Dear customers,

people are in motion throughout their life: from childhood to old age, from the untrained to the high-performance athletes. We are convinced that movement is the medicine of the 21st century. Since 1956 our drive and passion is to develop and manufacture outstanding products in premium quality and excellent functionality.

From the initial idea, the applied design and raw materials, to the manufacturing at our own production site in Prien/Germany: compliance with our high premium quality standards is of prime importance. With TOGU, you choose durable products that are 100% recyclable, protecting natural resources and our environment. As a family business run by the third generation with a team of more than 100 employees, we are aware of the responsibility towards our employees, society and the environment. We work continuously with users and experts in science and medicine thus developing a comprehensive range of health products for more well-being in all stages of life.

The best way to experience and feel the benefits of our products is to try them yourself. In line with the slogan “try it - love it” we provide this opportunity on many trade shows and congresses at our TOGU booth. In addition, numerous training and educational events are conducted by our cooperation partners and supported by our extensive and popular pool product service with TOGU equipment.

Meet us and experience our products personally! You will find current dates at www.togu.de and www.facebook.com/togu.de
We are looking forward to your visit.

Vera and Giovanni Angelini

P.S.: Get even more interesting information on the topic of health, balance and an active lifestyle at www.togu.de/blog
Healthy Sitting

Healthy Training

actisan® .......................................................... 12-15
Balance, Coordination and Sensorimotor Training .............................................. 16-35
Massage and Relaxation ...................................................................................... 36-43
Fascial Fitness and Rolls ...................................................................................... 44-49
Weight- and Dumbbell Training .......................................................................... 50-53
Gymnastics- and Sitting balls ............................................................................. 54-59
Neck rests and Storage aids ................................................................................ 60-61
Special Tools ....................................................................................................... 62-63
Tubes and Bands ................................................................................................. 64-65

Kindergarten and School

Piloga® – Pilates and Yoga

Accessories / Marketing

Pumps, Covers, DVD, TOGU Wall ................................................................. 84-87
Training Charts / Books .................................................................................. 88-89
Marketing .......................................................................................................... 90-91

Training and Education, Partners and Educators

Concepts for Professional Training and Therapy .............................................. 92-100
Our Partners and Educators ............................................................................. 100-112

Index | 30-Years-Warranty

30-Years-Warranty ............................................................................................ 113
Index .................................................................................................................. 114-115
Made in Germany – since 1956

For more than 60 years - the brand TOGU stands for quality and safety, tradition and progress.

We take care, you can trust.
Come with us into a great future!

www.togu.de
Healthy Sitting
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 back pain?

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
**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 the spine and intervertebral discs 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.:**
- 401100 Airgo Active Seat Cushion (1) silver
- 401120 Airgo Active Seat Cushion (2) black
- 401300 Airgo Active Seat Cushion Comfort (3) black

**Size:** 40 x 28 cm

**Packing unit:** 4

**Contents:** in deco-box with pump

**Material:** Ruton

**Max. load:** 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 the spine and intervertebral discs 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.:**
- 510000 Airgo Active Back Cushion (1) black
- 510100 Airgo Active Back Cushion Comfort (2) black

**Size:** 40 x 29cm

**VPE:** 5

**Packing unit:** in deco-box with pump

**Contents:** Ruton

**Max. load:** 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.:**
- 400640 black, blue
- 400648 black, blue; with cover

**Size:** 40 x 45 cm

**Packing unit:** 4

**Contents:** in box with pump

**Material:** Ruton

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

**Specials:** also available with cover
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.

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.

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

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

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.

