

New available as assortment of 12 Anti-Stress balls in a sales box in assorted colours.

| Art.No.: | Name:            | Contents: | Colour:  | PU: |
|----------|------------------|-----------|----------|-----|
| 464100   | Anti-Stress Ball | bulk      | assorted | 12  |

| Art.No.:  | Colours:                   |
|-----------|----------------------------|
| 805056    | blue, ruby-red, anthracite |
| Size:     | ca. 32,5 x 24 x 8 cm       |
| PU:       | 3                          |
| Material: | foamed Ruton               |

### Brasil Base

The new Brasil Base – made in Germany – for Brasil GroupFitness classes in your club or gym. This special mat has got more than 2.000 smooth knobs and compact measurement of 60 x 40 cm. Brasil Base is an activating placeholder and massage tool in one. It enables you additionally to integrate relaxing parts or Yoga and meditation in your class, to increase body awareness.

Attract in every groupfitness class each participant, at every age and fitness level. Integrate in an easy way the Senso effect – secure and uncomplicated.

Available as single piece or in a set with Brasil or with Brasil and Brasil DVD (german language).

| Art.No.:  | Contents:                                                           |
|-----------|---------------------------------------------------------------------|
| 470637    | Brasil Base                                                         |
| 805054    | Brasil Base and Brasil Set of 2 (Set 1)                             |
| 805055    | Brasil Base, Brasil Set of 2 and DVD Bodystyling mit Brasil (Set 2) |
| Size:     | ca. 60 cm x 40 cm (Brasil Base)                                     |
| PU:       | 4                                                                   |
| Contents: | in a deco-box                                                       |
| Material: | Ruton                                                               |
| Colour:   | green                                                               |

### Bantoo set of 2

Bantoo are two knotted rolls made of Ruton. The material is odorless and can bear a weight of at least 150kg. The product is free from forbidden phthalates and latex. Bantoo activates and animates our body through 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 devices are 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 devices on the floor and roll both feet in the opposite direction on the Bantoo. 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. 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.

| Art.No.:      | Colour:                                 |
|---------------|-----------------------------------------|
| 470680        | red                                     |
| Size:         | ca. 11 cm x 5 cm Ø                      |
| Packing Unit: | 15                                      |
| Contents:     | set of 2 in a polybag with instructions |
| Material:     | Ruton                                   |

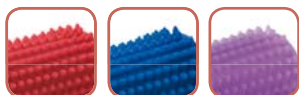
## Bantoo® Roller



## 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



## Knobbed balls



### 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             |

### Knobbed balls

A classic – made in Germany – for reflex zone massage. Improves circulation and relaxation. For use in therapy and at home. Soft pleasant knobs. With needle valve for individual pressure setting. In 6, 8, 9 and 10 cm.

#### Classic

| Art.No.: | Colour: | Size: | Packing unit |
|----------|---------|-------|--------------|
| 462500   | orange  | 6 cm  | 100          |
| 463000   | yellow  | 8 cm  | 100          |
| 463500   | red     | 9 cm  | 50           |
| 464000   | blue    | 10 cm | 50           |

#### Classic Set of 2 in deco-box

| Art.No.: | Colour: | Size: | Packing unit |
|----------|---------|-------|--------------|
| 462501   | orange  | 6 cm  | 36           |
| 463001   | yellow  | 8 cm  | 36           |
| 463501   | red     | 9 cm  | 32           |
| 464001   | blue    | 10 cm | 36           |

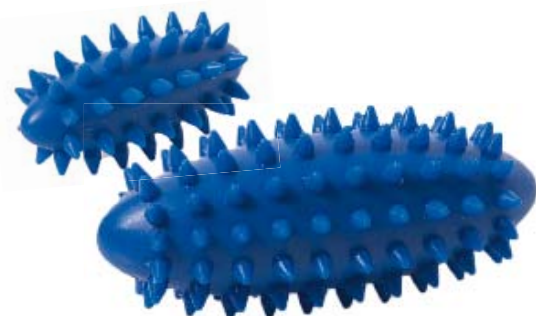
#### Trend

| Art.No.: | Colour:  | Size: | Packing unit |
|----------|----------|-------|--------------|
| 463300   | apple    | 8 cm  | 100          |
| 463350   | pink     | 9 cm  | 50           |
| Art.No.: | Colour:  | Size: | Packing unit |
| 463008   | amethyst | 8 cm  | 100          |
| 463508   | amethyst | 9 cm  | 50           |
| 464008   | amethyst | 10 cm | 50           |

| Art.No.: | Colour:  | Size: | Packing unit |
|----------|----------|-------|--------------|
| 463301   | apple    | 8 cm  | 36           |
| 463351   | pink     | 9 cm  | 32           |
| Art.No.: | Colour:  | Size: | Packing unit |
| 463003   | amethyst | 8 cm  | 36           |
| 463503   | amethyst | 9 cm  | 32           |
| 464003   | amethyst | 10 cm | 36           |



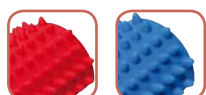
## Knobbed ball long



## Semi Knobbed Ball



## Semi Bodyroll



### 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.

| Art.No.:             | Colour:                                     | Size:         |
|----------------------|---------------------------------------------|---------------|
| 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 470700; 10 for 470800                |               |
| <b>Contents:</b>     | bulk                                        |               |
| <b>Material:</b>     | Ruton                                       |               |
| <b>Max. load:</b>    | ca. 150 kg                                  |               |

### Semi Knobbed Ball

A classic tool for the internal and external massage available in a new shape. Ideal for reflexology. Improves blood circulation and relaxation. For therapy and at home. Pleasant knobs. Contains needle valve for individual pressure regulation. Available in 8 cm.

| Art.No.:             | Colour:          |
|----------------------|------------------|
| 463200               | red, blue        |
| <b>Size:</b>         | approx. 8 x 4 cm |
| <b>Packing unit:</b> | 50               |
| <b>Contents:</b>     | bulk             |
| <b>Material:</b>     | Ruton            |
| <b>Max. load:</b>    | ca. 200 kg       |

### Semi Bodyroll

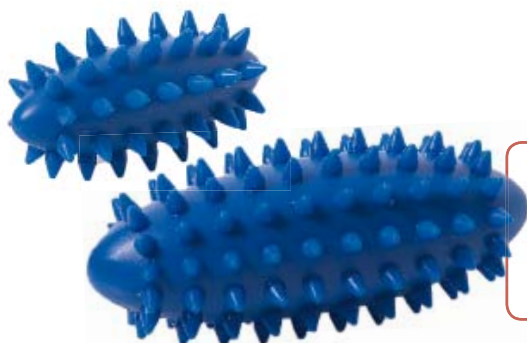
A small half roll for self massage and external massage. Ideal for foot reflexology. Improves blood circulation and relaxation through a large contact surface. For therapy and at home. Pleasant soft knobs. With needle valve for individual pressure regulation.

| Art.No.:             | Colour:           |
|----------------------|-------------------|
| 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® Ball & Senso® Ball Mini



## Senso® Hand Trainer



## Senso® Massage Pad



### Senso Ball & Senso Ball Mini

Using the Senso Ball - made in Germany – for rolling, massage and promoting blood circulation. The application stimulates the meridians and the whole body is activated. The stimulating flat knobs, which are spread over the ball, creates a long-lasting and deep effect. The self-awareness is promoted and it gives a pleasant and warm body feeling.

The Senso Ball is available in four different sizes: 9 cm, 11 cm, 23 cm and 28 cm.

The mini sizes in 9 and 11 cm diameter are also particularly suitable for young children, as the ball is easy to grip and hold.

| Art.No.: | Colour:             | Size Ø:   | PU: | Name:           |
|----------|---------------------|-----------|-----|-----------------|
| 465300   | blue, red           | ca. 9 cm  | 50  | Senso Ball Mini |
| 465500   | blue, red           | ca. 11 cm | 50  | Senso Ball Mini |
| 410090   | blue, red, amethyst | ca. 23 cm | 10  | Senso Ball      |
| 410110   | blue, red           | ca. 28 cm | 10  | Senso Ball      |

**Contents:** bulk

**Material:** Ruton

**Max. load:** approx. 200 kg

### 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

### 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.

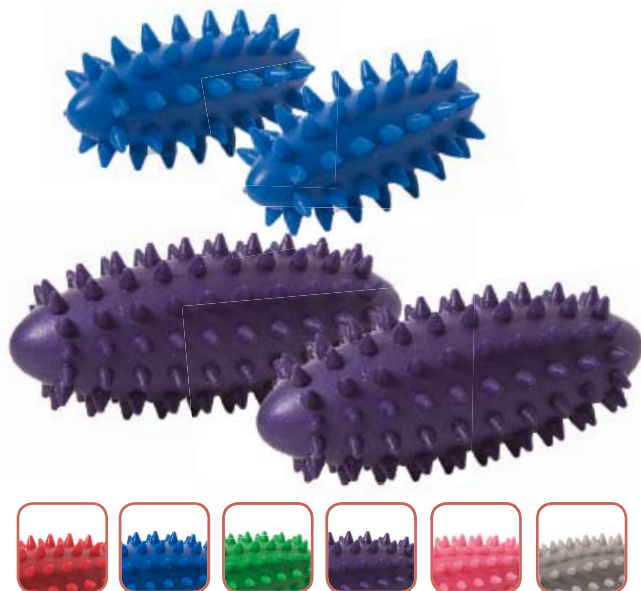
| Art.No.:      | Colour:             |
|---------------|---------------------|
| 410530        | silver-grey, red    |
| Size:         | approx. 13,5 x 7 cm |
| Packing unit: | 10                  |
| Contents:     | bulk                |
| Material:     | Ruton               |

## Senso® Mat Mini / Senso® Mat



MADE IN GERMANY  
30-Jahre-Garantie

## Senso® Walking Trainer in a set of 2



## Touch-Ball



### Senso Mat Mini / Senso Mat

A luxurious high quality mat. About 7.000 Senso knobs enhance body awareness. For yoga, meditation and relaxation. Special cover for massage tables, training mats and floors.

The classic in a new dimension - 60 x 40 cm. Use this small but nevertheless generously studded mat in your group sessions (health and fitness) and it will awaken the senses of the participants through the soles of their feet. You can get the Senso effect in your step classes and dance lessons - so simple, safe and uncomplicated.

| Art.No.:                     | Colour:                         | Size:       |
|------------------------------|---------------------------------|-------------|
| 400420                       | amethyst, blue (Senso Mat Mini) | 60 x 40 cm  |
| 400413                       | amethyst (Senso Mat)            | 120 x 60 cm |
| 400410                       | blue (Senso Mat)                | 120 x 60 cm |
| <b>Packing unit:</b> 4       |                                 |             |
| <b>Contents:</b> in deco-box |                                 |             |
| <b>Material:</b> Ruton       |                                 |             |

### 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  |
| <b>Contents:</b> set of 2                                       |                                             |               |     |
| <b>Material:</b> Ruton                                          |                                             |               |     |
| <b>Specials:</b> also available in bulk, see Senso Hand Trainer |                                             |               |     |

### Touch-Ball

The Touch ball - made in Germany - with its round, soft knobs stimulates blood circulation smooth and gently, and is ideal for users with sensitive perception. By air regulation via an integrated valve, the internal pressure can also be adapted to the needs of the individual user. Kids will love the touch ball because it is so easy to grip and catch.

It is available in five different sizes: ca. 8 cm, 9 cm, 10 cm, 16 cm and 18 cm Ø.

| Art.No.:                      | Colour:           | Size Ø ca.: | Packing unit: |
|-------------------------------|-------------------|-------------|---------------|
| 460080                        | yellow            | 8 cm        | 100           |
| 460090                        | red               | 9 cm        | 50            |
| 460100                        | blue              | 10 cm       | 50            |
| 461620                        | red, blue, yellow | 16 cm       | 20            |
| 461800                        | pink, purple      | 18 cm       | 15            |
| <b>Contents:</b> Shipping box |                   |             |               |
| <b>Material:</b> Ruton        |                   |             |               |



## Actiball®



## Actiball® Grip



## Actiball® Relax Thermo



### Actiball

The Actiball – made in Germany – is an air-filled regeneration tool for self-massage. With a diameter of 9 cm it is easy and space saving to use. Due to a massage with the ball and under use of your own body weight adhesions and tensions can be solved. The knobby surface enables a more effective and pleasant massage effect. Therefore your blood circulation can be improved. The Actiball 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

|                      |                 |
|----------------------|-----------------|
| <b>Art.No.:</b>      | <b>Colours:</b> |
| 465310               | black           |
| <b>Size:</b>         | ca. 9 cm Ø      |
| <b>Packing unit:</b> | 10              |
| <b>Contents:</b>     | in box          |
| <b>Material:</b>     | Ruton           |

### Actiball Grip

Actiball® Grip – the half-ball for self-massage

The Actiball® Grip - made in Germany - is the ideal self-massage tool for regular use. Increase your blood circulation with little time effort, increase your flexibility and agility. The self-massage, which can be easily integrated into everyday life, allows regeneration and relaxation of the musculature and the fascia. So you can ensure the permanent release of painful tensions and you increase your well-being.

Ideal for selective application:

- for self-massage, in particular the upper body, the upper and lower extremities
- Use on a table, wall or floor
- made in Germany - durable material 100% recyclable
- no material fatigue compared to foam
- Hygienic, easy to clean
- odorless and water resistant

Use the new Actiball Grip in active regeneration, self-massage and for relaxation exercises. The Actiball Grip is always there: the handy size allows you to use it in your everyday life, e.g. when traveling, in the office or at home.

|                      |                 |
|----------------------|-----------------|
| <b>Art.No.:</b>      | <b>Colours:</b> |
| 465440               | black           |
| <b>Size:</b>         | ca. 9 cm Ø      |
| <b>Packing unit:</b> | 10              |
| <b>Contents:</b>     | in box          |
| <b>Material:</b>     | Ruton           |

### Actiball Relax Thermo

The Actiball® Relax Thermo - made in Germany - is the new massage ball with a special thermo-gel filling. Due to the pleasant - 100% skin-friendly - design it adapts to your body during the application. In the heated state it can give regeneration, massage and relaxed feeling. Ideal after a long day's work or relaxation in between. Due to the soft surface the massage effect is even smoother. Improve your flexibility and agility with little time effort. Ensure a long-lasting solution of stress, increase blood circulation and your well-being. The Actiball Relax Thermo is extremely resistant and durable. It is easy to clean, hygienic, odorless and 100% recyclable. Available in two sizes M and L.

For heating use your microwave or a water bath. Cooling can be done in the refrigerator (not in the freezer!).

Please follow carefully the instructions for use.

|                   |                                       |            |                      |
|-------------------|---------------------------------------|------------|----------------------|
| <b>Art.No.:</b>   | <b>Colour:</b>                        | <b>PU:</b> | <b>Size :</b>        |
| 410142            | red                                   | 2          | ca. 10 cm Ø (Size L) |
| <b>Contents:</b>  | in a box                              |            |                      |
| <b>Material:</b>  | Ruton with special thermo-gel filling |            |                      |
| <b>Max. Load:</b> | up to ca. 150 kg                      |            |                      |



## Actiball® Relax



### Actiball Relax

The Actiball Relax - made in Germany - improve your flexibility and agility with little time effort and simple exercises. The application is easy to integrate into everyday life and allows to regenerate and relax musculature and fascia. So you can release tensions, improve blood circulation and increase your well-being.

Especially useful for:

- for self-massage of the neck, arms, feet and other body parts
- Use on a table, wall or floor
- made in Germany - durable material 100% recyclable
- no material fatigue compared to foam balls
- Hygienic, easy to clean
- odorless and water resistant

All Actiball Relax have an absorbing effect due to the air filling. Therefore it is also allowed and recommended to roll and move even on joints and vertebral bodies. The massage effect is gentle and uniform thanks to the pleasant and skin-friendly material.

Use the Actiball relax series in active regeneration, with self-massage and relaxation exercises. The Actiball relax is always there: the handy size allows you to use it in your everyday life, e.g. when traveling, in the office or at home.

The massage balls are available individually with 6, 8 and 12 cm diameter as well as set of 3. The three different sizes complement each other ideally in the application.

| Art.No.: | Colour: | PU: | Size :               |
|----------|---------|-----|----------------------|
| 465417   | orange  | 12  | ca. 6 cm Ø (Size S)  |
| 465427   | orange  | 10  | ca. 8 cm Ø (Size M)  |
| 465437   | orange  | 10  | ca. 12 cm Ø (Size L) |

**Contents:** in a box  
**Material:** hardened Rulon  
**Max. Load:** up to ca. 150 kg

### Actiroll Rumble

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 Rulon 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.

| Art.No.: | Colour:           | PU: | Size :                    |
|----------|-------------------|-----|---------------------------|
| 465330   | black, green, red | 4   | ca. 30 x 13 cm Ø (Size M) |
| 465340   | black             | 2   | ca. 53 x 26 cm Ø (Size L) |

**Contents:** in a polybag, incl. pump and training chart  
**Material:** Rulon  
**Max. Load:** ca. 200 kg

## Actiroll® Rumble



## Actiroll® Wave



### Actiroll Wave

The Actiroll Wave – made in Germany – is a new 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 and therapy. 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, training and therapy. The material Rulon is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

Application: at home, rehabilitation and 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.

| Art.No.: | Colour:          | PU: | Size :                      |
|----------|------------------|-----|-----------------------------|
| 465350   | black, green,red | 10  | ca. 15 x 6,5 cm Ø (Size S)  |
| 465360   | black, green,red | 4   | ca. 30 x 11,5 cm Ø (Size M) |
| 465340   | black            | 2   | ca. 53 x 23 cm Ø (Size L)   |

**Contents:** in a polybag, incl. pump and training chart

**Material:** Rulon

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

### TOGU Blackroll® & TOGU Blackroll Soft

The TOGU Blackroll and TOGU Blackroll Soft - Made in Germany - are the perfect recovery tools for self massage and releasing the Myofascia (connective tissue sheath of muscles and muscle groups):

- Prevention and treatment of myofascial- and muscle problems
- Active regeneration with improved blood circulation
- Trigger zone treatment for tension through sports and everyday wear
- Easy self-massage
- Ideal warm-up before and recovery after sport

Now available as TOGU Blackroll 45 and TOGU Blackroll Soft 45 with extended length. Allows more application options and enlarges the surface.

The TOGU Blackroll Soft version is about 20% softer than standard version.