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, terracotta, pink, pearl, sea-grass, misty-mountain, aubergine, basalt ca. 33 cm Ø
400370 red, green, turquoise, blue, terracotta, pink, pearl, sea-grass, misty-mountain, aubergine, basalt ca. 36 cm Ø
400900 red, green, turquoise, blue, terracotta, pink, pearl, sea-grass, misty-mountain, aubergine, basalt ca. 39 cm Ø

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

**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
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. The enclosed instructions and videos on www.togu.de supply more information on the applications. Display available.

happyback display

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Name</th>
<th>Contents</th>
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</thead>
<tbody>
<tr>
<td>805027</td>
<td>happyback display (delivered filled)</td>
<td>each 16 x 33 cm Ø and 36 cm Ø</td>
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happyback Ballkissen

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<tbody>
<tr>
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happyback Ballkissen XL

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<tr>
<td>400310</td>
<td>blue, anthracite</td>
<td>4</td>
<td>ca. 33 cm Ø</td>
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</tbody>
</table>

Contents: in 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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size Ø:</th>
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<tbody>
<tr>
<td>400860</td>
<td>blue, silver</td>
<td>45 cm</td>
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<tr>
<td>4008560</td>
<td>blue, silver</td>
<td>55 cm</td>
</tr>
<tr>
<td>4008660</td>
<td>blue, silver</td>
<td>65 cm</td>
</tr>
<tr>
<td>4008760</td>
<td>blue, silver</td>
<td>75 cm</td>
</tr>
</tbody>
</table>

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. www.bdr-ev.de) and is recommended for employees and employers.

Brasil and Balance Block are also available as extra devices:

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour:</th>
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</thead>
<tbody>
<tr>
<td>407636</td>
<td>blue-purple and green</td>
</tr>
<tr>
<td>410480</td>
<td></td>
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</tbody>
</table>

Art.No. : Colour: Size: Packing unit: Contents: Material: Max. load:

8050929  blue-purple and green  ca. 33 x 15 x 7 cm, 2 x ca. 270 gr 1  Set of 2 Brasil and Balance Block incl. exercise poster Ruton  ca. 150 kg
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 regular disinfectants and keeps up its effectiveness for more than 5 years.

**actisan – safety for your customers!**
**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 invariable 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 AgB. The Aero Step Pro is also available with antimicrobial effective actisan material in anthracite colour:

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<tr>
<th>Art.No.</th>
<th>Colour</th>
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<tbody>
<tr>
<td>420570</td>
<td>anthracite</td>
<td>4</td>
</tr>
</tbody>
</table>

**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 disinfecting training tool.

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<tr>
<th>Art.No.</th>
<th>Colour</th>
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<tbody>
<tr>
<td>420400</td>
<td>anthracite</td>
</tr>
</tbody>
</table>

**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 disinfecting training tool.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
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<tbody>
<tr>
<td>420410</td>
<td>anthracite</td>
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</tbody>
</table>

**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 Group Fitness. 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 disinfecting training tool.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Name</th>
<th>Size</th>
<th>Max. load</th>
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</thead>
<tbody>
<tr>
<td>420420</td>
<td>Jumper actisan</td>
<td>ca. 52 cm x max 24 cm</td>
<td>200 kg</td>
</tr>
<tr>
<td>410330</td>
<td>Jumper Mini actisan</td>
<td>ca. 36 cm x max 18 cm</td>
<td>120 kg</td>
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</tbody>
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<tr>
<th>Art.No.</th>
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<td>Jumper Mini actisan</td>
<td>ca. 36 cm x max 18 cm</td>
<td>120 kg</td>
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</tbody>
</table>
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 23 cm, 1 x Senso Balance Kissen XL

**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 23 cm, 1 x Senso Balance Kissen XL

**More information on www.pressureairbiofeedback.com**
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

Colour: anthracite

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

Material: Ruton with actisan; with plug valve and pump

Max. Load: 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 / Weight: PU:
420600 anthracite ca. 18 cm 16
420470 anthracite ca. 22 cm 16
491800 anthracite ca. 38 cm 12

Contents: in deco-box, with exercise poster

Material: Ruton with actisan, with plug valve

Max. load: 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: Packing unit:
646900 anthracite (with actisan) ca. 39 cm Ø / 4 kg 4

Contents: in a polybag, with exercise chart

Material: 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

<table>
<thead>
<tr>
<th>INDICATION</th>
<th>Ankle joint</th>
<th>Knee</th>
<th>Hip</th>
<th>Lumbar spine</th>
<th>Back</th>
<th>Neck</th>
<th>Shoulder</th>
<th>Elbow</th>
<th>Hand</th>
<th>Cardio</th>
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<tbody>
<tr>
<td>Aero Step XL</td>
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# Healthy training

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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.
Balance and Sensorimotor Training

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 its predecessor it is recommended and certified as especially back friendly product by AGR.

---|---|---|---|---|---
400540 | blue, silver-grey, red, black | 4 | 52 x 40 x 8,5 cm | in deco-box with exercise poster and pump | Ruton | ca. 200 kg | AGR- quality-seal
420570 | anthracite (with actisan) | 4 |

Aero-Step®

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 improve your 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: | Name:
---|---
400429 | blue, green, red | Aero-Step®
420570 | anthracite (with actisan) | Aero-Step XL

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 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

Material: Ruton
Max. load: ca. 200 kg
Specials: optional DVD available, AGR- quality-seal
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 Ruton is odorless, very durable, and has a maximum weight limit of 150kg.

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 adept the air filling according to the patients needs.

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.

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### Aero-Step One

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size:</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Max. load:</th>
</tr>
</thead>
<tbody>
<tr>
<td>400552</td>
<td>red (level 1)</td>
<td>ca. 38 cm x 21 cm x 6 cm</td>
<td>6</td>
<td>in carton box</td>
<td>ca. 150 kg</td>
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<tr>
<td>400555</td>
<td>anthracite (level 2)</td>
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### Backswing Trainer

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<tr>
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<th>Colour</th>
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<th>Packing unit</th>
<th>Contents</th>
<th>Max. load:</th>
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<tbody>
<tr>
<td>510130</td>
<td>silver with black plate</td>
<td>ca. 46 cm x 29 cm</td>
<td>1</td>
<td>instructions</td>
<td>ca. 150 kg</td>
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### TOGU® Balance Board

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Level</th>
<th>Colour</th>
<th>Size:</th>
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<tbody>
<tr>
<td>410402</td>
<td>Level I (easy)</td>
<td>Black with red</td>
<td>40 x 8 cm</td>
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<tr>
<td>410406</td>
<td>Level II (medium)</td>
<td>Black with green</td>
<td>40 x 9,5cm</td>
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<tr>
<td>410404</td>
<td>Level III (hard)</td>
<td>Black with blue</td>
<td>40 x 12 cm</td>
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</tbody>
</table>

Packing unit: 1
Contents: in a box
Material: high quality GFK-PP
Max. load: 120 kg
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

Contents:
TOGU Balanza: in a box, instructions, pump
Max. load: 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.

Contents:
in a box with instructions and pump
Max. load: 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.

Contents:
in a box with instructions and pump
Max. load: ca. 200 kg
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 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.

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<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
<th>Max. load</th>
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<tbody>
<tr>
<td>440421</td>
<td>red with wood</td>
<td>ca. 180 cm x 60 cm x 15 cm</td>
<td>1</td>
<td>instructions for use and pump</td>
<td>Ruton and wood</td>
<td>ca. 250 kg</td>
</tr>
</tbody>
</table>

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.

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<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
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<tbody>
<tr>
<td>440500</td>
<td>red with wood</td>
<td>ca. 120 cm x 50 cm x 41 cm (L x W x H)</td>
<td>1</td>
<td>instructions and pump</td>
<td>Ruton and wood</td>
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</table>

Balanza® Circle & Balanza® Physiowippe

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

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<thead>
<tr>
<th>Art.No.</th>
<th>Name</th>
<th>Size</th>
<th>Colour</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
<th>Max. load</th>
</tr>
</thead>
<tbody>
<tr>
<td>440450</td>
<td>Balanza Circle</td>
<td>ca. 40 cm x 7 cm</td>
<td>red with wood</td>
<td>1</td>
<td>in a polybag with instructions and pump</td>
<td>Ruton and wood</td>
<td>ca. 150 kg</td>
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<tr>
<td>440430</td>
<td>Balanza Physiowippe</td>
<td>ca. 48 x 48 x 7 cm</td>
<td>red with wood</td>
<td>1</td>
<td>in a polybag with instructions and pump</td>
<td>Ruton and wood</td>
<td>ca. 150 kg</td>
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</tbody>
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Balanza® Ballstep XXL

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.
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.