## TOGU® Blackroll® & TOGU® Blackroll® Soft



| Art.No.: | Colour:         | PU: | Size:                             |
|----------|-----------------|-----|-----------------------------------|
| 400048   | black           | 6   | ca. 30 x 15 cm Ø (TOGU Blackroll) |
| 410040   | white with grey | 6   | ca. 30 x 15 cm Ø (Blackroll Soft) |
| 410070   | black           | 6   | ca. 45 x 15 cm Ø (TOGU Blackroll) |
| 410080   | white with grey | 6   | ca. 45 x 15 cm Ø (Blackroll Soft) |

**Material:** EPP

**Contents:** in a box with instructions



## TOGU® Blackroll® Ball



## TOGU® Blackroll® Duoball



## TOGU® Blackroll® Mini



## TOGU® Blackroll® Set



### TOGU Blackroll Ball

The perfect tool for Self Massage - Made in Germany

The Blackroll ball is available in two sizes and a regeneration tool for self massage – Physical tension can be relieved. Knots and adhesions can be detached. Also scar tissue can be reduced.

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

| Art.No.: | Colour: | PU: | Size Ø:   |
|----------|---------|-----|-----------|
| 410010   | black   | 10  | ca. 8 cm  |
| 410020   | black   | 12  | ca. 12 cm |

**Contents:** each in a sales carton

**Material:** EPP

### TOGU Blackroll Duoball

The TOGU Blackroll Duoball – made in Germany – is available for punctual massage in a diameter of 8 cm. The tool is suitable especially for massage of back and neck musculature and fascial release. It can be used on the floor or on a wall. The stance between the two connected balls prevents hurting the backbone and the massage becomes even more effective.

| Art.No.: | Colour: | PU: | Size Ø:   |
|----------|---------|-----|-----------|
| 410050   | black   | 12  | ca. 8 cm  |
| 410060   | black   | 10  | ca. 12 cm |

**Contents:** in a carton box

**Material:** EPP

### TOGU Blackroll Mini

Perfect Mini tool for Self Massage - Made in Germany

The Mini Blackroll is a regeneration tool for self massage – Physical tension can be relieved. Knots and adhesions can be detached. Also scar tissue can be reduced. Especially in use for Hand Carpal tunnel and Calcaneal spur.

The Material EPP is robust, easy to clean, skin-friendly and odourless.

Weight: 20 Gramms and 100% recycling

| Art.No.:             | Colour:                |
|----------------------|------------------------|
| 410030               | black                  |
| <b>Size:</b>         | ca. 15 cm x 5,5 cm     |
| <b>Packing unit:</b> | 16                     |
| <b>Contents:</b>     | each in a sales carton |
| <b>Material:</b>     | EPP                    |

### TOGU Blackroll Set

The set with all perfect tools for Self Massage - Made in Germany

The Blackroll set consists of two TOGU Blackroll, both Blackroll balls (8 and 12 cm diameter) and a Blackroll Mini. With the Blackroll Mini you can connect the two Blackroll and create a long version of a regeneration tool for self massage. The physical tension can be relieved. Knots and adhesions can be detached. Also scar tissue can be reduced.

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

| Art.No.:             | Colour:             |
|----------------------|---------------------|
| 805044               | black               |
| <b>Packing unit:</b> | 1                   |
| <b>Contents:</b>     | set in a carton box |
| <b>Material:</b>     | EPP                 |

## Bodybone® & Bodybone® XL



## Faszio Ball



**NEW!**

## Fascial Coach Ball



**NEW!**

### 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   |

**Contents:** in a box

**Material Bodybone:** Ruton with special weight-filling

**Material Bodybone XL:** Ruton with plug- and needle-valve

**Max. Load:** ca. 150 kg

### Faszio Ball

The healthy stimulation of fasciae for everyone! The air-filled Faszio Ball – made in Germany – solves highly effective fascial adhesions and tensions, stimulates metabolism. Therefore it protects the vascular system and protects against an overload of myofascial structures. The new material mixture is in itself firm but flexible. Therefore the ball adapts both locally as holistic to the body, as well as giving an adequate pressure on the myofascial structures. By varied air supply the degree of hardness is regulated, allowing individual and dosed adaptation. The user-friendly, vascular gentle and versatile handling. It allows an application at home and in groups, such as health, back, senior citizens courses or general fitness classes.

| Art.No.: | Name:                | Size:       | Colour: | PU: |
|----------|----------------------|-------------|---------|-----|
| 465380   | Faszio Ball allround | ca. 10 cm Ø | blue    | 10  |
| 465450   | Faszio Ball local    | ca. 4 cm Ø  | blue    | 50  |

**Contents:** in a carton box

**Material:** Ruton

### Fascial Coach Ball

The air-filled Fascial Coach Ball – made in Germany – can dissolve fascial adhesions and tensions. The gentle, skin-friendly material can reduce perception of pain. The degree of hardness is regulated by air supply, which allows an individual and controlled adaptation to your personal needs.

Depending on the objective, adhesions can be solved, tensions can be removed and the metabolism can be stimulated. For use at home as well as in groups. The concept „Fascial Coach“ uses the ball in combination with TOGU Blackroll and Acti-roll the support surface can be optimally adjusted and the intensity of pressure on the fascial structures can be controlled well.

| Art.No.:             | Colour:     |
|----------------------|-------------|
| 430612               | turquoise   |
| <b>Size:</b>         | ca. 16 cm Ø |
| <b>Packing unit:</b> | 20          |
| <b>Material:</b>     | Ruton       |



## FascialFitness Ball - Set of 3



### 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

## Pendel® Roll Wave



| 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            |     |              |

### 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.

## OS Roller Premium



| Art.No.       | Colour:                      | Size:      |
|---------------|------------------------------|------------|
| 400057        | anthracite                   | 45 x 15 cm |
| 400067        | anthracite                   | 90 x 15 cm |
| Packing unit: | 6                            |            |
| Contents:     | with exercise poster in foil |            |
| Material:     | EVA (0,038 g/cm³)            |            |

## TOGU® Brasil® set of 2



MADE IN GERMANY  
30-Jahre-Garantie

## TOGU® Brasil® Aqua



## Brasil® Base



Set 1



Set 2



## Brasil® „Bewegungsprofi“-Set



### 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                                                 |

### Brasil Base

The new Brasil Base – made in Germany – for Brasil GroupFitness classes in your club or gym. This special mat has got more than 2.000 smooth knobs and compact measurement of 60 x 40 cm. Brasil Base is an activating placeholder and massage tool in one. Use the massage Senso effect in your training – secure and uncomplicated. Available as single piece or in a set with Brasil or with Brasil and Brasil DVD (german language).

| Art.No.          | Contents:                                                         | PU: |
|------------------|-------------------------------------------------------------------|-----|
| 470637           | Brasil Base                                                       | 4   |
| 805054           | Brasil Base & Brasil Set of 2 (Set 1)                             | 4   |
| 805055           | Brasil Base, Brasil Set of 2 & DVD Bodystyling mit Brasil (Set 2) | 4   |
| <b>Size:</b>     | ca. 60 cm x 40 cm (Brasil Base)                                   |     |
| <b>Contents:</b> | in a deco-box                                                     |     |
| <b>Material:</b> | Ruton                                                             |     |
| <b>Colour:</b>   | green                                                             |     |

### 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“.

Contents: 1 x TOGU Brasil (Set of 2); 1 x training instructions.

| Art.No.          | Contents:                        | PU: |
|------------------|----------------------------------|-----|
| 805034           | each in polybag with instruction | 10  |
| <b>Material:</b> | Ruton                            |     |

# Jacaranda®

NEW!



## Medicine Ball

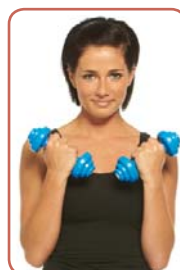


NEW!

actisan®



## TOGU® Mini-dumbbell



## 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: Ruton, 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: Ruton or Ruton with actisan

Specials: with needle valve

## 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 knobby 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            |

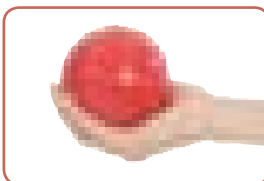
Size: ca. 13 x 4,5 cm Ø (250 g); ca. 19 x 7,5 cm Ø (500 g + 1000 g)

Contents: bulk

Material: Ruton with special weight-filling



## 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



## TOGU® Toning® Ball Set of 2



**NEW!**



## Topanga®



**actisan®**



## Trimpect®



**MADE IN GERMANY**  
30-Jahre-Garantie

### 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

### Topanga

Fast, easy, everywhere.

The new 3kg and 4 kg exercise tool from TOGU is the perfect partner for a balanced body shape and health training. Whether alone at home or in a group in the studio, it's versatility offers a fun workout. Several muscle groups are addressed by the natural movement which is performed during the workout. The Topanga training stabilizes, supports and relieves.

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

New: Now also available in a 3 kg version in the fresh colour spring green

| Art.No.: | Colour:                   | Size / Weight:     |
|----------|---------------------------|--------------------|
| 640700   | spring-green              | ca. 39 cm Ø / 3 kg |
| 646000   | anthracite (with actisan) | ca. 39 cm Ø / 4 kg |

**Packing unit:** 4

**Contents:** in a polybag, with exercise chart

**Material:** Ruton with actisan

### Trimpect

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 Trimpects in a right and dynamic way will cause the centrifugal mass inside the Trimpect to generate an impulse, thus leading to more muscle input and an acoustic 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                       |

## 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

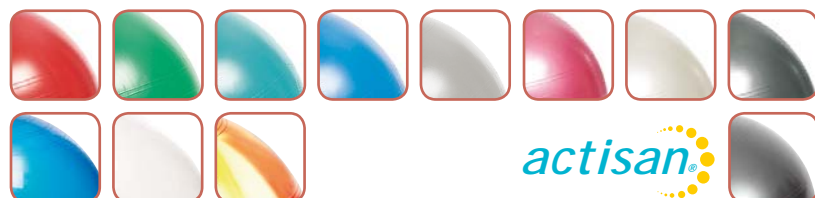


happyback®

## 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   |

|                   |                                                      |
|-------------------|------------------------------------------------------|
| <b>Contents:</b>  | in a box (deflated), with exercise poster and pump   |
| <b>Material:</b>  | Ruton with plug valve                                |
| <b>Max. load:</b> | 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       |

|                      |                                              |
|----------------------|----------------------------------------------|
| <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)       |

### 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 |

|                      |                                          |
|----------------------|------------------------------------------|
| <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 (90 kg ABS guarantee)    |
| <b>Specials:</b>     | 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®



MADE IN GERMANY  
30-Jahre-Garantie

## Redondo® Ball Plus



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           |



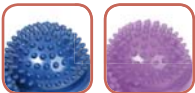
Multiroll® - Storage Aid & Cover



Multiroll® Halfroll - Storage Aid & Cover



Massage-Nex®



Multiroll - Storage Aid & Cover

Experience gentle support with every breath. Air filling allows perfect adjustment of the hardness. Relaxation and wellness. Waterproof. Individual pressure control. Easy to clean – simply rinse it. Comes in 15 cm, 20 cm and 15 cm half roll.

Cover optional available for Multiroll with approx. 15 cm Ø.

| Art.No.: | Colour:                           | Size:            |
|----------|-----------------------------------|------------------|
| 400070   | black, silver (30-Years-Warranty) | ca. 50 x 15 cm Ø |
| 400078   | black, silver with cover          | ca. 50 x 15 cm Ø |
| 400080   | black, silver (30-Years-Warranty) | ca. 50 x 20 cm Ø |

|            |                  |
|------------|------------------|
| VPE:       | 4                |
| Contents:  | in box with pump |
| Material:  | Ruton            |
| Max. load: | ca. 200 kg       |

Multiroll Halfroll - Storage Aid & Cover

Experience gentle support with every breath. Air filling allows perfect adjustment of the hardness. Relaxation and wellness. Waterproof. Individual pressure control. Easy to clean.

Optional also availabe with cover.

| Art.No.: | Colour:                           |
|----------|-----------------------------------|
| 400020   | black, silver (30-Years-Warranty) |
| 400028   | black, silver with cover          |

|               |                  |
|---------------|------------------|
| Size:         | 50 x 7,5 cm      |
| Packing unit: | 4                |
| Contents:     | in box with pump |
| Material:     | Ruton            |
| Max. load:    | ca. 200 kg       |

Massage-Nex

Release tension, stimulate acupuncture points. Massage-Nex helps a tired, tense neck. Suitable for self massage. Hygenic and washable.

| Art.No.: | Colour:        |
|----------|----------------|
| 400490   | blue, amethyst |

|               |              |
|---------------|--------------|
| Size:         | 20 x 10,5 cm |
| Packing unit: | 15           |
| Contents:     | in deco-box  |
| Material:     | Ruton        |



## Nex® - Neckrest



MADE IN GERMANY  
30-Jahre-Garantie

## Relax-Nex®



MADE IN GERMANY  
30-Jahre-Garantie

## happyback® Relax-Nex®



happyback®

MADE IN GERMANY  
30-Jahre-Garantie

## Relax-Nex® Thermo



### Nex-Neckrest

The space in the centre takes pressure off the spine, transferring the load to the transverse process of the vertebrae. This allows massage/ acupressure along the long back extensors (vesicle meridian). Also suitable for self massage. Keeps the hand or forearm in position during mobilization or rehab exercises. Controlled movements make precise strengthening of the wrist or the forearm possible.

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 400440               | blue, amethyst |
| <b>Size:</b>         | 20 x 10,5 cm   |
| <b>Packing unit:</b> | 15             |
| <b>Contents:</b>     | in deco-box    |
| <b>Material:</b>     | Ruton          |
| <b>Max. load:</b>    | approx. 200 kg |

### Relax-Nex

Relieve the spine. Sink into deep relaxation. Have your head supported by a smooth air cushion. During meditation, sunbathing or sports. May relief tension-headaches. Hygienic and washable.

|                      |                              |
|----------------------|------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>               |
| 400470               | silver-grey, amethyst        |
| <b>Size:</b>         | 23,5x11cm                    |
| <b>Packing unit:</b> | 16                           |
| <b>Contents:</b>     | in deco-box                  |
| <b>Material:</b>     | Ruton                        |
| <b>Max. load:</b>    | ca. 200 kg                   |
| <b>Specials:</b>     | new in piloga-packaging line |

### happyback Relax-Nex

Pure relaxation! The new soft foamed material improves comfort and allows the user to sink into deep relaxation. The new Relax-Nex from the happyback-series can relieve and prevent tension in the neck and shoulder area. Whether at home on the couch, a sun lounger on a vacation or while performing exercises, your head is always perfectly embedded and floating on a velvety soft cushion of air - almost like lying on clouds.

Hygienic because its washable. Includes instructions and a needle valve for individual pressure regulation.

|                      |                                 |
|----------------------|---------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                  |
| 400500               | blue, ruby-red                  |
| <b>Size:</b>         | 23,5 x 11 cm                    |
| <b>Packing unit:</b> | 16                              |
| <b>Contents:</b>     | in a deco-box                   |
| <b>Material:</b>     | foamed Ruton, with needle valve |
| <b>Max. load:</b>    | ca. 150 kg                      |

### Relax-Nex Thermo

The Relax Nex Thermo - made in Germany - is a new hot-cold pillow with special thermo-gel filling. Due to the pleasant - 100% skin-friendly - design it adapts to your body during the application. The use is recommended especially for the neck, shoulders and back. In the heated state it can give regeneration, massage and relaxed feeling. Ideal after a long day's work or relaxation in between.

Due to the slight wave structure on the surface the massage effect is even smoother. Place the pillow while lying under the neck and shoulder area. The muscles are released and relaxed by the heat. The blood circulation may be stimulated. In a cold state, the pillow can support the regeneration after exercising and sports. The Relax Nex Thermo pad can be applied both in training and therapy as well as at home.

|                  |                                       |                  |
|------------------|---------------------------------------|------------------|
| <b>Art.No.:</b>  | <b>Colour:</b>                        | <b>Size ca.:</b> |
| 400630           | red                                   | 23,5 cm x 11 cm  |
| <b>PU:</b>       | 2                                     |                  |
| <b>Material:</b> | Ruton with special thermo-gel filling |                  |

## Earth ball



## Ball with grip



## Chiming medicine ball



## Knobbly sound 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

### Knobbly sound ball

The chiming ball with integrated bell and good grip!

Its extra long knobs stimulate the tactile sensory perception perfectly. Non-springy.

| Art.No.: | Colour: |
|----------|---------|
|----------|---------|

blue

#### Size:

10 cm

#### Packing unit:

10

#### Contents:

Shipping box

#### Material:

Ruton

## Knobbed cushion



## TOGU® Reactionball



## PAB® - pressure air biofeedback



actisan®

### Knobbed cushion

Ideal for extension exercises of hand and fingers. The level of extension can be changed by adjusting the air level. Also suitable for stroke patients or patients with spastic paralysis.

|                      |                     |
|----------------------|---------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>      |
| 460400               | silver, amethyst    |
| <b>Size:</b>         | ca. 23 cm Ø x 11 cm |
| <b>Packing unit:</b> | 5                   |
| <b>Contents:</b>     | with deco-tax-seal  |
| <b>Material:</b>     | Ruton               |
| <b>Max. load:</b>    | ca. 200 kg          |

### TOGU Reactionball

Start to train speed and reaction ability with the TOGU reaction ball - made in Germany. At each landing the ball bounces in another direction. Improves also the eye-hand coordination. Just drop or throw the reaction ball to the ground or and then try to catch it again. The special shape makes the jump direction unpredictably. Each repetition is a new challenge for you.

Unlike other reaction balls the TOGU reaction ball has a valve and therefore the degree of difficulty can be regulated additionally with a ball pump. The material Ruton is extremely resistant, durable and 100% recyclable.

|                      |                  |
|----------------------|------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>   |
| 410130               | blue, red        |
| <b>Size:</b>         | ca. 12 cm Ø      |
| <b>Packing unit:</b> | 10               |
| <b>Contents:</b>     | bulk             |
| <b>Material:</b>     | Ruton            |
| <b>Max. load:</b>    | up to ca. 150 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

|                      |                                                                      |
|----------------------|----------------------------------------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                                                       |
| 805070               | PAB Basic (device, software, TOGU training devices)                  |
| 805071               | PAB Pro (device, software, TOGU training devices, two piece bag set) |
| <b>Packing unit:</b> | 1                                                                    |



## Therafloss® Band



## Theragym® Band / Powerband



## Theragym® Loop / Powerband Loop



**NEW!**

### Therafloss Band

The TheraFloss tape is available as an elastic band in two different strengths. It is used in physiotherapy for mobilization, improving the range of motion and releasing bonds of the tissue. The TheraFloss band can be used independently and in combination with TOGU training tools. The application done by a physical therapist causes a targeted and temporary inhibiting the fluid exchange of the cells. If the tape is released, the blood flows back into the underserved area, which can lead to a stimulation of the metabolism. In connection with mobilizing movements by tensions and adhesions can be solved. The ribbon has a length of 2m and a width of 5 cm. The strength is in the red version and 1.02 mm for the black 1.5mm.

| Art.No.: | Colour: | Size ca.:            |
|----------|---------|----------------------|
| 650240   | red     | 2 m x 50 mm x 1 mm   |
| 650260   | black   | 2 m x 50 mm x 1,5 mm |

**Packing unit:** 1

**Contents:** in a polybag

**Material:** Latex

### Theragym Band / Powerband

Small tool – great effect. Stretch, strengthen or condition. Ideal for travel.