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<tr>
<th>Art.No.:</th>
<th>Colour:</th>
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<tr>
<td>440510</td>
<td>wood with red</td>
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</table>

Packing Unit: 1
Size: ca. 86 x 57 x 28 cm
Contents: in a box with instruction and pump
Material: Birch wood, Ruton, stainless steel

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. 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.

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<th>Art.No.:</th>
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<tr>
<td>440540</td>
<td>wood with red</td>
</tr>
</tbody>
</table>

Packing Unit: 1
Size: ca. 60 x 48 x 17 cm
Contents: in a box with instruction and pump
Material: Birch wood, Ruton, stainless steel

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.

<table>
<thead>
<tr>
<th>Art.No.:</th>
<th>Colour:</th>
</tr>
</thead>
<tbody>
<tr>
<td>440530</td>
<td>wood with red</td>
</tr>
</tbody>
</table>

Packing Unit: 1
Size: ca. 86 x 57 x 28 cm
Contents: in a box with instruction and pump
Material: Birch wood, Ruton, stainless steel
Balance and Sensorimotor Training

**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.

**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.

**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.)

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Dynair® Ballkissen® XXL Level III & Level IV

**Dynair® Ballkissen XXL Level III**
- 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.

**Dynair® Ballkissen XXL Level IV**
- 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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
<th>Max. Load</th>
</tr>
</thead>
<tbody>
<tr>
<td>400404</td>
<td>blue (Level III)</td>
<td>ca. 50 cm</td>
<td>2</td>
<td>in deco-box with exercise poster and pump</td>
<td>Ruton</td>
<td>ca. 200 kg</td>
</tr>
<tr>
<td>400406</td>
<td>black (Level IV)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
<th>Max. Load</th>
</tr>
</thead>
<tbody>
<tr>
<td>420410</td>
<td>anthracite</td>
<td>ca. 50 cm</td>
<td>2</td>
<td>in deco-box with exercise poster</td>
<td>Ruton</td>
<td>ca. 200 kg</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
<th>Max. Load</th>
</tr>
</thead>
<tbody>
<tr>
<td>400390</td>
<td>black, blue, dark-red, terra, dark-blue</td>
<td>ca. 50 cm</td>
<td>5</td>
<td>in deco-box with exercise poster</td>
<td>Ruton</td>
<td>ca. 200 kg</td>
</tr>
</tbody>
</table>

**Dynair® XXL**

**Dynair® Ballkissen® XXL**

*Please refer to the full page for detailed product specifications and images.*
Dynair® Extreme

Sit on it and feel good. Brings you automatically in an 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 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

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 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

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

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

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 stable ankle joint is essential condition. A pump, detailed exercise chart and instruction for use is attached.

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.

Dynair® Walker Comfort

Dynair® Senso® Mini

Dynair® Walker Comfort

Dynair® Twist (Set of 2)
Dynaswing

The new Dynaswing is a balance trainer and fitness ball in one. It allows for exciting training exercises while its stable and wooden 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 Balkissen 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.

**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 strengthens 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 bottom side. Instructions and a pump come with the product. Perfect for fitness and sports training at home, at the studio or in physiotherapy.