Available in 4 levels.

New - now also available in a length of 240 cm!

| Size:                    | Art.No.:                       | Art.No.:                      | Art.No.:                      | Art.No.:                          |
|--------------------------|--------------------------------|-------------------------------|-------------------------------|-----------------------------------|
|                          | <b>Light</b><br>green / yellow | <b>Middle</b><br>pink / green | <b>Heavy</b><br>purple / blue | <b>Extra heavy</b><br>red / black |
| 120 x 7,5 cm / with Clip | 650100                         | 650110                        | 650120                        | 650130                            |
| 120 x 15 cm / with Clip  | 650200                         | 650210                        | 650220                        | 650230                            |
| 240 x 7,5 cm             | 650560                         | 650500                        | 650510                        | 650520                            |
| 240 x 15 cm              | 650660                         | 650610                        | 650670                        | 650620                            |
| 500 x 7,5 cm             | 650300                         | 650310                        | 650320                        | 650330                            |
| 500 x 15 cm              | 650350                         | 650360                        | 650370                        | 650380                            |

**Packing unit:** 10

**Contents:** with exercise poster in a polybag

**Material:** Latex

**Specials:** Powerband length 25m – 15 cm wide (price on request)

### Theragym Loop / Powerband Loop

The Powerband Loop is an elastic band for varied use in functional resistance training to improve strength, mobility and balance. It is easy to store and transport and can be used everywhere: at home, in a gym or at your office workplace. Ideal for functional exercises with resistance. Powerband Loop is also perfect to combine with dynamic training tools as Dynair, Aero-Step Pro or Jumper.

Available in light-yellow, middle-green, strong-blue, extrastrong-black

**NEW:** Now also available in a set with all the 4 different Theragym Loops.

| Art.No.: | Colours:                   | Size:                  |
|----------|----------------------------|------------------------|
| 808202   | yellow, green, blue, black | 27-30 x 5 cm; Set of 4 |
| 650810   | yellow / light             | ca. 30 x 5 cm          |
| 650820   | green / middle             | ca. 29 x 5 cm          |
| 650830   | blue / heavy               | ca. 28 x 5 cm          |
| 650840   | black / extra heavy        | ca. 27 x 5 cm          |

**PU:** 10

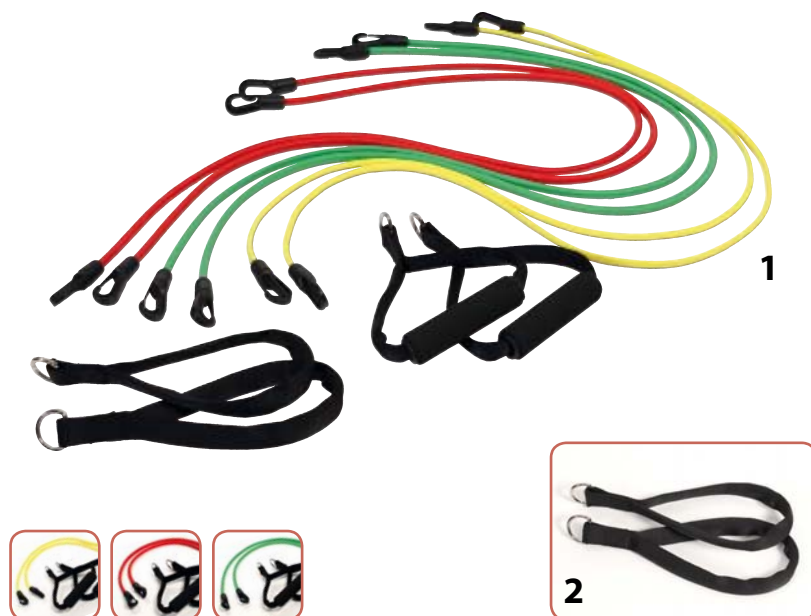
**Contents:** in a polybag

**Material:** Latex

## Theragym® Tube



## Theragym® Pro



## TOGU® Tower



### Theragym Tube and Theragym Tube Loop

The Theragym Tubes and the Theragym Tube Loops are versatile resistance training devices for complete body toning. The special coating of the elastic tube increases the safety and comfort. Combined with many other TOGU tools, the Theragym Tubes and the Theragym Tube Loops are suitable as an ideal complement for a challenging workout. Available in 4 different levels of resistance from light to very heavy.

#### Theragym Tube

| Art.Nr.: | Colour:            | Size ca.:  |
|----------|--------------------|------------|
| 980023   | yellow (light)     | ca. 122 cm |
| 980022   | green (medium)     | ca. 122 cm |
| 980024   | blue (heavy)       | ca. 122 cm |
| 980026   | black (very heavy) | ca. 122 cm |

#### Theragym Tube Loop

| Art.No.: | Colour:            | Size ca.: |
|----------|--------------------|-----------|
| 980013   | yellow (light)     | ca. 70 cm |
| 980012   | green (medium)     | ca. 70 cm |
| 980014   | blue (heavy)       | ca. 70 cm |
| 980015   | black (very heavy) | ca. 70 cm |

PU: 1

Contents: in a polybag

#### Theragym Pro

Theragym Pro is available as a **complete set** of 6 bands with 2 hand grips and 2 foot straps as well as **single set** of each color and resistance as a set of 2 with 2 hand grips.

The Theragym Pro complete set (1) consists of:  
6 special elastic bands (made in Germany) with light (yellow), medium (red) and strong (green) resistances plus 2 handle grips and 2 foot loops.

The even resistances are ideal for separate use or in combination with the TOGU Tower as pulley. Thus, the Theragym Pro complete set (1) offers a complete training system, saving space for private and professional use. Optional use in combination with TOGU Tower.

| Art.No.: | Name:                                     | Colour:          |
|----------|-------------------------------------------|------------------|
| 980053   | Theragym Pro - Set of 2 (incl. 2 handles) | yellow (light)   |
| 980052   | Theragym Pro - Set of 2 (incl. 2 handles) | red (medium)     |
| 980056   | Theragym Pro - Set of 2 (incl. 2 handles) | green (strong)   |
| 980011   | Theragym Pro - complete set (1)           | yellow/red/green |
| 980051   | Theragym Pro - set of 2 foot straps (2)   | black            |

Size: each Theragym Pro ca. 140 cm length

PU: 1

Material: rubber, fully covered with Polyester textile

#### TOGU Tower

The TOGU Tower - made in Germany - is an individually and continuously height-adjustable retention system for versatile resistance training. The TOGU Tower is attached to a wall of the training or therapy room and different resistance training systems can be attached. The trainee has got full range of movement and the possibility of different heights and directions. The system is used with a double joint (two bands / tubes mounted) and with a single joint (one band / tube mounted). Standard mounting material is included. The individual requirements for wall mounting should be observed. On request, we offer a custom-made in various types of wood and color tones. The wood material used is robust and easy to clean

#### TOGU Tower with Theragym Pro Complete-Set (3)

Connected with the TOGU Tower the Theragym Pro Complete Set (3) is ideal for use as a pulley. The Theragym Pro Complete Set (3) consists of special elastic bands (made in Germany) with three different resistances plus handles and foot straps.

| Art.No.: | Name:                                           |
|----------|-------------------------------------------------|
| 980010   | TOGU Tower Single (1)                           |
| 980020   | TOGU Tower Double (2)                           |
| 980020   | TOGU Tower Double (2) with Theragym Pro Set (3) |

Size: 225 x 35 x 2 cm

Packing Unit: 1

Contents: two pieces in a carton box

Material: birch wood, aluminium

## Aero-Step®



## Air Parcours



## Balance Board



### Aero-Step

The Aero-Step – made in Germany - for kids is fun balance training – also for small children and small feet. They learn to keep in balance while moving, promoting reaction and reflexes. They improve their attitude and incidentally, the ability to concentrate.

coordination, increase reaction.

With an air-filled twin-chamber system training becomes a varied experience with great fun guaranteed.

The device is equipped with many round knobs for perception and improve circulation. It can be used for school sport, therapy or simply at home.

With AGR-quality-seal

|                      |                                  |
|----------------------|----------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                   |
| 400429               | blue, green, red                 |
| <b>Size:</b>         | 46 x 32 x 8 cm                   |
| <b>Packing unit:</b> | 4                                |
| <b>Contents:</b>     | in deco-box with exercise poster |
| <b>Material:</b>     | Ruton                            |
| <b>Max. Load:</b>    | ca. 200 kg                       |

### Air Parcours

Air Parcours – made in Germany – is an air-filled balance set consisting of TOGU classics and new items for children. Guaranteed movement and dynamics within the hour. High level of sensorimotor stimulation. While moving through the air parcours the kids are challenged to keep their balance. This is fun and trains coordination, promotes flexibility and their ability to concentrate. The Air Parcours are extremely robust, durable and washable. Essential for kindergartens, schools and clubs.

**TOGU Air Parcours small:** 2 Senso Balance Bar blue, 1 Dynair Kids assorted, 2 Senso Balance Igel green, 1 Jumper mini red;

**TOGU Air Parcours large:** 2 Senso Balance Bar Blue, 2 Dynair Kids assorted, 2 Senso Balance Igel Green, 1 Jumper mini Red, 4 Dynair Minis 20cm assorted

| Art.No.:          | Colour:    | PU: | Name:              |
|-------------------|------------|-----|--------------------|
| 805009            | varied     | 1   | Air Parcours small |
| 805010            | varied     | 1   | Air Parcours large |
| <b>Contents:</b>  | in a box   |     |                    |
| <b>Material:</b>  | Ruton      |     |                    |
| <b>Max. Load:</b> | ca. 200 kg |     |                    |

### Balance Board

In 3 different levels: red, green and blue. Due to different shaped radii. Very effective and longlasting due to special plastics material. Lower weight than wooden material.

| Art.No.: | Level:            | Colour:          | Size:       |
|----------|-------------------|------------------|-------------|
| 410402   | Level I (easy)    | black with red   | 40 x 8 cm   |
| 410406   | Level II (medium) | black with green | 40 x 9,5 cm |
| 410404   | Level III (hard)  | black with blue  | 40 x 12 cm  |

|                      |                     |
|----------------------|---------------------|
| <b>Packing unit:</b> | 1                   |
| <b>Contents:</b>     | in deco-box         |
| <b>Material:</b>     | high quality GFK-PP |
| <b>Max. Load:</b>    | 120 kg              |
| <b>Specials:</b>     | 3 difficulties      |



## Balanza® Kids Seesaw



## Bonito®



## Brasil® „Bewegungsprofi“-Set



### Balanza Kids Seesaw

The portable seesaw! Use indoors, in the garden or in day care centers. It has a magic attraction to children because of its stimulative nature, while at the same time it helps to practice coordination and balance. Due to its well devised base made of resilient balls, a three-dimensional seesaw experience provides training for stabilization and rhythm.

In addition there is a social learning component as the seesaw can only be operated through the teamwork of two children.

The seesaw is entirely being manufactured in Germany and is made of a birchwood plate which features leather straps as handgrips. The four balls, which are attached in a durable way through a special screw connection to the wooden plate, consist of the safe and resilient material Ruton. Each of these balls can be individually adjusted with a pump and a needle, which both come with the product. The Balanza Kids Seesaw is easy to clean and therefore perfectly suitable for the use in kindergarten and daycare centers.

|                      |                                        |
|----------------------|----------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                         |
| 440420               | red with wood                          |
| <b>Size:</b>         | ca. 120 cm x 50 cm x 41 cm (L x W x H) |
| <b>Packing unit:</b> | 1                                      |
| <b>Contents:</b>     | instructions for use and pump          |
| <b>Material:</b>     | Ruton and wood                         |
| <b>Max. Load:</b>    | ca. 150 kg                             |

### Bonito Hüpfier

Even the tiniest hands can hold these ears! For building up muscles and support stability of the spine – ideal during growing period. The bouncy animal for indoors and outdoors. Extremely durable.

|                      |                                  |
|----------------------|----------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                   |
| 400000               | red, blue                        |
| <b>Size:</b>         | 50 x 7,5 cm                      |
| <b>Packing unit:</b> | 4                                |
| <b>Contents:</b>     | in deco-box with exercise poster |
| <b>Material:</b>     | Ruton                            |
| <b>Max. Load:</b>    | up to 60 kg                      |

### 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”.

Contents: 1 x TOGU Brasil (Set of 2); 1 x training instructions.

|                  |                                  |            |
|------------------|----------------------------------|------------|
| <b>Art.No.</b>   | <b>Contents:</b>                 | <b>PU:</b> |
| 805034           | each in polybag with instruction | 10         |
| <b>Material:</b> | Ruton                            |            |

## Colibri® Ball

Colibri-Volleyball

Colibri-Beachhandball F



Colibri-Aero-Ball for Gymnastics

## Colibri® Supersoft Ball

NEW!

Colibri Supersoft Mini



Colibri Supersoft Football



Colibri Supersoft Football Dribbling



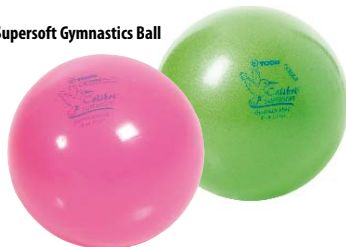
Colibri Supersoft Basketball



Colibri Supersoft Volleyball



Colibri Supersoft Gymnastics Ball



Colibri Supersoft Handball Women / Men



Colibri Supersoft Giant



### Colibri Ball

The Colibri Ball - made in Germany - is a compact and robust training ball for sports lessons at school, kindergarden and children's club training. Due to the special material mixture it is a very dynamic and extremely durable sports ball. Equipped with a needle valve and available in 3 models, as handball, volleyball and gymnastic ball.

### Colibri-Aero-Ball for Gymnastics

| Art.No.: | Colour: | ca. Size: Ø | PU: |
|----------|---------|-------------|-----|
| 482020   | red     | 16 cm       | 20  |

### Colibri-Beachhandball F

| Art.No.: | Colour: | ca. Size: Ø | PU: |
|----------|---------|-------------|-----|
| 482010   | red     | 16 cm       | 20  |

### Colibri-Volleyball

| Art.No.: | Colour: | ca. Size: Ø | PU: |
|----------|---------|-------------|-----|
| 482000   | red     | 16 cm       | 10  |

**Contents:** in poly-bag

**Material:** Ruton

### Colibri Supersoft Ball

The Colibri Ball - made in Germany - as a Supersoft ball. In comparison to the Colibri Ball, it is extra soft thanks to a special material mixture. The Colibri Supersoft is even easier to grip and bounce softly and dynamically. The ideal and long-lasting sports ball for at home, in the garden and on the playground. Equipped with a needle valve and available in 9 different versions.

### Colibri Supersoft Mini

| Art.No.: | Colour:             | ca. Size: Ø |
|----------|---------------------|-------------|
| 487900   | yellow, green, pink | 12 cm       |

### Colibri Supersoft Football

| Art.No.: | Colour:             | Weight: | ca. Size: Ø |
|----------|---------------------|---------|-------------|
| 487600   | yellow, green, pink | 300 g   | 22 cm       |

### Colibri Supersoft Football Dribbling

| Art.No.: | Colour:             | Weight: | ca. Size: Ø |
|----------|---------------------|---------|-------------|
| 487700   | yellow, green, pink | 420 g   | 22 cm       |

### Colibri Supersoft Basketball

| Art.No.: | Colour:             | ca. Size: Ø |
|----------|---------------------|-------------|
| 487800   | yellow, green, pink | 22 cm       |

### Colibri Supersoft Volleyball

| Art.No.: | Colour:             | ca. Size: Ø |
|----------|---------------------|-------------|
| 487300   | yellow, green, pink | 21 cm       |

### Colibri Supersoft Gymnastics Ball

| Art.No.: | Colour:             | ca. Size: Ø |
|----------|---------------------|-------------|
| 487400   | yellow, green, pink | 16 cm       |

### Colibri Supersoft Handball Women / Men

| Art.No.: | Colour:             | ca. Size: Ø    |
|----------|---------------------|----------------|
| 487500   | yellow, green, pink | 16 cm (Damen)  |
| 487200   | yellow, green, pink | 18 cm (Herren) |

### Colibri Supersoft Giant

| Art.No.: | Colour:             | PU: | ca. Size: Ø |
|----------|---------------------|-----|-------------|
| 487100   | yellow, green, pink | 6   | 28 cm       |

**PU:** 10

**Contents:** in poly-bag / shipping box

**Material:** Ruton

## Dynair® Balance-Seat



## Dynair® Ballkissen® Kids

NEW!



## Dynair® Wedge Ballkissen® Kids

NEW!



### Dynair Balance-Seat

For active sitting, balancing and training. Wonderful if used as super-sized building blocks. For sitting groups, in the waiting room and at home.

| Art.No.:      | Colour:      |
|---------------|--------------|
| 400090        | red, blue    |
| Size:         | 36 x 28 cm   |
| Packing unit: | 1            |
| Contents:     | Shipping box |
| Material:     | Ruton        |

### Dynair Ballkissen Kids

The legendary Dynair® ball cushion for kids. For balance and coordination exercises. Safe dynamic sitting.

The space saving alternative to the large ball at every desk.

red, green, blue, turquoise, pink, pearl, yellow, soft-violett (confetti), ice-blue (confetti), marble

| Art.Nr.:      | Farbe:                                                                                                 |
|---------------|--------------------------------------------------------------------------------------------------------|
| 400170        | red, green, blue, turquoise, pink, pearl, yellow, soft-violett (confetti), ice-blue (confetti), marble |
| Size:         | ca. 30 cm Ø                                                                                            |
| Packing unit: | 5                                                                                                      |
| Contents:     | in deco-box with exercise poster                                                                       |
| Material:     | Ruton                                                                                                  |
| Max. Load:    | 200 kg                                                                                                 |
| Specials:     | AGR-quality-seal                                                                                       |

### Dynair Wedge Ballkissen Kids

For every kid in school and or at home during homework. Kids can move freely without losing concentration while seated. All advantages of the legendary ball cushion and a wedge cushion put into one. Supports upright posture. Enough room for leaning forward.

| Art.No.:      | Colour:                                          |
|---------------|--------------------------------------------------|
| 400140        | red, green, blue, turquoise, yellow, pink, pearl |
| Size:         | 33 cm                                            |
| Packing unit: | 5                                                |
| Contents:     | in deco-box with exercise poster and pump        |
| Material:     | Ruton                                            |
| Max. Load:    | 200 kg                                           |



## Dynair® Extreme



### Dynair Extreme

Sit on it and feel good. Brings you automatically in a upright and healthy position. The Dynair Extreme is the most recent and largest member coming from the Dynair family. With a diameter of 80 cm and a height of 18 cm it is perfectly suited as a meditation pillow and seat cushion. Smooth vibrations are being absorbed immediately by the cushion and emitted to the spine. In order to keep up a calm seating position small adjusting moves have to be made all the time, thus becoming a challenge for the spinal muscles and trunk muscles. Furthermore spinal training and exercises for improving trunk stability can be carried out perfectly in a dorsal or ventral position. Like all Dynair ball cushions, the Dynair Extreme is equipped with our well proven knobs on one side and with a smooth and soft surface on the other side. Therefore the Dynair Extreme suits also extremely well as a therapy cushion for certain disease patterns such as paresis, sensoric and motoric deficits or neurological and muscle dysfunctions.

|                      |                         |
|----------------------|-------------------------|
| <b>Art.No.:</b>      | <b>Colours:</b>         |
| 400408               | purple                  |
| 401408               | anthracite              |
| <b>Size:</b>         | ca. 80 cm Ø x ca. 18 cm |
| <b>Packing unit:</b> | 1                       |
| <b>Contents:</b>     | in box                  |
| <b>Material:</b>     | Ruton with plug valve   |
| <b>Max. Load:</b>    | ca. 200 kg              |

### Dynair Senso Mini

A "wobbly toy" for small feet and hands in kindergarten, sports classes and activity trails. ... When tiny feet get a little bigger ... Can be used perfectly for child physio therapy, to increase awareness and stability training.

## Dynair® Senso® Mini



|                      |                          |              |
|----------------------|--------------------------|--------------|
| <b>Art.No.:</b>      | <b>Colour:</b>           | <b>Size:</b> |
| 465400               | red, blue, yellow, green | 16 cm        |
| 465600               | red, blue, yellow, green | 20 cm        |
| <b>Packing unit:</b> | 4                        |              |
| <b>Contents:</b>     | in deco-box with pump    |              |
| <b>Material:</b>     | Ruton                    |              |
| <b>Max. Load:</b>    | ca. 200 kg               |              |

### Jumper mini

The Jumper as mini version. Ideal for one leg exercises and rehabilitation. Approved Dynair technology (2/3 ball). Extremely dynamic rebound effect. More stability for joints and ankles. Don't slip away even on glossy surfaces. Better Grip material. Both sides to use. Vibration transfer.

European Patent No. 2092964

## Jumper® mini



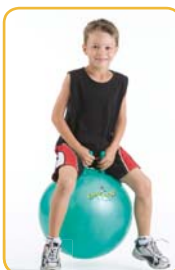
### Jumper Mini actisan

|                 |                     |                |                      |
|-----------------|---------------------|----------------|----------------------|
| <b>Art.No.:</b> | <b>Name:</b>        | <b>Colour:</b> | <b>ca. Size:</b>     |
| 410330          | Jumper Mini actisan | anthracite     | 36 cm Ø x max. 18 cm |

### Jumper Mini

|                      |                                      |                |                      |
|----------------------|--------------------------------------|----------------|----------------------|
| <b>Art.No.:</b>      | <b>Name:</b>                         | <b>Colour:</b> | <b>ca. Size:</b>     |
| 410302               | Jumper Mini                          | red            | 36 cm Ø x max. 18 cm |
| <b>Packing unit:</b> | 2                                    |                |                      |
| <b>Contents:</b>     | in box with exercise poster and pump |                |                      |
| <b>Material:</b>     | Ruton, fiberglass-strengthened plate |                |                      |
| <b>Max. load:</b>    | ca. 120 kg                           |                |                      |

## Kangaroo® Ball ABS® Junior / Super



### Kangaroo Ball ABS Junior / Super

The jump ball with Anti-Burst-System ABS®: guaranteed\* safety! Improve coordination. Train musculature without even noticing. Good for the spine and posture.  
\*see instruction for use

Available in two sizes and 3 colours.

| Art.No.: | Colour:                   | Size: ca. Ø  |
|----------|---------------------------|--------------|
| 310600   | blue, ruby-red, turquoise | Junior 45 cm |
| 360600   | blue, ruby-red, turquoise | Super 60 cm  |

|                      |                                                                        |
|----------------------|------------------------------------------------------------------------|
| <b>Packing unit:</b> | 10                                                                     |
| <b>Contents:</b>     | in deco-box with exercise poster                                       |
| <b>Material:</b>     | Crylon                                                                 |
| <b>Max. Load:</b>    | ABS up to 60 kg (45 cm Ø), up to 75 kg (60 cm Ø), general up to 500 kg |

### Leo the Lion

Why not ride on a lion's back? Leo is particularly stable and wonderfully suited for children's strength and coordination exercises. Extremely durable.

## Leo Lion



| Art.No.:             | Colour:                          |
|----------------------|----------------------------------|
| 400060               | warm-orange                      |
| <b>Size:</b>         | 50 x 7,5 cm                      |
| <b>Packing unit:</b> | 4                                |
| <b>Contents:</b>     | in deco-box with exercise poster |
| <b>Material:</b>     | Ruton                            |
| <b>Max. Load:</b>    | up to 60 kg                      |

### Moonhopper®

Jump and hop with fun and power. The legendary hopping fun. Very durable.

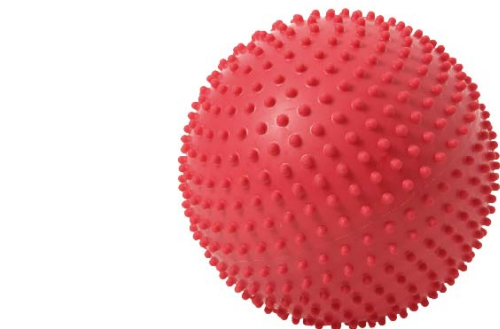
Also available for adults: see page 31.

## Moonhopper®



| Art.No.:             | Colour:                 |
|----------------------|-------------------------|
| 666500               | blue with yellow - NEW! |
| 666600               | blue with pink          |
| 666800               | green with pink         |
| 666900               | blue with red           |
| <b>Size:</b>         | ca. 40 x 30 cm          |
| <b>Packing unit:</b> | 5                       |
| <b>Contents:</b>     | with tag, in poly-bag   |
| <b>Material:</b>     | Ruton                   |
| <b>Max. Load:</b>    | ca. 70 kg               |

## Knobbly catch training ball



### Knobbly catch training ball

Perfect for small children's hands. Good for grasping and soft to the skin! Round, pleasant knobs made of skin-friendly material.

| Art.No.:      | Colour:           |
|---------------|-------------------|
| 465100        | red, yellow, blue |
| Size:         | 22 cm             |
| Packing unit: | 10                |
| Contents:     | in a box          |
| Material:     | Ruton             |

### Knobbed ring

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

## Knobbed ring



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

## Octositz® the Multi-Cube



### Octositz the Multi-Cube

"I am small, round but still a cube!" "You can sit on me, balance or simply have fun with me!" Ideal for activity trails, for many fun actions and as an opportunity to sit down in the play corner. To increase coordination and balance. For muscle training and increased stability of the spine.

| Art.No.:      | Colour:          |
|---------------|------------------|
| 400700        | red, green, blue |
| Size:         | 32 cm            |
| Packing unit: | 4                |
| Contents:     | in deco-box      |
| Material:     | Ruton            |

## Powerball® ABS®

NEW!



### Powerball ABS

The original Powerball ABS - with the airbag for your gym ball - for safe, dynamic and varied training. Also available in the special kids sizes XS (max 35cm diameter) and S (max 45cm diameter) for children. Available in any size in many different colors.

Guaranteed safety thanks to the ABS®. (\* see instructions for use)

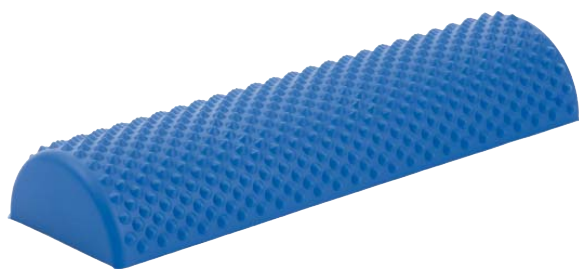
More sizes and other Safety categories see pages 55-58.

Safety category 4 \*\*\*\*

| 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 |
| Packing unit: | 4                                                                |            |
| Contents:     | in deco-box with exercise poster                                 |            |
| Material:     | Crylon                                                           |            |
| Max. Load:    | 500 kg (90 kg ABS guaranteed), AGR-quality-seal                  |            |



## Senso® Balance Bar



## Senso® Balance hedgehog + XL set of 2



## GeoBalance® hedgehog + XL



## Senso® Balance Cushion + XL set of 2



### Senso Balance Bar

The air-filled Balance Bar. Ideal for building up your balance. With senso knobs to improve perception. Available in 3 different colours.

| Art.No.:      | Colour:          |
|---------------|------------------|
| 410100        | red, blue, green |
| Maße/Size:    | 50 x 7,5 cm      |
| Packing unit: | 4                |
| Contents:     | in polybag       |
| Material:     | Ruton            |
| Max. Load:    | ca. 200 Kg       |

### Senso Balance hedgehog + XL set of 2

Balance, train and have fun. Improve coordination, flexibility and body awareness. A must for balance trails. For every age.

Available in two sizes and 7 colours.

| Art.No.:      | Colour:                                       | Size ca.: Ø |
|---------------|-----------------------------------------------|-------------|
| 465150        | red, yellow, blue, green, pink, purple, black | 16 cm       |
| 465170        | red, yellow, blue, green, pink, purple, black | XL 18,5 cm  |
| Packing unit: | 6                                             |             |
| Contents:     | in deco-box with exercise poster              |             |
| Material:     | Ruton                                         |             |
| Max. Load:    | ca. 200 kg                                    |             |

### Geo-Balance hedgehog + XL

The variety of geometric shapes and bright colours is perfect for balance trails and to increase body awareness or coordination. 6 colours, two sizes and three geometric forms.

Available in two sizes and 6 colours.

| Art.No.:      | Colour:                                | Size ca.: Ø |
|---------------|----------------------------------------|-------------|
| 465180        | red, yellow, blue, green, pink, purple | 16 cm       |
| 465190        | red, yellow, blue, green, pink, purple | XL 18,5 cm  |
| Packing unit: | 6                                      |             |
| Contents:     | in deco-box with exercise poster       |             |
| Material:     | Ruton                                  |             |
| Max. Load:    | ca. 200 kg                             |             |

### Senso Balance Cushion + XL set of 2

This is an addition to the Senso Balance product line. It has new, improved contact with the floor. The level of inflation and the special Senso raised nodules act as an ideal proprioception stimulant and are especially good for all walking and stepping exercises.

Ideal for perception training with young children and teenagers but also suitable as an added extra for adults.

Available in two sizes and 7 colours.

| Art.No.:      | Colour:                  | Size:    |
|---------------|--------------------------|----------|
| 410490        | red, yellow, blue, green | 16 cm    |
| 410500        | red, yellow, blue, green | XL 20 cm |
| Packing unit: | 6                        |          |
| Contents:     | set of 2 in a box        |          |
| Material:     | Ruton                    |          |
| Max. Load:    | approx. 150 kg           |          |

## Senso® Balance Pad + XL set of 2



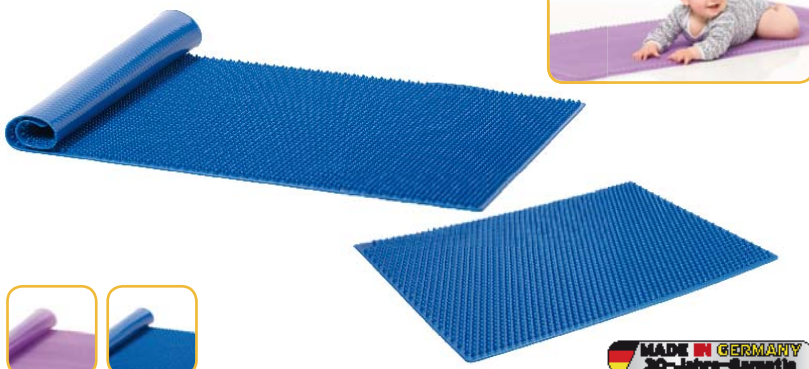
## Senso® Ball Geo + XL



## Senso® Ball mini



## Senso® Mat Mini / Senso® Mat



### Senso Balance Pad + XL set of 2

This is an addition to the Senso Balance product line. It can be incorporated into any therapy thanks to the soft and hard-wearing material and the raised nodules, and also enables another level to be built into sensorimotor training. Available in a range of colours, the pads are an excellent aid when introducing people to walking therapies and multi-sensory training sessions. The low height of the Senso Balance Pads also gives them added versatility as position markers in any gymnasium and in any type of sport.

Available in two sizes and 3 colours.

| Art.No.: | Colour:           | Size:    |
|----------|-------------------|----------|
| 410510   | red, yellow, blue | 16 cm    |
| 410520   | red, yellow, blue | XL 20 cm |

**Packing unit:** 10

**Contents:** set of 2 in a polybag

**Material:** Ruton

### Senso Ball Geo + XL

The new fun and learn ball for kindergarden and leisure time. The variety of geometric shapes and bright colours is perfect for increasing perception, concentration and coordination. Ideal grip by using the geometric shapes.

Available in 4 colours and two sizes.

| Art.No.: | Colour:                         | Size: Ø    | PU: |
|----------|---------------------------------|------------|-----|
| 465130   | red, yellow, green pink (mixed) | 9 cm       | 12  |
| 465120   | red, blue, green, pink (mixed)  | XL 18,5 cm | 10  |

**Contents:** in a polybag

**Material:** Ruton

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

### Senso Ball mini

Roll – massage – enhance blood circulation. Gently activate the body. Stimulate meridians – start the energy flow. Stimulating knobs on the entire ball for long lasting effects. Sizes: 9 cm, 11 cm

Also available as Geo-Version with geometric forms!

| Art.No.: | Colour:   | Size: |
|----------|-----------|-------|
| 465300   | blue, red | 9 cm  |
| 465500   | blue, red | 11 cm |

**Packing unit:** 50

**Contents:** bulk

**Material:** Ruton

### Senso-Mat Mini / Senso Mat

To stimulate the ability of tactile perception of babies and infants. Suitable for ergotherapy or in kindergarden. The Senso® Mat can be combined with different bases for countless balance variations. Almost 7.000 Senso® noddles massage and stimulate.

The classic in a new dimension - 60 x 40 cm. Use this small but nevertheless generously studded mat to awaken your senses.

| Art.No.: | colour:        | Size:       |
|----------|----------------|-------------|
| 400410   | blue           | 120 x 60 cm |
| 400413   | amethyst       | 120 x 60 cm |
| 400420   | amethyst, blue | 60 x 40 cm  |

**Size:** 120 x 60 cm or 60 x 40 cm

**Packing unit:** 4

**Contents:** in deco-box

**Material:** Ruton

## Soft ball



## Play- and Sportsballs



## Putting Shot



### Soft ball

Soft and light ball made of foamed material.

| Art.No.: | Artide:                            | PU: | Size: Ø ca. |
|----------|------------------------------------|-----|-------------|
| 560720   | Soft-Ball grooved set of 2         | 200 | 7 cm        |
| 560700   | Soft-Tennisball grooved            | 400 | 7 cm        |
| 561900   | Soft-Trainingsball                 | 18  | 19 cm       |
| 562100   | Soft-Trainingsball                 | 14  | 21 cm       |
| 580700   | Soft-Trainingsball without grooves | 400 | 7 cm        |
| 560900   | Soft-Ball                          | 200 | 9 cm        |

**Colour:** yellow

**Contents:** Shipping box

**Material:** foamed material

### Play- and Sportsballs

We offer multitude of play- and sportsballs. You will find our whole product range in our „Play & Sports 2017“ manual. Ask us, or scan the qr-code and get directly to the pdf-download of our manual „Play & Sports 2017“.

### Punktball

White dots on a coloured background is an absolute classic. You are never wrong with a dotted ball.

Assorted in the colours red, blue and green.

### Euroliga® Neon

Even in high grass it can't be missed. Colorful and eye-catching this ball will make every game feel like a League.

Special: hand decorated ball

| Art.No.: | Name:         | PU: | Size: Ø ca.  |
|----------|---------------|-----|--------------|
| 217150   | Punktball     | 10  | 14 cm / 5,5" |
| 217190   | Punktball     | 10  | 23 cm / 9"   |
| 138000   | Euroliga Neon | 10  | 23 cm / 9"   |

**Material:** Ruton

### 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: | Weight: | Size Ø: |
|----------|---------|---------|---------|
| 631000   | black   | 1000 g  | 9,5 cm  |
| 631500   | black   | 1500 g  | 9,5 cm  |
| 632000   | black   | 2000 g  | 9,5 cm  |
| 632500   | black   | 2500 g  | 9,5 cm  |
| 633000   | black   | 3000 g  | 11 cm   |
| 634000   | black   | 4000 g  | 11 cm   |
| 635000   | black   | 5000 g  | 12,5 cm |
| 636000   | black   | 6000 g  | 13,5 cm |
| 637200   | black   | 7250 g  | 13,5 cm |
| 660080   | black   | 8000 g  | 13,5 cm |
| 660090   | black   | 9000 g  | 13,5 cm |

**Packing unit:** 2

**Contents:** Shipping box

**Material:** Hytrel



## Diving Ring, Diving Block, Diving Ball



### 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

### Theragym Ball ABS

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)

## Theragym® Ball ABS®



| 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

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)

## Theragym® Ball Senso® ABS®



| 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

## Throwing balls



## Throwing ring



## Slow motion balls



### Throwing balls

Pitch training for every age group Super grip - grooved surface.

| Art.No.: | Colour: | Size Ø / Weight: | Packing unit: |
|----------|---------|------------------|---------------|
| 450450   | yellow  | 7,5 cm / 45 g    | 100           |
| 450650   | yellow  | 7,5 cm / 65 g    | 100           |
| 450800   | yellow  | 7,5 cm / 80 g    | 100           |
| 451500   | yellow  | 7,5 cm / 150 g   | 50            |
| 452000   | yellow  | 7,5 cm / 200 g   | 25            |
| 452500   | yellow  | 7,5 cm / 250 g   | 25            |
| 453000   | yellow  | 7,5 cm / 300 g   | 25            |
| 454000   | yellow  | 7,5 cm / 400 g   | 25            |

**Contents:** Shipping box

**Material:** Ruton

### Throwing ring

For throwing, catching and juggling! Air filled - with valve.

| Art.No.: | Colour:                  |
|----------|--------------------------|
| 640000   | red, blue, yellow, green |

**Size:** 18 cm

**Packing unit:** 40

**Contents:** Shipping box

**Material:** Ruton

### Slow motion balls

Optimal preparation in volleyball-, handball- and basketball training. The light weight and big size slow it down.

| Art.No.: | Colour:   | Packing unit: |
|----------|-----------|---------------|
| 481000   | red, blue | 8             |
| 481007   | red, blue | 30 (deflated) |

**Size:** ca. 35 cm Ø

**Contents:** Shipping box

**Material:** Ruton

## Dynair® Ballkissen® XXL Meditation and Yoga



### Dynair XXL Meditation and Yoga

A TOGU classic with new dimensions. The Dynair XXL Meditation absorbs any motion and transforms them into small gentle movements. This enhances body awareness, breathing and facilitates concentration. Individual pressure adjustment possible.