**Art.No.:** 440470  
**Colour:** red with wood  
**Size:** ca. 85 cm x max. 55 cm  
**Packing unit:** 1  
**Contents:** user manual  
**Material:** Ruton and wood  
**Max. Load:** ca. 150 kg

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

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Name</th>
<th>Colour</th>
<th>ca. Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>420420</td>
<td>Jumper actisan</td>
<td>anthracite</td>
<td>52 cm Ø x max. 24 cm</td>
</tr>
<tr>
<td>410310</td>
<td>Jumper Pro actisan</td>
<td>anthracite</td>
<td>52 cm Ø x max. 24 cm</td>
</tr>
</tbody>
</table>

Jumper & Jumper Pro

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Name</th>
<th>Colour</th>
<th>ca. Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>410200</td>
<td>Jumper</td>
<td>red, blue</td>
<td>52 cm Ø x max. 24 cm</td>
</tr>
<tr>
<td>410320</td>
<td>Jumper Pro</td>
<td>red, blue</td>
<td>52 cm Ø x max. 24 cm</td>
</tr>
<tr>
<td>949530</td>
<td>Jumper Pro Plate</td>
<td>black</td>
<td>50 cm Ø x 7 cm</td>
</tr>
</tbody>
</table>

PU:

| Packing unit: | 2 |

Contents: in box with exercise poster and pump
Material: Ruton, fiberglass-strengthened plate
Max. load: ca. 200 kg

Jumper mini


European Patent No. 2092964

Jumper Mini actisan

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Name</th>
<th>Colour</th>
<th>ca. Size</th>
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</thead>
<tbody>
<tr>
<td>410330</td>
<td>Jumper Mini actisan</td>
<td>anthracite</td>
<td>36 cm Ø x max. 18 cm</td>
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</table>

Jumper Mini

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Name</th>
<th>Colour</th>
<th>ca. Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>410302</td>
<td>Jumper Mini</td>
<td>red</td>
<td>36 cm Ø x max. 18 cm</td>
</tr>
</tbody>
</table>

Packing unit: 2
Contents: in box with exercise poster and pump
Material: Ruton, fiberglass-strengthened plate
Max. load: ca. 120 kg
Balance and Sensorimotor Training

**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.

- **Art.No.:** 440550
- **Colour:** birchwood with red
- **Size:** 78 x 78 x 27 cm
- **Packing unit:** 1
- **Contents:** incl. pump, training chart and instruction for use
- **max. Load:** each ca. 120 kg

---

**Moonhopper Sport**

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

- **Art.No.:** 666700
- **Colour:** blue with black
- **Size:** ca. 40 x 30 cm
- **Packing unit:** 5
- **Contents:** in polybag
- **Material:** Ruton
- **Max. load:** 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.

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

---

**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 both sides 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.

European Patent No. 2092964

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

### Posturedo

**Healthy Training**

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 seemless 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.

**Postusedo®**

**PAB® - pressure air biofeedback**

**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 - 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

More information on www.pressureairbiofeedback.com

**Art.No.:**

<table>
<thead>
<tr>
<th>Contents</th>
<th>Packing unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>805070 PAB Basic (device, software, TOGU training devices)</td>
<td>1</td>
</tr>
<tr>
<td>805071 PAB Pro (device, software, TOGU training devices, two piece bag set)</td>
<td>1</td>
</tr>
</tbody>
</table>

**Art.No.:**

<table>
<thead>
<tr>
<th>Colour</th>
<th>Packing unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>440440 birch with exotic wood inlay</td>
<td>1</td>
</tr>
</tbody>
</table>

**Size:**

ca. 67 cm x 72 cm x 13 cm

**Contents:**

in a box incl. instructions and pump

**Max. load:**

ca. 200 kg

**Specials:**

german Gebrauchsmuster-No. 20 2012 005 792.8
Senso® Balance Bar


Art.No.: Colour: Size: Max. Load:
410100 red, blue, green 50 x 7,5 cm 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: Packing unit: Max. Load:
465150 red, yellow, blue, green, pink, purple 16 cm 6 ca. 150 kg
465170 red, yellow, blue, green, pink, purple, black XL 18,5 cm

Senso® Balance hedgehog Geo

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.:
465180 red, yellow, blue, green, pink, purple 16 cm
465190 red, yellow, blue, green, pink, purple XL 18,5 cm

Senso® Balance hedgehog + XL

Art.No.: Colour: Size ca.:
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
Balance and Sensorimotor Training

**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.

Art.No.: 465360
Colour: red with black plate
Size: ca. 18.5 cm
Packing unit: 1
Contents: single piece in a carton box
Max. Load: 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.