Also available with actisan material.

|                      |                                              |
|----------------------|----------------------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                               |
| 400402               | red                                          |
| <b>Size:</b>         | 50 cm                                        |
| <b>Packing unit:</b> | 2                                            |
| <b>Contents:</b>     | in deco-box with exercise poster and pump    |
| <b>Material:</b>     | Ruton                                        |
| <b>Max. load:</b>    | ca. 200 kg                                   |
| <b>Specials:</b>     | available as a set with DVD, AGR certificate |

## Mat: TOGU® Premium Easy



similar to picture

### Mat: TOGU Premium Easy

The convenient training mat. Easy to fold and store (ca. 32 x 60 cm), light weighted – easy to transport.

Made from high quality PE foam. The skin friendly fabric finish on top prevents crumbling. Material prevents moisture absorption.

|                      |                   |
|----------------------|-------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>    |
| 971200               | black             |
| <b>Size:</b>         | 180 x 60 x 0,9 cm |
| <b>Packing unit:</b> | 4                 |
| <b>Contents:</b>     | in box            |
| <b>Material:</b>     | PE-foam           |

## Pilates Ballance Ball



### Pilates Ballance Ball

For challenging Pilates exercises. Design by Christin Kuhnert. Extra large and soft.

|                      |                                   |
|----------------------|-----------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                    |
| 492000               | blue                              |
| <b>Size:</b>         | ca. 30 cm                         |
| <b>Packing unit:</b> | 25                                |
| <b>Contents:</b>     | in polybag                        |
| <b>Material:</b>     | foamed Ruton                      |
| <b>Max load:</b>     | ca. 120 kg during lying exercises |

## Pilates Ball Power Pilates



### Pilates Ball Power Pilates

For "Power Pilates" programs by Juliana Afram. Soft and durable.

|                      |                                   |
|----------------------|-----------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                    |
| 492100               | blue                              |
| <b>Size:</b>         | ca. 26 cm Ø                       |
| <b>Packing unit:</b> | 25                                |
| <b>Contents:</b>     | in polybag                        |
| <b>Material:</b>     | foamed Ruton                      |
| <b>Max load:</b>     | ca. 120 kg during lying exercises |



## Pilates Circle Premium



## Pilates Foamroller Premium



## Pilates Multiroll®



### Pilates Circle Premium

Robust but light fibre ring. Diameter ca. 35 cm. Strengthening of muscles, through resistance training. Variable exercises possible. Suited for single and group training. For using at the gym or at home.

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 493500               | black          |
| <b>Size:</b>         | ca. 35 cm Ø    |
| <b>Packing unit:</b> | 10             |
| <b>Contents:</b>     | in deco-box    |

### 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>Art.No.:</b>      | <b>Colour:</b>               |
| 400047               | purple                       |
| <b>Size:</b>         | 90 x 15 cm                   |
| <b>Packing unit:</b> | 6                            |
| <b>Contents:</b>     | in foil with exercise poster |
| <b>Material:</b>     | EVA Material                 |
| <b>Max load:</b>     | ca. 150 kg                   |

### Pilates Multiroll

Special design for Pilates and stability exercises. Adjustable air pressure sets the level of difficulty. Pleasant, smooth surface. Can be combined with the Redondo Ball and Stonies.

|                      |                             |
|----------------------|-----------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>              |
| 400030               | black, silver, red          |
| <b>Size:</b>         | 80 x 18 cm                  |
| <b>Packing unit:</b> | 4                           |
| <b>Contents:</b>     | in poly-bag with pump       |
| <b>Material:</b>     | Ruton                       |
| <b>Max. load:</b>    | 200 kg                      |
| <b>Specials:</b>     | available as a set with DVD |

## Redondo® Ball



## Redondo® ball with actisan®



## Redondo® Ball Touch



### Redondo Ball

In sizes 18 cm, 22 cm und 26 cm. Soft and durable. Small – essential. The “foldable” ball for Mind-Body, Pilates, wellness and fitness!

| Art.No.: | Colours:   | Size: Ø   | PU: |
|----------|------------|-----------|-----|
| 491300   | anthracite | ca. 18 cm | 16  |
| 491000   | blue       | ca. 22 cm | 16  |
| 491100   | ruby-red   | ca. 26 cm | 16  |

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

**Material:** foamed Ruton

**Max load:** ca. 120 kg during lying exercises

### Redondo ball with actisan

A healthy body posture with the Redondo Ball.

With 18 cm and 22 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   |
|-----------|------------|-----------|
| 420600    | anthracite | ca. 18 cm |
| 420470    | anthracite | ca. 22 cm |

**Packing unit:** 16

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

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

**Max. load:** approx. 120 kg for exercises in lying position

### Redondo Ball Touch

The classic Redondo Ball new with smooth Touch knobs. Easily and without using a pump to inflate and deflate. The foldable ball with knobs. Additional sensoric impressions can be set and Redondo Touch can be used for massage.

| Art.No. : | Colour:    | Size: Ø   |
|-----------|------------|-----------|
| 493000    | anthracite | ca. 18 cm |
| 493100    | blue       | ca. 22 cm |
| 493200    | ruby-red   | ca. 26 cm |

**Packing unit:** 16

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

**Material:** foamed Ruton

**Max load:** ca. 120 kg during lying exercises

## Redondo® Ball „feel Redondo“ & DVD



MADE IN GERMANY  
30-Jahre-Garantie

### Redondo Ball „feel Redondo“ 6 DVD

Soft and durable. Small – essential. The “foldable” ball for Mind-Body, Pilates, wellness and fitness!

Also available as set with DVD of Michaela Busch und Gunda Slomka

| Art.No.:             | Specials:                         | Colour: |
|----------------------|-----------------------------------|---------|
| 491600               | without DVD                       | green   |
| 491608               | with DVD                          | green   |
| <b>Size:</b>         | ca. 26 cm                         |         |
| <b>Packing unit:</b> | 16                                |         |
| <b>Contents:</b>     | in deco-box, with exercise poster |         |
| <b>Material:</b>     | foamed Ruton                      |         |
| <b>Max load:</b>     | ca. 120 kg during lying exercises |         |

### Redondo Ball Mini Set of 2

The popular training and pilates ball in a new size and as a set of 2: The Redondo ball mini set - made in Germany - offers you a variety of new exercises. Designed as a pair it is handy small (about 14 cm diameter per ball) for a demanding body workout and health training. Due to the unique anti-slip nature of the Redondo balls, the duo is suitable for many new exercise positions and challenges.

In many online videos and on training charts from Gabi Fastner, you will find numerous suggestions and motivation for your personal training at home, in the club or gym.

| Art.No.:             | Colour:         |
|----------------------|-----------------|
| 491900               | blue            |
| <b>Size:</b>         | 2 x ca. 14 cm Ø |
| <b>Packing Unit:</b> | 4               |
| <b>Contents:</b>     | Set of 2 in box |
| <b>Material:</b>     | foamed Ruton    |

### 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!

| Art.No.:             | Colour:                          | Size Ø:   |
|----------------------|----------------------------------|-----------|
| 491400               | green                            | ca. 38 cm |
| 491800               | antracite (actisan)              | ca. 38 cm |
| <b>Size:</b>         | ca. 38 cm Ø                      |           |
| <b>Packing Unit:</b> | 12                               |           |
| <b>Contents:</b>     | in deco-box with exercise poster |           |
| <b>Material:</b>     | foamed Ruton                     |           |

## Redondo® Ball Mini



## Redondo® Ball Plus



actisan®





## Relax-Nex®



MADE IN GERMANY  
30-Jahre-Garantie

### Relax-Nex

Relieve the spine. Sink into deep relaxation. Have your head supported by a smooth air cushion. During meditation, sunbathing or sports. May relieve tension-headaches. Hygienic and washable.

|                      |                              |
|----------------------|------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>               |
| 400470               | silver-grey, amethyst        |
| <b>Size:</b>         | 23,5x11cm                    |
| <b>Packing unit:</b> | 16                           |
| <b>Contents:</b>     | in deco-box                  |
| <b>Material:</b>     | Ruton                        |
| <b>Max. load:</b>    | ca. 200 kg                   |
| <b>Specials:</b>     | new in piloga-packaging line |

### Senso Mat Mini / Senso Mat

A luxurious high quality mat. About 7.000 Senso knobs enhance body awareness. For yoga, meditation and relaxation. Special cover for massage tables, training mats and floors.

The classic in a new dimension - 60 x 40 cm. Use this small but nevertheless generously studded mat in your group sessions (health and fitness) and it will awaken the senses of the participants through the soles of their feet. You can get the Senso effect in your step classes and dance lessons - so simple, safe and uncomplicated.

## Senso® Mat Mini / Senso® Mat



MADE IN GERMANY  
30-Jahre-Garantie

|                      |                                 |              |
|----------------------|---------------------------------|--------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                  | <b>Size:</b> |
| 400420               | amethyst, blue (Senso Mat Mini) | 60 x 40 cm   |
| 400413               | amethyst (Senso Mat)            | 120 x 60 cm  |
| 400410               | blue (Senso Mat)                | 120 x 60 cm  |
| <b>Packing unit:</b> | 4                               |              |
| <b>Contents:</b>     | in deco-box                     |              |
| <b>Material:</b>     | Ruton                           |              |

### Spirit-Ball

Designed by Lucia Nirmala-Schmidt. Extra thick wall. Scent-free. Diameter ca. 16 cm.

## Spirit-Ball



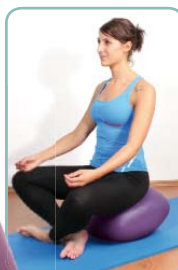
|                      |                                  |
|----------------------|----------------------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>                   |
| 491200               | ruby-red                         |
| <b>Size:</b>         | ca. 16 cm                        |
| <b>Packing unit:</b> | 20                               |
| <b>Contents:</b>     | in polybag                       |
| <b>Material:</b>     | foamed Ruton                     |
| <b>Max load:</b>     | a. 120 kg during lying exercises |

## TOGU® Toning® Ball

NEW!



## Yoga Balance Cushion



MADE IN GERMANY  
30-Jahre-Garantie

## Accessories: Ball net large & Ball net small



example of use



### TOGU Toning Ball Set of 2

The Toning Ball 2-set - 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 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 |

|                   |                  |
|-------------------|------------------|
| <b>PU:</b>        | 1                |
| <b>Contents:</b>  | set of 2 in box  |
| <b>Material:</b>  | Ruton            |
| <b>Max. Load:</b> | up to ca. 150 kg |

### Yoga Balance Cushion

The first inflatable cushion developed specifically for yoga which allows the individual to adjust the height as required to obtain a relaxed seating position and upright posture. The gentle vibrations of the body are absorbed by the air cushioning and relayed back to the body. Ideal for beginners who have the soft support of the cushion as they move and exercise. A mini pump is supplied to make light work of inflating and deflating the YOGA Balance Cushion. A novel resource to bring variety to your daily yoga routine.

| Art.No.:             | Colour:                         |
|----------------------|---------------------------------|
| 400290               | purple                          |
| <b>Size:</b>         | approx. 40 x 40 x 30 cm         |
| <b>Packing unit:</b> | 4                               |
| <b>Contents:</b>     | in a box, with pump             |
| <b>Material:</b>     | Ruton                           |
| <b>Max. load:</b>    | approx. 150 kg                  |
| <b>Specials:</b>     | seat height easily customizable |

### Accessories: Ball net large & Ball net small

The practical solution for trainers, therapists and clubs: the ball net single with pull loop holds a ball of size 9, (= 23cm in diameter). The ball net large can hold up to 10 balls with the size 9" (= 23cm in diameter). Also suitable for Redondo balls, gymnas-tics balls and Senso balls.

Illustrated balls are not included

| Art.No.:         | Name:          | PU: |
|------------------|----------------|-----|
| 921500           | Ball net big   | 50  |
| 920500           | Ball net small | 120 |
| <b>Colour:</b>   | white          |     |
| <b>Contents:</b> | in box         |     |
| <b>Material:</b> | polyester      |     |

## Ball bowl & Ball Bowl Dynamic Drums



### Ball bowl

The classic with the circular whole in the middle: so the ball always has contact to the ground and does not slip away. Now available in an attractive new colour!

**NEW:** New Ball Bowl for Dynamic Drums!

| Art.No.: | Colour: | Name:                   | PU: | Size:               |
|----------|---------|-------------------------|-----|---------------------|
| 930005   | black   | Ball Bowl Dynamic Drums | 2   | ca. 45 cm Ø x 21 cm |

| Art.No.: | Colour: | Name:     | PU: | Size:             |
|----------|---------|-----------|-----|-------------------|
| 930002   | silver  | Ball Bowl | 4   | one size fits all |
| 930000   | black   | Ball Bowl | 4   | one size fits all |

**Contents:** Shipping box

**Material:** PVC

### Ball net large & Ball net small

The practical solution for trainers, therapists and clubs: the ball net single with pull loop holds a ball of size 9 („= 23cm in diameter). The ball net, large can hold up to 10 balls with the size 9“ (= 23cm in diameter). Also suitable for Redondo balls, gymnas-tics balls and Senso balls.

(balls are not included)

| Art.No.: | Name:          | PU: |
|----------|----------------|-----|
| 921500   | Ball net large | 50  |
| 920500   | Ball net small | 150 |

**Colour:** white

**Contents:** In a box

**Material:** polyester

## Ball net large & ball net small

**NEW!**



example of use

## Cover for Dynair® Ballkissen® & Airgo® Seat Cushion



**NEW!**

### Cover for Dynair Ballkissen and Airgo Seat Cushion

The useful textile cover with zipper for Dynair Ballkissen® models in the sizes 33 and 36cm diameter.

**NEW:** Now also available for the Airgo seat cushion.

All covers are washable.

| Art.No.: | Colour:                      | Size:          |
|----------|------------------------------|----------------|
| 930300   | black (Dynair Ballkissen)    | ca. 33 cm Ø    |
| 930360   | black (Dynair Ballkissen XL) | ca. 36 cm Ø    |
| 930640   | black (Airgo Seat Cushion)   | ca. 40 x 28 cm |

**Packing unit:** 5

**Contents:** In a box

**Material:** velours-like surface, washable

### Comfort-Cover

The soft comfort-cover ensures optimal sitting comfort.

Fitting for the Dynair Premium Wedge-Ballkissen, the Airgo Backcushion and the Airgo Seatcushion.

## Comfort-Cover



## Cork Cover for Dynair® Ballkissen® & Dynair Wedge-Ballkissen®



**NEW!**

### Cork Cover for Dynair Ballkissen and Wedge-Ballkissen

The new cork cover for your original Dynair Ballkissen.

The natural cork material is extremely resistant, breathable and even fire resistant.

The TOGU embossed logo and the original cork looks are a real eye-catcher in the office and at home. Also available for Dynair Premium Wedge-Ballkissen.

Washable at 30 degrees celsius.

| Art.No.: | Colour:                        | Size:          |
|----------|--------------------------------|----------------|
| 930620   | kork (Dynair Ballkissen XL)    | ca. 36 cm Ø    |
| 930630   | kork (Dynair Wedge-Ballkissen) | ca. 36 x 37 cm |



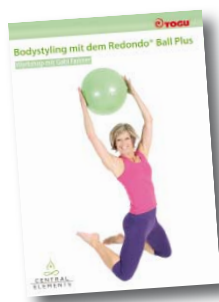
## CD - Fiesta do Brasil & TIEMU - shake & shape



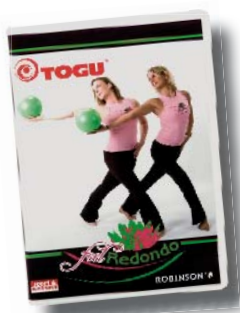
## DVD - Bodystyling mit Brasil®



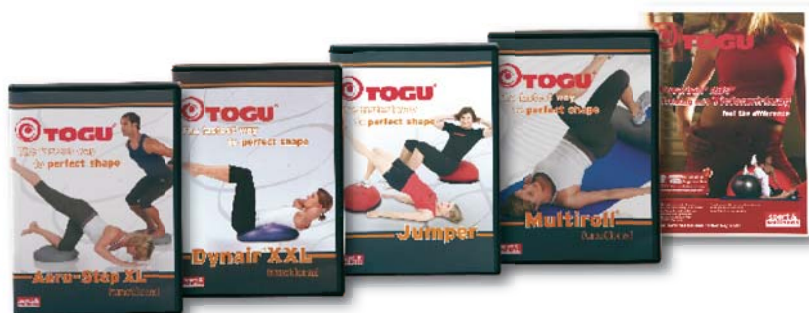
## DVD - Bodystyling mit dem Redondo® Ball Plus



## DVD - Feel Redondo®



## DVD - Perfect Shape - Series



### CD - Fiesta do Brasil & TIEMU shake & shape

This Music CD fits the programmes of Gabi Fastner using training tools like Brasil, Topanga and Redondo Ball.

| Art.No.: | Name:               | PU: | Length:    | BPM:      |
|----------|---------------------|-----|------------|-----------|
| 939552   | Fiesta do Brasil    | 10  | ca. 62 min | 126       |
| 939640   | TIEMU shake & shape | 10  | ca. 62 min | 110 / 115 |

### Brasil DVD - Bodystyling mit Brasil

A 60 minute fitness program in german language, that is fun and easy to make and takes very little time. Training with the Brasil animates the organism, provides greater fitness, strengthens the muscles around the spine, improves posture and strengthens connective tissues. They also improve your body awareness and coordination skills.

| Art.No.: | Name:                  | Language: |
|----------|------------------------|-----------|
| 939620   | Bodystyling mit Brasil | german    |

**Length:** ca. 65 min

**PU:** 10

**Specials:** also available as a set with the product

### DVD Bodystyling mit dem Redondo Ball Plus

Gabi Fastner presents exercises around the new Gymnastic Ball Redondo Ball Plus. The DVD is designed for professionals as trainers and coaches as a teaching video as well as a home training video for those who want to keep fit.

| Art.No.: | Name:                                 | Length:    |
|----------|---------------------------------------|------------|
| 939630   | Bodystyling mit dem Redondo Ball Plus | ca. 60 min |

**PU:** 10

**Language:** german

### DVD Feel Redondo

A small ball with great possibilities - effective exercises for your back and abdominal. Mobilization of the spine.

german

Length: ca. 220 min

**Art.No.:** 939590

**Packing unit:** 10

**Specials:** only german language, also available as a set with the product

### DVD Perfect Shape - Series

Perfect Shape Training is now – a workout based on the sport of the pro's: you will not exercise every single muscle. You will exercise a whole movement. The perfect training for everyone: saving time and having fun.

The DVD Perfect Shape series is available for 5 different top training products.

| Art.No.: | Name:                   | PU: | Length:  | Language:      |
|----------|-------------------------|-----|----------|----------------|
| 939510   | Aero-Step XL functional | 10  | ca 60min | german/english |
| 939530   | Dynair XXL              | 10  | ca 60min | german/english |
| 939540   | Jumper                  | 10  | ca 60min | german/english |
| 939520   | Multiroll functional    | 10  | ca 60min | german/english |
| 939500   | Powerball               | 10  | ca 60min | german         |

**Specials:** each DVD also available as a set with the product

## Mat: TOGU® Premium Easy



similar to picture

## Pump: Ball pump



## Pump: Dual-action pump



## Pump: Powerball® Pump



### Mat: TOGU Premium Easy

The convenient training mat. Easy to fold and store (ca. 32 x 60 cm), light weighted – easy to transport.

Made from high quality PE foam. The skin friendly fabric finish on top prevents crumbling. Material prevents moisture absorption.

|                      |                   |
|----------------------|-------------------|
| <b>Art.No.:</b>      | <b>Colour:</b>    |
| 971200               | black             |
| <b>Size:</b>         | 180 x 60 x 0,9 cm |
| <b>Packing unit:</b> | 4                 |
| <b>Contents:</b>     | in deco-box       |
| <b>Material:</b>     | PE-foam           |

### Ball pump

For all products with needle-valve. (Needle is placed inside the handle.)

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 904400               | white          |
| <b>Size:</b>         | 15 cm          |
| <b>Packing unit:</b> | 50             |
| <b>Contents:</b>     | Shipping box   |

### TOGU Dual-action pump

For all Products with a needle valve. Needle is placed inside the handle. Including a flexible tube to screw on.

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 965550               | white          |
| <b>Size:</b>         | ca. 20 cm      |
| <b>Packing unit:</b> | 24             |
| <b>Contents:</b>     | in a polybag   |

### Powerball Pump

The handy pump for all MyBall, Powerball products and other products with plug-valves

|                      |                |
|----------------------|----------------|
| <b>Art.No.:</b>      | <b>Colour:</b> |
| 966600               | white          |
| <b>Size:</b>         | ca. 30 cm      |
| <b>Packing unit:</b> | 10             |
| <b>Contents:</b>     | Shipping box   |

## Pump: Set for inflating special sport balls



## Stacking aid set of 3



## TOGU® Wall

NEW!



example of use

### Set for inflating special sport balls

Including: 2 plastic valves; 2 needle-valves; plastic-cap for ball-pump; valve-drawer for plastic-valve; valve-drawer for needle-valve; instructions.

| Art.No.:      | Colour:      |
|---------------|--------------|
| 910000        | white        |
| Packing unit: | 10           |
| Contents:     | in a polybag |

### Stacking aid set of 3

Very durable, transparent material.

| Art.No.:      | Colour:                           |
|---------------|-----------------------------------|
| 930500        | transparent                       |
| Size:         | 3 x ca 141 x 20 cm; (ca. 45 cm Ø) |
| Packing unit: | 1                                 |
| Contents:     | in a set of 3 rings               |

### TOGU Wall

The new TOGU Wall is an intelligent combination of a presentation space and storage aid for our training and therapy tools.

The system can be used in a modular way. One article consists of two single elements each with a size of 2m (height) x 1m (width) (Walnut). The new model of the TOGU Wall in mirror optics consists of one element of 1.20 m width and 2 m height.

The optional shelves and brackets has to be ordered extra according to the needs in the training and therapy room. These parts can be attached easily to the wall system. Standard fixing material is included. Individual requirements for the wall fastening must be observed. We offer a customized product with various colors upon request. The material is very robust and easy to clean.

| Art.No.:  | Contents:                 | Colour: | Size:              |
|-----------|---------------------------|---------|--------------------|
| 902035    | TOGU Wall                 | mirror  | 1,2 m x 2 m x 1 cm |
| 902030    | TOGU Wall                 | walnut  | 2 m x 2 m x 1 cm   |
| 902036    | TOGU Wall with 18 hangers | mirror  | 1,2 m x 2 m x 1 cm |
| 902031    | TOGU Wall with 18 hangers | walnut  | 2 m x 2 m x 1 cm   |
| PU:       | 1                         |         |                    |
| Material: | MDF                       |         |                    |



# FTcoach®

## FT-COACH® – the next generation

FT-Coach (Functional Training Coach) is a practical-oriented training concept based on scientific facts and many years of experience in training and therapy. FT-Coach is directed at both physical education teacher, personal fitness trainers, coaches and physiotherapists who want to get to know the specific characteristics of modern functional training and enhance their knowledge. Basic knowledge of anatomy, physiology, kinetics and biomechanics is required.

The training concept includes 5 modules: module I is a two-day seminar, the modules II-V are each one-day seminars.

### Contents Module I\*: „Assessment and Corrective Training“

- Principles of Functional Training
- Functional anatomy, kinesiology and biomechanics
- Understanding Movement: proprioception and coordination
- Functional Assessment (Posture, Breathing, Mobility, Stability, Fundamental Movement Patterns)
- Corrective Training of Movement Pattern deficits
- Creating corrective training strategies for different levels and types
- Creating effective and safe Functional Training programs for different levels

### Further modules)

- Module II: „CORE Performance“
- Module III: „Strength Conditioning“
- Module IV: „Athletic Development“
- Module V: „Active Recovery“



\*The contents of module I are considered as required for all the following FT-Coach modules



#### Panos Pantas

has a PhD in biochemistry and is working as a personal trainer and international presenter of functional training in Europe and Asia for more than 20 years. He is the owner of the Rebody center in Barcelona for more than 5 years. Panos is one of the developers of the FT Coach training concept. His international team and he are representing FT-Coach worldwide since 2013.



## Funktionelles Zirkeltraining – das moderne Sensomotoriktraining

Developed by **DTB**

- The functional circle training is an attractive offer for the club, because of the diversified training which addresses men and women alike and also because there is no need to provide the same tool to every single participant. Using the slogan “fitness center gym” the circle offers a modern concept for clubs, ranging with its possibilities all the way to installing a fixed circle in a separate room as an introductory fitness studio.
- The functional circle training concept is based on the latest available scientific knowledge. It combines functional strength exercises, core training and sensomotoric training. Nine coordinated circles offer an ideal training and fun for all. The target group contains health and fitness athletes as well as active contest athletes. Due to the ability of variation, each of the workout stations can be adjusted to the groups demand.



## Jumper® – Cardio Strength Interval Training

Developed by **Panos Pantas**

- challenging stabilization and balance exercises, with a high fun factor and an ingenious trampoline effect ideal for group training!
- The intense interval training is hard on calories and contributes to a healthy weight loss
- The jumper has been awarded with the AGR Quality seal (campaign for a healthy back)



Workshops | Inhouse Training



Panos Pantas

## DYNAIR® XXL and Fascia in Motion

developed by **Gunda Slomka**

### Fascia in Motion

The education programme „fascia in motion „ by Gunda Slomka represents a mix between theoretical basis mediation and its implementation and applicability for the fitness and group fitness training.

**The concept for the training tool Dynair® XXL :**

Stability training in a new dimension.

**With the special concepts:**

Dynair® XXL Yoga and Pilates Dynair® XXL by Michaela Busch and Christiane Wolff



Workshops | Inhouse Training



Gunda Slomka



Michaela Busch



Christiane Wolff

## FASZIO® – Holistic fascial training

developed by **Heike Oellerich** and **Miriam Wessels**

FASZIO® puts scientific findings into motion: The varied , multi-directional training gives impulses for your whole body , all the senses and is geared to the requirements of a healthy everyday life . The movement concept of FASZIO® includes 6 strategies that make flexible and movable and give explosive strength and stability.

In the theoretical knowledge training will be generally understandable way and given suggestions to develop one's understanding of movement with new inspirations. Successful completion entitled to designate „DTB FASZIO® instructor“.



Education | Inhouse Training



Heike Oellerich



Miriam Wessels



## BRASIL® - an effect that reaches deep inside

Developed by **Gabi Fastner**

- fast - easy - effective.
- innovative body shape training with a profound shaking effect.
- an ingenious filling consisting of air and weight offers an exact feed back on your movements
- small, handy, easy on your joints!



**Gabi Fastner**

Workshops | Inhouse Training

## The new back school from the Confederation of German Back Schools

The bio-psycho-social concept of the new back school takes account of physical aspects as well as providing methods of relaxation and dealing with pain. The new back school is based on the quality standards of the Confederation of German Back Schools and has gained support from the German Ministry for Health and the German health insurance funds. The key content of the concept includes the improvement of coordination abilities, increasing core stability and promoting daily physical activity. The use of small items of special equipment helps achieve these goals. Sitting balls, ball cushions and various other movable supports help with the coordination and proprioceptive training concept. The small items of equipment also encourage course participants to incorporate the exercise programme into their free time.



Workshops | Inhouse training



**Ulrich Kuhnt**

(Manager of the Back School in Hannover, member of the management team at the German Association of Back Schools)



## TOGU® for children (Dynair XXL, Jumper, Powerball)

Concept assistance by **Kirsten Riedel** and **Tanja Finken**

- Full-body workout through play
- Variety of exercises with Dynair® XXL, Jumper, AeroStep, Powerball, etc.
- Challenge and encouragement for children in “shaky” situations
- Training of sensorimotor functions and coordination as the basis for:
  - Brain development
  - Self-discovery and body awareness
  - Self-confidence and self-esteem



Workshops | Inhouse Training



Kirsten Riedel



Tanja Finken

## Jumper® Double

Developed by **Gabi Fastner** and **Michael Pistauer** and **Patrick Arnold**

Jumper double is a set of two Jumper mini: one in green and one in red with a concept workout concept for more effect and fun in your training.

It allows new possibilities in your fitness and health training improving balance, coordination and strength. You can use it in group and also personal training. Different positions and the both sides to use of the Jumper double create a huge variety of exercise progressions. To play with both colours red and green can increase physical and mental fitness.

Ideal to use in Group Fitness classes, Functional Training und therapy.



Workshops | Inhouse Training



Gabi Fastner



Michael Pistauer



Patrick Arnold

## TOGU® PHYSIO – experience the sensorimotoric function + Functional Training

Concept assistance by **Sven Kruse** and **Michaela Kreitmair**

### This concept is adjusted to:

- the application with inflated sensorimotoric training equipment for the improvement of the sensorimotoric system (intense sensing and (stimulus) processing), stabilisation and strength
- the improvement of the coordination of the local and global system and the creation of new moving patterns
- Learn more about the incredible versatility of the Jumper, Aero-Step Pro, Dynair-Series and many other TOGU products.
- TOGU-Training equipment can be applied from the beginning during a therapy and will put your patients in best shape again.

Inhouse Training



Sven Kruse



Michaela Kreitmair

## Specialists for back-friendly situational prevention

Developed by the AGR e.V. (Campaign for Healthier Backs) - a distance learning course for doctors and therapists

- Supports the doctor/therapist in the day-to-day work of advising patients, extending the range of services provided and helping those suffering from backache in the difficult task of making their surroundings back-friendly.
- AGR-trained „specialists for back-friendly situational prevention“ thus act as the ideal contact point for people seeking to take a preventive approach or who already suffer from backache -private and the working environment.
- In many cases, these „specialists“ also offer workplace analysis and advice.





## POWERBALL® ABS® - stability training at the highest level

Developed by Karin Albrecht

- the great ball rediscovered again the reason – it is an effective training tool
- Sensorimotor function, coordination, stability and strength can be improved and trained with a lot of fun
- The Powerball ABS series has been awarded with the AGR Quality Seal (campaign for a healthy back)



Workshops | Inhouse training



## AERO- STEP® Pro - the first step towards better sensorimotoric function

Developed by Karin Albrecht

- B.CO Aero-Step Pro, a concept which greatly improves the quality of exercises during training
- Aero-Step Pro is the ideal training tool for enhancing the sensorimotoric function, coordination, stabilization and strength for group exercises



Workshops | Inhouse training



## Our Educators

### Germany



**Ade Tanja**  
DTB Aerobic Trainerin, DTB Pilates Trainerin, DOSB Trainerin „Sport in der Prävention“, DTB Ausbilderin im Lehrteam des BTB, MTB und STB, nationale Choreographin  
TOGU Schwerpunkte: Redondo Ball, AeroStep XL, Powerball ABS, Pilates Foamroller, Funktionelles Zirkeltraining, Jumper.



**Andres Marcel**  
Staatlich geprüfter Gymnastiklehrer, Lizenzen: Group Fitness -Instructor (B-Lizenz), Kickbox-Aerobic Basic Instructor, Aqua-Fit Instructor, Gerättraining: TOGU Brasi®; TOGU Jumper®, Inline Instructor, Nordic-Walking Instructor (BLSV), Laufcoach, Spirdynamik, Babyschwimmen, Rückenschule, Sport- und Wellnessmassage.



**Alvaredo Anette**  
Physiotherapeutin und Pilates Spezialistin, 18jährige europaweite Erfahrung als Referentin und Ausbilderin, betreut prominente Sportler wie Franziska van Almsick, Autorin von Büchern und DVD's



**Arnold Patrick**  
Physiotherapeut, selbständiger Group Fitness Instruktor und Personal Trainer, internationaler Presenter, Referent der IFAA, Presenter und Referent des Programmes „LaGym“ des DTB, TOGU Referent u. a. für Double Jumper



**Bastian Gabi**  
Staatlich geprüfte Gymnastiklehrerin, Dozentin und Schulleiterin der KNS München, Mitentwicklerin der bewegten Pause: „KNS Bewegungsprofil“, Bdr Rückenschullehrerin, BVS Übungsleiterin für Diabetes und Krebs, Referentin bei DTB, BLSV und BTV, Übungsleiterin im Betriebssport, Hospitationsbetreuung für Bachelorstudenten Prävention/Rehabilitation.



**Bauer Uschi**  
Landesfachwartin „Sport für Ältere“ und stellvert. Landesfachwartin „Gesundheits- und Präventionssport“ im BTV, Aerobictrainerin, DTB Ausbilder Diplom.



**Becker Karin**  
Internationale Referentin und Presenterin der DEHAG ACADEMY für Group-Fitness-Training an Land und im Wasser, TOGU Schwerpunkte: Brasil und Topanga im Aqua-Bereich



**Becker Michael**  
Inhaber und Leiter der DEHAG ACADEMY. Pionier für moderne Formen des Aquatrainings in funktioneller und gesundheitsorientierter Ausrichtung, beteiligt an der Entwicklung zahlreicher Selbstlern- und Kursprogramme zur Gesundheitsförderung.



**Benner Beate**  
Fitness- und Personalcoach mit Schwerpunkten u.a. Wirbelsäule, Workout, MindBody. TOGU Schwerpunkte: Firmenfitness, Workout, Yoga, Kräftigung und Stabilisierung, Aero Step XL, Jumper, Redondo Ball, Brasil, Dynair XXL.



**Binias Jens**  
Diplom-Pädagoge, Master-Trainer GroupFitness, DOSB Ausbilder-Diplom, Referent für GroupFitness, Gesundheitssport und Pädagogik



**Bodin Christina**  
examierte Sportlehrerin, DTB- und BTB-Ausbilderin, Präventionstrainerin, Firmenfitness Rückencoach; TOGU Schwerpunkte: Wirbelsäule/Rücken, Prävention, Pilates, Redondo Ball, Spirit Ball, Powerball, Jumper, Brasil



**Botzenhart Susanne**  
Sportphysiotherapeutin, Aerobicinstructorin, Pilates- und Yogalehrerin, internationale Presenterin, Expertin bei Robinson, physiolates® Gründerin und Ausbilderin; TOGU Schwerpunkte: Gruppentraining, Personal-training, Physiotherapie, Pilates, Yoga, sensomotorisches Training.



**Brechtelfeld Britta**  
Tänzerin & Tanzpädagogin, Pilates-Ausbilderin, Inhaberin Pilates Bodymotion Ausbildungen GbR, Buchautorin, TOGU® Schwerpunkte: Pilates.



**Busch Michaela**  
Vielfältig ausgebildet in den Bereichen Tanz, GroupFitness & Contemporary MindBody, Yogalehrerin (BVV), zert. Breathwalk Anleiterin (KRI), Ausbildungsleiterin bei BodyMindSpirit, Head Dynair XXL, TOGU Schwerpunkte: Foam Roller, Redondo Ball, Dynair XXL, Yoga, Pilates, feelRedondo, Body&Mind.



**Diehl Sabine**  
Ausbilderin des DTB, Referentin, Personal Trainerin und Übungsleiterin Schwerpunkt Haltungsschulung, Rückentraining, Pilates, Yoga, Entspannung für Vereine, Fitnessstudios und andere Institutionen, Bodymotion-Pilates Trainerin und AROHA-Advanced-Instructor. Schwerpunkte: Aero Step XL, Brasil, Dynair XXL, Jumper, Powerball ABS, Redondo Ball, Pilatesrolle.