Art.No.: 410490
Colour: red, yellow, blue, green
Size: 16 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**

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.: 410510
Colour: red, yellow, blue
Size: 16 cm
Packing unit: 10
Contents: set of 2 in a polybag
Material: Ruton

Art.No.: 410520
Colour: red, yellow, blue
Size: 20 cm

**Senso® Balance Hedgehog Pro**

**Senso Balance Cushion + XL set of 2**

**Senso Balance Pad + XL set of 2**
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, perceptive, 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.

**Ski Trainer**

- **Art.No.:** 805037
- **Contents:** 5 displays incl. equipment in a box
- **Packing unit:** 1

**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.

**Senso® vein trainer**

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

**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.

More information on www.dtb-akademie.de

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

**Workplace Health Promotion Set**

- **Art.No.:** 805037
- **Contents:** 5 displays incl. equipment in a box
- **Packing unit:** 1
Balance and Sensorimotor Training

Healthy Training

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)

<table>
<thead>
<tr>
<th>Size:</th>
<th>225 x 35 x 2 cm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Packing Unit:</td>
<td>1</td>
</tr>
<tr>
<td>Contents:</td>
<td>two-piece in a carton box</td>
</tr>
<tr>
<td>Material:</td>
<td>birch wood, aluminium</td>
</tr>
</tbody>
</table>
Balance and Sensorimotor Training

Healthy Training

Ski 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.

Size: 34 x 33 cm
Packing unit: 4
Contents: in deco-box with pump
Material: Ruton
Max. load: ca. 200 kg
Specials: AGR certificate

Art.No.: Colour:
400430 red, blue-purple

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.

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

Example of use
### Brasil® Base

The new Brasil Base – made in Germany – for Brasil Group Fitness 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 group fitness 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).

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Contents</th>
<th>Colour</th>
<th>PU</th>
</tr>
</thead>
<tbody>
<tr>
<td>470637</td>
<td>Brasil Base</td>
<td></td>
<td></td>
</tr>
<tr>
<td>805054</td>
<td>Brasil Base and Brasil Set of 2 (Set 1)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>805055</td>
<td>Brasil Base, Brasil Set of 2 and DVD Bodystyling mit Brasil (Set 2)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Art.No.:</th>
<th>Name:</th>
<th>Contents:</th>
<th>Colour:</th>
<th>PU:</th>
</tr>
</thead>
<tbody>
<tr>
<td>464100</td>
<td>Anti-Stress Ball</td>
<td>bulk</td>
<td>assorted</td>
<td>12</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Art.No.:</th>
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<th>Size:</th>
<th>PU:</th>
<th>Material:</th>
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</thead>
<tbody>
<tr>
<td>805056</td>
<td>blue, ruby-red, anthracite</td>
<td>ca. 32,5 x 24 x 8 cm</td>
<td>3</td>
<td>foamed Ruton</td>
</tr>
</tbody>
</table>

### Bantoo® set of 2

Bantoo are two knopped 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 feed 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.

<table>
<thead>
<tr>
<th>Art.No.:</th>
<th>Colour:</th>
<th>Size:</th>
<th>Packing Unit:</th>
<th>Contents:</th>
<th>Material:</th>
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<tbody>
<tr>
<td>470680</td>
<td>red</td>
<td>ca. 11 cm x 5 cm Ø</td>
<td>15</td>
<td>set of 2 in a polybag with instructions</td>
<td>Ruton</td>
</tr>
</tbody>
</table>
**Bantoo® Roller**