**Erhardt Dirk**  
Physiotherapeut  
Physiotherapeut, fachl. Leiter „Functio“, Institut für Funktionelle Therapie und Sportmedizin, Fachlehrer RGG, MTT-MAT, MLD, HPE.



**Ernst Anke**  
Sport- und Gymnastiklehrerin, Sporttherapeutin, Studioleiterin und DOSB-Ausbilderdiplo, Schwerpunkte: Group-Fitness, Rücken, TOGU® Presenterin, Jumper®



**Fastner Gabi**  
staatlich geprüfte Sport- und Gymnastiklehrerin, seit 1997 Inhaberin eines Sport- und Gymnastikstudios, Ausbilderin für Instrukturen und Gymnastiklehrer, Referentin, Buchautorin. Schwerpunkte: kombiniertes Figur- und Gesundheitstraining, Jumper®-Instructor, Entwicklerin von TOGU® Brasil.



**Fleichaus Joachim**  
Physiotherapeut, Manualtherapeut, Bobath Therapeut, niedergelassen in eigener Praxis, Leiter der Rückenschulweiterbildung des VPT, aktiv in der Konföderation der deutschen Rückenschulen, Instruktor für das Rücken-Braining Kurskozept, leitet Rückenschulweiterbildung unter Einbeziehung von verschiedenen TOGU Produkten



**Finken Tanja**  
HTV – Nordic Walking Instruktorin, Referentin im DTB, WTb & RTb und verschiedener Turngaue, Kleinkinder- und Kinderturnen, Drums alive und Kids Beats Instruktorin, Kursleiterin Safari Turnkids und Kids in Action und Vereinsmanager C Lizenz.



**Flach-Meyer Andrea**  
Gymnastiklehrerin, ausgebildete Yogalehrerin, Spezialausbildungen in Pilates, Beckenboden und Sport mit älteren Menschen. Buchautorin sowie Referentin und Ausbilderin für den Deutschen Turner Bund und andere Ausbildungsanbieter.



**Fründt Katharina**  
Fitness Managerin, Personal Trainerin, internat. Presenterin und Ausbilderin



**Goebel Sandra**  
Physiotherapeutin, Dipl. Sportwissenschaftlerin mit Schwerpunkt Prävention und Rehabilitation, Rückenschultrainerin, Rehasporttrainerin, Referentin und Ausbilderin mit Schwerpunkt Prävention und Wellness, Buchautorin.



## Our Educators - Germany



### Haberlandt Anke

Diplom-Sportlehrerin, langjährige Referentin für Fitness- und Gesundheitssport, DTB- Ausbilderin für die Bereiche Groupfitness und Pilates, Rückenschullehrerin, Mitentwicklerin von Optiwell® und Buchautorin, TOGU-Schwerpunkte: Core und Stability-Training, Optiwell, Pilates, Brasil Workout.



### Häfelfinger Ulla

Sport- & Gymn.Lehrerin, Krankengymnastin, Wirbelsäulen- und Beckenbodenspezialistin, DTB- Ausbilderin Gesundheitssport, Pilates Trainerin, Autorin, TOGU® Schwerpunkte; Beckenboden, Rücken, Dynair XXL, Jumper®.



### Hammes Antje

Sportwissenschaftlerin M.A., Sporttherapeutin DVGS, Inhaberin e. Gesundheits- und Rehasstudios, DTB-Ausbilderin, Aerobic Instructor, Rücken- und Osteoporosekursleiterin, Leiterin ambulante Herzsportgruppe, Krankenkassen-Kursleiterin, Pilatestrainerin für Matte und Studiogeräte, TOGU Schwerpunkte: Jumper®, Brasil, AeroStep XL, Dynair XXL, Funktionelles-Zirkeltraining.



### Harder Carola

TOGU® Physio, Personal Trainerin, Fitnesstrainerin in Aerobic und Step-Aerobic, FITNESS PILATES® Trainerin, Medizinisch geprüfte Aqua-Fitness-Trainerin, ÜL Sport in der Prävention/Rückenschule/Rehabilitation, Krebsnachsorge, staatlich anerkannte Krankenschwester, Referentin beim LSV SH, KSV SL-FL, KTV SL-FL



### Harvey Chris

Mitgründer von 4more education, DTB-Ausbilder, internationaler Presenter, Health- und Fitness-trainer, DVNLP Master & Coach, Autor, TOGU® Schwerpunkte: TOGU® Body Workout, Dynair® XXL functional.



### Harvey Kate

(geb. Paffenholz) ist internationale Referentin, Personal Trainerin und Presenterin in den Bereichen GroupFitness und Pilates. Als ausgebildete Master Trainerin, Dipl. Sozialpädagogin, NLP- Practitioner und Heilpraktikerin i. A. hat sie sich vielseitig im Gesundheitssport qualifiziert. Mitglied der Pilates - Expertengruppe des DTB. TOGU Schwerpunkte: Pilates, Techniktraining, Personal-Training.



### Hauser Sara

Sportwissenschaftlerin M.A., DTB-Ausbilderin Group Fitness, Referentin für Gesundheitssport, Pilates-Kursleiterin, DVNLP-Practitioner, Buchautorin.



### Häusler Robert

Physiotherapeut, Ausbilder und Gründer des WABASKA® Konzepts, manuelle Therapie, Leistungsdiagnostiker und Lauftrainer, Beckenbodentrainer



### Claudia Hölzl

zertifizierte Gesundheitstrainerin und Fitness-coach; Lehrbeauftragte des BLSV e.V., DOSB Ausbilderzertifikat; staatl. geprüfte Referentin für rückengerechte Verhältnisprävention AGR e.V.; Autorin von Filmen und Fachbüchern, zahlreiche Lizenzen im Gesundheits- und Fitnessbereich, Pilatespezialistin, Körpertherapeutin, (Entspannung, Wellness- und Sportmassage, Taping).



### Hübel Dirk

Geschäftsleitung - Health & Fitness Academy, Inhaber HFA-Consulting, Dozent der Universität Jena, Experte - Betriebliches Gesundheitsmanagement, Dipl. Sportwissenschaftler, Diplom Personal Trainer in Jena, Berater für die IKK-Thüringen.



### Jackson Sharon

Sportlehrerin B.Ed. Hons. (Bachelor of Education Honours Degree), DOSB Ausbilderin Zertifikat, Dipl. DTB-Ausbilderin, Drums Alive® Master Instructor, DTB Group-Fitness-Master Trainerin, Qualifizierte Leiterin Sport in der Prävention, TOGU-„BeComplete“ Master Educator, TOGU Schwerpunkte: Kinder- & Jugendtraining, Head Dynair XXL Kids, Jumper®.



### Kamm Sabine

Referentin und Ausbilderin mit Schwerpunkt Prävention und Gesundheitssport internationale Presenterin diplomierte Pilates Instructorin Expertin Seniorensport Schwerpunkte: Dynair XXL, Brasil, AeroStep XL, Redondo Ball, Jumper, Powerball, Stonies.



### Keller Matthias

Physiotherapeut B.A. Fachlehrer für medizinische Trainingstherapie, leitet zusammen mit Oliver Schmidlein das „OS Institut Bewegung für Orthopädie und Sportmedizin“ und ist dort verantwortlich für die Konzeption und Durchführung des OSPHYSIO Seminarsystems sowie für die Koordination verschiedener Forschungsprojekte.



### Knoll Stefanie

Staatl. geprüfte Gymnastiklehrerin, Lizenzen: Kickbox-Aerobic Basic Instructor, TOGU Jumper® Instructor, TOGU Brasil® Instructor, Indoor-Cycling Instructor, Nordic Walking Instructor, Aqua-Fit B-Lizenz Instructor, Pilates Matwork Instructor, Rückenschulleiter, Kurse: Seniorensport; Wirbelsäulengymnastik; Pilates; Nordic Walking/ Laufkurse, KNS Bewegungsprofi.



### Klinkenberg Nina

Staatl. geprüfte Fitnessfachwirtin (BSA, IHK) Heilpraktikerin Psychotherapie (HPG) Refentin/Dozentin/Ausbilderin



### Koch Daniel

Diplom-Biologe, Personal Trainer, Ernährungs-coach, Master Trainer Sen Fi & Drums Alive, Dozent, Ausbilder und Presenter für den LSV Schleswig-Holstein, Hamburger Sportbund, Landessportbund Berlin. TOGU® Schwerpunkt: Funktionelles Training mit dem Jumper®, Dynair® XXL, Aero Step® XL, Multiroll und Powerball®.



### Kreitmair Michaela

Dipl. (A) Physiotherapeutin, Master of advanced Sportphysiotherapy, Physiotherapeutin des Bayerischen Fußballverbandes, Physiotherapeutin des TSV 1860 München, Jumper®. Dozentin an FH Rosenheim, Manualtherapeutin, Manuelle Lymphdrainage, Kinesiotaping.



### Kruse Sven

Sportphysiotherapeut DOSB, Betreuer von Weltmeistern und Olympiasiegern in diversen Sportarten. Mitglied im FT-Coach Ausbilder-Team.



### Kuhnert Christin

Pilates-Pionierin, Pilates-Ausbilderin mit eigenem Konzept, Ausbildungen: Spiralodynamik®, 3D-Massage, Franklin-Methode®, Gyrotonic®, Beckenboden und Faszien-Training, Heilpraktikerin mit dem Schwerpunkt: „Bewegung-Ernährung-Homöopathie“, Buchautorin, Entwicklerin Reha-orientierten Trainingskonzeptes mit dem TOGU® Pilates Ballance Ball.



### Kuhnt Ulrich

Sportpädagoge, Mitglied des Vorstandes des BdR e. V. (Bundesverband der deutschen Rückenschulen), Inhaber Rückenschule Hannover und Stützpunkt-leiter BdR Hannover



### Lichtenberger Sandra

staatl. geprüfte Sport- und Gymnastiklehrerin, Dozentin an der Sport- und Gymnastikschule Glucker und am Gluckerkolleg Kornwestheim, liz. Pilates-, Yoga- und Qi Gong Lehrerin, Aerobic- und Fitnesstrainerin.



### Maneke Christiane

Ausbilderin, Leiterin betriebl. Gesundheitsförderung, Leiterin & Referentin des BdR-Stützpunktes Sachsen-Anhalt, Pilates, Rückenschule, Powerball ABS, Aero-Step® XL, Jumper®-Instructor. TOGU Schwerpunkte: Powerball ABS, Aero-Step® XL, Redondo Ball, Dynair Extrem, Pendel Ball.



### Meier Hape

Seit 1986 Krankengymnast und Sportphysiotherapeut, seit 1990 Inhaber des ambulanten „Reha-Zentrum Valznerweiher“ in Nürnberg u. a. Betreuung von Spitzensportlern, Ausbilder, fachlicher Leiter der Fortbildungsakademie AMS, ständiger Lehrbeauftragter des DOSB, Mitglied des Experten Teams Fitness Robinson, Buchautor.



### Mende Dietrich

gepr. Personaltrainer, adv. Fascial Fitnesstrainer, Absolvent der Trainerakademie Köln, Fachtrainer med. Prävention und Rehabilitation, Rückenschulleiter, Inhaber „nic-education“, Referent für div. Ausbildungsinstitute im Bereich Personal Training und Marketing.



## Our Educators - Germany



### Mende Nici

TÜV zert. Personaltrainerin, adv. Fascial Fitnesstrainerin, Dipl. Trainerin med. Fitness, gepr. Rückenschulleiterin, Groupfitness Mastertrainerin, Konzeptentwicklerin Fascial Fitness für Senioren und Fascial Coach. Referentin für div. Ausbildungsinstitute im Bereich Personaltraining, Groupfitness, Fasziendress, trainingsorientierte Anatomie und Physiologie.



### Michels Corinna

Sport- und Betriebswirtschaftslehrerin, DTB-Ausbilderin GroupFitness, Ausbildungsleiterin GroupFitness im BW Karlsruhe, Mitinhaberin 4more-education, Mitinhaberin STZ-GmbH, Pilates-Trainerin, Autorin, TOGU Schwerpunkte: Dynair XXL, Pilates, Jumper.



### Missalek Beate

Sport-, Gymnastiklehrerin und Rückenschullehrerin, DTB u. DOSB-Diplom Ausbilderin, Inhaberin von MOVEDU Gesundheitsmanagement Missalek, Gesundheitsprojekte, Ergonomicoachings, Gesundheitstage, Seminare, Vorträge. TOGU Schwerpunkte: Rückengesundheit, funktionelles reaktives Training, Powerball ABS, Jumper, Aero Step XL, Redondo Ball, Brasil.



### Dr. Mommert-Jauch Petra

Diplomsportlehrerin, Lehrbeauftragte an der Eliteuni. Karlsruhe & Universität Konstanz, Inhaberin des ISR-Instituts für Sport & Rehabilitation, Geschäftsführerin & Ausbildungsleiterin DWI-Deutschen Walking Institutes e.V.



### Moudjendé Monika

Sport- und Gymnastiklehrerin, Referentin für Gruppenfitness, Ausbilderin Pilates – und Rückenschultrainerin an der Sportschule Berlin und bei den Verbänden BTB und ESAB. TOGU Schwerpunkte: Jumper®, Dynair® XXL, Brasil.



### Müller Simone

Gymnastiklehrerin mit 20 jähriger Berufserfahrung, Diplom Sozialpädagogin, Polestar zertifizierte Pilates Trainerin für Matte seit 2006, 2010 Ausbildung in Pilates Allegro bei Bodymotion, Aroha Instructorin, Referentin und Ausbilderin für diverse Sportverbände und Institute, Inhaberin eines Yoga und Pilates Studios in Offenbach, Togu Schwerpunkt: Pilates und Yoga



### Müller Stephan

Sportlehrer, Sporttherapeut und Sportphysiotherapeut, langjähriger Experte beim Aufbau von Personal Trainer Lounges sowie in der Ausbildung erfolgreicher Personal Fitness Trainer und Ernährungsberater an Universitäten und staatlichen Sportschulen. Inhaber des GluckerKolleg, der Glucker PT Lounge und der PT Lounge GmbH. Ernährungsberater zahlreicher Olympiasieger und Weltmeister.



### Napierski Esther

Dipl. Personal Trainerin, Ausbilderin, ZDF Fitness Coach, Expertin Functional Training, Wirbelsäulen/Rücken Expertin, Internationale Presenterin, Jumper®.



### Neff Jochen

Staatl. geprüfter Sportlehrer, Athletentrainer Profisport (1. und 2. Bundesliga), int. Ausbilder für Personal Fitness Training, Referent im Gesundheitsbereich, TOGU Schwerpunkte: Jumper.



### Niekerke Katrin

Staatl. geprüfte Gymnastiklehrerin, Dipl. Gesundheitsmanagerin (FH), Fitnessfachwirtin IHK, Referentin Fitness-/Gesundheitsbereich, Dozentin BSA Akademie, Bode-Schule München, Deutsche Hochschule für Prävention und Gesundheitsmanagement, TOGU Schwerpunkte: Redondo Ball, Powerball ABS, Multiroll, MyBall, Brasil GroupTraining und PersonalTraining, Dynair Ballkissen, Aero-Step XL, Kinder.



### Obenauer Kerstin

Dipl. Sportwissenschaftlerin, Liz. Aerobicinstructor, Liz. Fitnesstrainer, Rückenschullehrer, Referentin und Ausbilderin DTB und HTV, Autor, TOGU Schwerpunkte: Vitaltraining, Sturzprophylaxe, Venenpower.



### Pastrelli Kamada Yara

Dipl. Sportwissenschaftlerin, Leiterin des Bereichs Group-Fitness bei ELEMENTS, Instructorin für Pilates, JUKARI Fit to Fly, Aqua TRX, deepWORK und Zumba.



### Pistauer Michael

Diplom-Sportwissenschaftler, Stellvertretender Schulleiter und Dozent der KNS München, Fachbereiche: Sportsysteme, Leichtathletik, Koordination, Lauftraining, Organisation und Recht, Sportliche Leitung des TSV Waldtrudering e.V., Lizenzierter Life Kinetik Trainer.



### Raab Barbara

Eine der erfahrensten Ausbilderinnen europaweit, Inhaberin der Euro Education, Mitbegründerin der Euro Conventions, Konzeptentwicklerin der B-Lizenz Power-Vit®, Bewegter Rücken & Slings In Rhythm, Fitness Award August 2005, Robinson® Expertin, TOGU Schwerpunkte: Dynair® XXL, Redondo Ball, Powerball® ABS®, Aero-Step® XL, Brasil®.



### Raab Vroni

Dipl. Sportwissenschaftlerin univ. Reha und Prävention, Euro Education Mastertrainerin, Internationale Presenterin, Ausbilderin beim Bay. Landessportverband, Referentin S-Lizenz, Referentin B-Lizenz und PowerVit®, Konzeptentwicklerin von PowerVit® Complete (AeroStep TOGU), Robinson® Expertin. TOGU Schwerpunkte: Dynair® XXL, Redondo® Ball, Powerball® ABS®, Aero Step® XL.



### Rehrl Daniela

Staatlich geprüfte Gymnastiklehrerin, Lizenzen: TOGU® Brasil®, TOGU® Jumper®, Aero-Step®, Erfahrungen/Kurse: Ausgleichsgymnastik, Senior-Fit, Body-Power, Dance Aerobic, Step-Aerobic, Aerobic, Latin Dance.



### Riedel Kirsten

DTB-Aerobic-Trainerin inkl. Step-Kurzausbildung, DTB-Trainerin Pilates, Drums Alive-Instructorin inkl. Kids Beats, Zumba-Instructorin, Kursleiterin und Ausbilderin Kids in Action, Referentin für den DTB und diverse Landesturnverbände, Leiterin diverser Schulprojekte



### Schneider Justus

Diplom Sportlehrer (DSHS Köln), Personal Trainer, Referent und Experte für verschiedene Medien (Fit For Fun, Men's Health), Ausbilder für Sport- und Fitnesskaufleute, Functional Training Experte, Schwerpunkte: Gesundheitssport und Leistungssport, ehem. Leistungssportler Stabhochsprung u.a.



### Schuba Violetta

Dipl. Sportwissenschaftlerin, Ausbilderin beim DTB & HTV u.a. mit folgenden Gesundheitsthemen: GroupFitness, Pilates. Osteoporose, Nordic Walking, Rückenschule, PersonalTraining, Body&Mind, Autorin, TOGU Schwerpunkte: Prävention, Rücken, Body & Mind, Jumper®.



### Sehringer Diana

Personaltrainerin, Unternehmenscoach, Referentin und Ausbilderin Fitness- und Gesundheitsbereich, Prävention und Stressbewältigung, ArohaAdvancedTrainer®, PilatesTrainerin, FlexibarTrainerin, ErnährungsCoach, Schwerpunkte: AeroStep XL, Powerball, Jumper, FT Circle, Dynair XXL.



### Seifert Sascha

Ausbilder für Personalfitnesstrainer, Sportheilpraktiker, Osteopath (B.A.O.), Sportphysiotherapeut DOSB. Geschäftsführer PHYSIOCORE ACADEMY und BEFIT@WORK.



### Silvester Win

M. A. Gesundheitsmanagement, med. Ayurveda Spezialist, Inhaber und Ausbildungsleiter der Q-Fitness Academy, Schwerpunkte: psycho-soziale Gesundheit, Auszeit-/Kloster-Seminare, betriebliches Gesundheitsmanagement, Athletik-Training, funktionelles Training für Einsteiger. TOGU Schwerpunkte: Aero Step XL, Redondo Ball, Jumper, Brasil, Powerball ABS, Bodystyling mit Kleingeräten.



### Slomka Gunda

Sportwissenschaftlerin, Sportlehrerin & -therapeutin: Orthopädie und Rheumatologie (DVGs), int. Referentin, Ausbilderin, Expertin, Beraterin und freie Mitarbeiterin für ROBINSON Events und Euro Education, Autorin, TOGU Schwerpunkte: Dynair XXL, Feel Redondo.



### Dr. Sommer Gerrit

Mannschaftsarzt der dt. Snowboard-Nationalmannschaft, FA d. Allgemeinmedizin / Sportmedizin / Chiropraktik / Naturheilkunde / Akupunktur, int. Referent für Sportmedizin und Propriozeption, Entwickler von TOGU® Sport, Jumper®-Instructor, Olympia-Arzt 2006/2010/2014. TOGU Schwerpunkte: funktionelles Training, sportsspezifische Trainingstherapie, Rehabilitation, Sturzprophylaxe, Propriozeption.

## Our Educators - Germany



### Stergiou Ilias

Gründer und Betreiber von AGOGE FITNESS Düsseldorf, offizieller Partner von Crossfit Inc., leistungsorientiertes Athletik Training und Kettlebell Lifting. Coach für Privatpersonen und Athleten, international Trainer, Zusatzqualifikationen: RKC, CKT, Crossfit Trainer, Strength and Conditioning Coach, Food Coach.



### Stock Steffi

Steffi Stock ist mehrfach lizenzierte Lehrerin für Fitness mit Spezialisierungen im Bereich Präventions- und Gesundheitssport. Seit 2008 bildet sie für unterschiedliche Organisationen in den Bereichen Rückenfitness, Body&Mind, Präventionssport und Kommunikation aus.



### Subatti Serdar

Staatl. gepr. Gymnastiklehrer, Qualifikationen: Gruppfitness B-Lizenz, Zumba Fitness, Aqua-Fit-Instructor, Indoor-Cycling, Nordic Walking, Gerättraining, klassische Massage im Sport- und Wellnessbereich, Tätigkeitsbereiche: Hip Hop, Zumba, Wirbelsäulengymnastik, Bauch-Beine-Rücken-Po, Seniorengymnastik, Body Power, Cardio Fit, Step Aerobic, Bodystyling.



### Trostl Eri

PREMIUM PERSONAL TRAINER®; Dipl. Mental Coach; Dipl. Ernährungsberaterin KPN; Pilates Ausbilderin und Trainerin; Spezialistin, Coach & Referentin für Bewegung & ganzheitliche Veränderungsprozesse in Firmen; Seminarleiterin für BGM in Firmen; Outdoor & BodyMind Expertin für Führungskräfte, Manager & Unternehmer; Coach & Trainerin für Kinder & Jugendliche; Inhaberin der Bewegungsdimension (München); Autorin/Fachbuchautorin



### Turleyski Anja

Gesundheitswissenschaftlerin, Inhaberin von Sportcoaching Bremen und Sportlerin aus Leidenschaft, langjährige Erfahrung im Kinder- und Jugendbereich, Fitnesstrainer-A-Lizenz und Aerobic-B-Lizenz. Referentin in den Bereichen Rückengesundheit, Athletik- und Ausdauertraining tätig. TOGU-Schwerpunkte: Funktionelles Zirkeltraining, Brasil, Jumper.



### Vatter Jens

Sport-Ökonom, European Master in Health&Fitness, selbstständiger Personal Trainer, Mental Coach und Food Coach.



### Weiler Ute

Inhaberin der Pilates Bodymotion Ausbildungen Gbr., „Second Generation Pilates Teacher“, „Lolita San Miguel Pilates MasterTM“, Buch und DVD Autorin, Sportwissenschaftlerin und Anglistin. TOGU Schwerpunkte: Pilates, Übergewicht, Dynair® XXL.



### Werther Sabrina

Staatl. geprüfte Gymnastiklehrerin, Lizenzen: Grundkurs Kineshetics, Cardiofitness Trainer -, Gesundheitstrainer -, Sportrehabilitationstrainer-BSA, Ernährungs-B-Lizenz, Nordic Walking, BLSV, Aerobic, Step-Aerobic, Ganzkörpertraining B-Lizenz, TOGU Jumper, TOGU Brasil, Gerättraining, Kickbox Trainer, Aquafitness Trainer, Rückenschultrainer, Inline Trainer



### Winkler Frauke

Fachwartin Aerobic WTB, Dipl. DTB-Ausbilderin, DTB Group Fitness-Master-Trainerin, DTB Trainerin Wellness & Gesundheit, TOGU Schwerpunkte: kinder & Jugendtraining, Head Dynair® XXL Kids, Jumper®.



### Wolff Christiane

Staatlich geprüfte Sport- & Gymnastik-Lehrerin, lizenzierte Pilates-Instruktorin, n TriYoga®-Lehrerin, Yogalehrerin BDY/EYU, Weiterbildung in Hormon Yoga, imaginativer Bewegungspädagogik nach Eric Franklin und Spiraldynamik®, intern. Referentin, Ausbildungsleiterin bei Pilates Bodymotion, bekannt durch zahlreiche Buch- und DVD-Veröffentlichungen.



### Zapf Betina

Staatl. geprüfte Gymnastiklehrerin, Lizenzen: Kickbox-Aerobic Basic Instructor, TOGU® Jumper® Instructor, TOGU® Brasil® Instructor, Indoor-Cycling Instructor, Nordic Walking Instructor, Aqua-Fit B-Lizenz Instructor, Pilates Matwork Instructor, Lizenz Rückenschule.



### Ziller Martin

Staatlich geprüfter Gymnastiklehrer, Lizenzen: Group Fitness -Instructor (B-Lizenz), Kickbox-Aerobic Basic Instructor, Nordic-Walking Instructor (BLSV), Laufcoach, Spiraldynamik, Kurse: Bodystyling, Step-Aerobic, Jazz-Dance.



### Bogdan Feri

Feri ist Dipl. Sportlehrer und Physiotherapeut. Personal Trainer der IFAA in dieser Funktion betreut er das ATP Tennis Tour und der deutschen Nationalmannschaft im Ringen und MMA. Durch innovative Hingabe zur Athletik und Physiotherapie kreierte mit TOGU neue Produkte für BGM und medi. PT wie das Fit Bag, die 3 D Air Pads, TriGon Elements und das neue Ball Griff von TOGU.



### Peter Gabi

med.Fachangestellte, seit 2003 Übungsleiter im Verein, Ausbildung beim STB, Trainer C Fitness und Gesundheit, DTB Rückentrainer, DTB Ausbilder Diplom und Referentin für den STB Referentin für rückengerechte Verhältnisprävention bei der AGR.



### Stengele Martin

Sporttherapeut  
Referent für rückengerechte Verhältnisprävention (AGR e.V.)  
Lehrteam des DTB, STB + WLSB  
Personal Fitness Trainer  
Life Kinetik Trainer



### Lange Melanie

Gesundheitstrainerin & Referentin – Hauptprofil Stressbewältigung/Entspannung/Tanzfitness, lizenzierte Zumba®, Zumba® Kids und Zumba® Kids Jr. Trainerin, lizenzierte Life Kinetik® Trainerin. Leitet zusammen mit Gabriele Brandes das Unternehmen „UB Gesundheit“ – Ernährung, Bewegung, Entspannung, Fasten, betriebliche Gesundheitsförderung. TOGU Schwerpunkte: TOGU® Brasil®, Brasil® Base, Dynair® Extreme, Jumper® double



### Koller Nadja

Sportwissenschaftlerin M.A./Sporttherapeutin (DVGS)  
Personal- und Gruppentrainerin  
Presenterin und Referentin für Firmen und verschiedene Institutionen  
Expertin für Pilates, Rücken-, Beweglichkeits- und Funktionelles Training



### Oellerich Heike

Trainerin für Wellness und Gesundheit, Haltung und Bewegung, Rücken und Beckenboden; DTB-Referentin und -Ausbilderin; Expertin für Beckenboden, Sport in und nach der Schwangerschaft; Entwicklung von Bewegungskonzepten wie »Bauch-Yoga«, »Mama fit – Baby mit!« und »FASZIO®«, Fachbuchautorin für Bewegungsthemen z.B. »Faszien Training«, blv



### Boesinger Sabine

Ausbilderin für Pilates und Yoga, Yogalehrerin BYV/EYU, zertifizierte Ausbilderin für die 500 Stunden Yogaausbildung nach YA und arbeitet auch mit Yoga im therapeutischen Rahmen und Hormon yoga, Referentin für Seminare zum Thema Burn-Out Prävention, Stressbewältigung und Achtsamkeitstraining. Inhaberin eines Yoga- und Pilates-Studios in Hamburg und Fachbuchautorin.



### Hergert Sonja

Sportwissenschaftlerin M.A., Physiotherapeutin, Fascial Fitness Trainerin, Lehrkraft an Physiotherapieschulen, Nordic Walking Instructorin, Personal Trainerin, Rückenschulleiterin, Mind Body Instructorin. Referentin für Fitness- und Gesundheitssport für verschiedene Verbände, Turngaue, Sportkreise, Kongresse sowie „Train the Trainer“-Seminare der Volkshochschulen Hessen und Rheinland-Pfalz



### Wessels Miriam

Diplom Sportwissenschaftlerin, Heilpraktikerin, Ausbilderin von Yogalehrern für Kinder, Jugendliche und Erwachsene mit Schwerpunkt Kundalini Yoga, Rückenschullehrerin sowie Beckenbodentrainerin, DTB-Referentin und -Ausbilderin; Entwicklung von Bewegungskonzepten wie »Bauch-Yoga«, »YogaDancing®«, »ASANADANCE®«, »mantra moves®«, »Meridian-Yoga« und »FASZIO®«, Fachbuchautorin für Bewegungsthemen



### Bechheim Yvonne

Diplom-Sportlehrerin, Inhaberin des Fortbildungsinstituts „Independent Workout“, zertifiziert Präventionskurse nach §20 SGB V, Fachbuchautorin, TOGU Schwerpunkte: Faszientraining, Gesunder Rücken, Koordination, Gruppen-, Firmenfitness



### Brennecke Peggy

- Physiotherapeutin, Gesundheitswissenschaftlerin B.Sc.; - Gesundheits- und Pilatestrainerin, Rückenschul- und Rehasportlehrerin; - 25 Jahre Erfahrungen im Group- und Einzeltraining; - Referentin verschiedener Bereiche und Institutionen im Gesundheitssport u.a. Rücken, Pilates, Training mit Älteren.



### Krambeck Petra

Staatlich geprüfte Entspannungstrainerin, DTB-Trainerin und Ausbilderin, Faszientrainerin, Drums-Alive und LaGym-Instructorin, Trainerin für Präventionsgruppen im Bereich Haltung & Bewegung, Streßbewältigung und Sturzprophylaxe, DTB-Ausbilderin, TOGU-Schwerpunkte: Redondo Ball, Redondo Ball Plus, TOGU-Brasil, TOGU-Blackroll-Produkte





**Wengert Mathias**

- Dipl.-Sportwissenschaftler, Bachelor Gesundheitsmanager, Personal Trainer & Coach, - Personal Training, Firmen Fitness Kurse, BGM, Coaching, Seminare, Vorträge, - Referent für Balance- & Krafttraining für Senioren (Sturzprävention) bei AOK, DTB, STB, BAGSO, - AGR Referent für rückengerechte Verhältnisprävention, - Functional Outdoor Training



**Meidinger Heike**

Ausbilderin für Group-Fitness-Trainer; Internationale Referentin; Referentin beim DTB; Bereichsleiterin für Kurskoordination; DTB-Group-Fitness-Mastertrainerin / Mastertrainerin für Jumping Fitness; Liz. Fitnesstrainerin DSSV; Übungsleiterin Rehasport; viele weitere Lizenzen im Groupfitness-Bereich



**Otto Heike**

ÜL B-Lizenz Haltung und Bewegung, Fascial Fitness Trainerin, Kursleiterin im Erwachsenenbereich beim BC 23 Meerhof, Kursleiterin, Betreuung und Aufsicht der Trainingsfläche im Trainingszentrum PRO FORMA/Marsberg



**Pitschula Brauer Sabine**

Rehasportlehrerin DOSB B - Lizenz Profile Orthopädie, Neurologie und innere Medizin, DTB - Pilates Trainerin, Yogalehrerin, Autorin



**apl. Prof. Dr. Scharenberg Swantje**

Sportwissenschaftlerin, Leiterin FoSS (Forschungszentrum für den Schulsport und Sport von Kindern und Jugendlichen) am KIT (Karlsruher Institut für Technologie). Autorin und Referentin DTB.

## Our International Educators

### Belgium



**Allemeersch Inge**

Physiotherapist, fitness instructor and product manager for the company Gymna, leader on the Belgian market for physiotherapy material and equipment.

Responsible for selection of products, education and formation.

### Denmark



**Andersen Tor**

Educator in group exercise and fitness and developer of training programs in many different levels. Teaches at large conventions both in Denmark and abroad.



**Johnsen Jacob**

Boden- und Rhythmus-Turntrainer. Sportlehrer für Juniorenturner von 12 bis 18 Jahren. Selbst früher aktiv im Bodenturnen. Eigenes Unternehmen für Kleinturngeräte (bspw. Seile, Bälle, Keulen) in Dänemark.



**Svensson Jan**

Teaching within the fitness business and many different types of sports. Dance, thai bo, muscle training, EFFKT, Bodytoning and Functional training for association and conventions

### Greece



**Arvanitidou Despina**

Dipl. Sportlehrerin, Ex-Geräteturnerin und Profi Aerobic-Athletin, Expertin in Functional Training, Personal Training, Yoga, Pilates. Teilinhaberin, Organisatorin und Ausbilderin der Fitness-Schule GR.A.F.T.S. HELLAS



**Kombidou Eleytheria**

Dipl. Sportlehrerin, Ex-Leichtathletin im Sprint, Personal Trainerin für Sportler und Fitness-Schule GR.A.F.T.S. HELLAS.



## Our International Educators

### Greece


**Sfingos Niko**

Dipl. Sportlehrer, Absolvent der DSHS-Köln, Ex-Leichtathlet im Sprint, Inhaber der Firma SportScout und Verkaufsleiter der Firma Ermis - Exceed-athletic.

### Israel


**Galazan Shimon**

Fitness coach, graduate of the Wingate sports institute, specializes in personal training workouts, functional training and stability development. Gym coach in ENERGY Sports and responsible for all the training of ENERGY sports. Expert in Jumper, Dynair, Multiroll


**Maderer Shelly**

Educator GroupFitness classes. Professional gym manager and personal training gym owner Master in physical education

### Japan


**Asuka Iso**

Physiotherapist and Athletic Trainer. Speciality: Physiotherapy in musculoskeletal disorders, Educator in core training and TOGU FT-Physio

### Norway


**Dan Vegard Pedersen**

Physiotherapist and Personal Trainer Specialty in MSK and sports injury rehabilitation Crossfit Trainer level 1 trainer, with specialization in Olympic lifting Group training Instructor Product specialist and educator for AlfaCare.

### Austria


**Gatol Uschi**

Aerobic- und Fitnesstrainerin, Kindergartenpädagogin, Motopädagogin, Lehrwartin für Kinder & Jugendtraining, Presenterin, Kid-Fit-Fun Ausbildungsleitung, Schwerpunkte: TOGU® Kid-Fit-Fun, Kinder- und Jugendtraining, Kinder-Yoga, Dance for Kids.


**Gruber Kurt**

Diplomsportlehrer Leiter der ÖTB-Turnakademie


**Suzanna König**

Internationale Referentin verschiedener Bereiche, z. B. Beckenboden, Haltung, rückengerechte Bewegungsprogramme und Antara®, 25 Jahre Erfahrung im Einzel- und Grouptraining, Leitung der BASK®.


**Ernst Michael**

Diplom- Sportwissenschaftler TOGU Official Master Educator Personal Trainer Spezialist für Rückentherapie Masters degree in Sports Science, Togu Official Master Educator Personal Coach, Expert for Back Pain Treatment


**Gandner Monika**

Studierte Wirtschaftswissenschaftlerin, ehem. Leistungssportlerin und Marathonläuferin, Ironman Finisherin. Ausbilderin und Referentin für Indoorcycling und Pilates, Pilates Master Trainerin und internationale Referentin, IRON SYSTEM™ Instructor, deepWORK® Trainerin, five® Faszientrainerin und Trigger Point Therapeutin;

### Poland


**Spalek Jozef**

Physiotherapeut, Dipl. Sportwissenschaftler mit Schwerpunkt motorische Vorbereitung im Sport, Prävention und Rehabilitation, Rückenschultrainer, Rehasporttrainer, Referent und Ausbilder mit Schwerpunkt Sensomotorik, Buchautor.

## Our International Educators

### Saudi Arabia



**Ahmad Al-Hefdh**

PT, Bsc, PGdip, Msc Physiotherapy and Management  
Specialized in neuro-rehabilitation, Posture and Gait.  
Advanced Kinesiotherapy user since 2006. More  
than 14 years of experience in multiple rehabilitati-  
on cases and approaches. Rehabilitation Manager  
at Sultan bin Abdulaziz Humanitarian City. KSA The  
largest comprehensive rehabilitation Hospital in the  
Middle East. Accredited by CARF and JCIA.

### Switzerland



**Albrecht Karin**

Leiterin der star - school for training and recre-  
ation (Schweiz), internationale Ausbilderin und  
Referentin, Gastreferentin in Korea & Japan,  
Leitung internationales TOGU® Ausbildungs-  
team, Buchautorin.



**Lythi Cyrill**

Geschäftsleitung star - school  
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