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

**Art.No.:** 470690  
**Colour:** red  
**Size:** ca. 11 cm x 4,5 cm  
**Packing Unit:** 10  
**Contents:** in a polybag with instructions  
**Material:** 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.:** 410431 Bodybone  
**Size / Weight:** ca. 15 x 6,5 cm / ca. 430 g  
**Colour:** silver-grey  
**PU:** 6  
**Contents:** in a box  
**Material Bodybone:** Ruton with special weight-filling

**Art.No.:** 410432 Bodybone  
**Size / Weight:** ca. 15 x 6,5 cm / ca. 430 g  
**Colour:** red  
**PU:** 6  
**Contents:** in a box  
**Material Bodybone XL:** Ruton with plug- and needle-valve

**Art.No.:** 410440 Bodybone XL  
**Size / Weight:** ca. 26 x 14 cm  
**Colour:** silver-grey  
**PU:** 2  
**Contents:** in a box  
**Material Bodybone XL:** Ruton with plug- and needle-valve

**Bodyroll in a set of 2**


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

**Bodyroll Senso® in a Set of 2**

**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.*

<table>
<thead>
<tr>
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<th>Colour</th>
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<th>Packing unit</th>
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<td>463000</td>
<td>yellow</td>
<td>8 cm</td>
<td>100</td>
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<tr>
<td>463500</td>
<td>red</td>
<td>9 cm</td>
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</tr>
<tr>
<td>464000</td>
<td>blue</td>
<td>10 cm</td>
<td>50</td>
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**Classic Set of 2 in deco-box**

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<th>Packing unit</th>
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<td>6 cm</td>
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<td>463001</td>
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<tr>
<td>463501</td>
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<td>9 cm</td>
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</tr>
<tr>
<td>464001</td>
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<td>10 cm</td>
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**Trend**

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<td>apple</td>
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<tr>
<td>463350</td>
<td>pink</td>
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<tbody>
<tr>
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<tr>
<td>464008</td>
<td>amethyst</td>
<td>10 cm</td>
<td>50</td>
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<table>
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<tr>
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<th>Colour</th>
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<td>36</td>
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<tr>
<td>463351</td>
<td>pink</td>
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<td>32</td>
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<td>463903</td>
<td>amethyst</td>
<td>8 cm</td>
<td>36</td>
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<tr>
<td>463503</td>
<td>amethyst</td>
<td>9 cm</td>
<td>32</td>
</tr>
<tr>
<td>464003</td>
<td>amethyst</td>
<td>10 cm</td>
<td>36</td>
</tr>
</tbody>
</table>
**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.

**Semi Knobbed Ball**


**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.
**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, create 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.

**Contents:**
- bulk

**Material:** Ruton

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

---

**Senso® Hand Trainer**

The Senso Hand Trainer – made in Germany – from the sports ball range "knobbed 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.:**
- 470510 red, blue, green, blue-purple, pink light (4x7cm)
- 470511 silver light (4x7cm)
- 470610 red, blue, green, blue-purple, pink plus (5x11cm)
- 470611 silver plus (5x11cm)

**Contents:**
- bulk

**Material:** Ruton

**Specials:** also available as a set of 2, see Senso Walking Trainer

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**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.:**
- 410530 silver-grey, red

**Size:** approx. 13.5 x 7 cm

**Packing unit:** 10

**Contents:**
- bulk

**Material:** Ruton

---

**Contents:**
- bulk

**Material:** Ruton

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

---

**Art.No.:**
- 465500 blue, red ca. 11 cm 50 Senso Ball Mini
- 410110 blue, red, ca. 28 cm 10 Senso Ball

---

**Art.No.:**
- Colour: Size / Name: PU:
- 400090 blue, red, amethyst ca. 23 cm 10 Senso Ball

---

**Art.No.:**
- Colour: Size / Name: PU:
- 410090 blue, red, amethyst ca. 23 cm 10 Senso 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/Name | PU |
|---------|--------|-----------|----|---|
| 400420  | amethyst, blue (Senso Mat Mini) | 60 x 40 cm | 20 |
| 400413  | amethyst (Senso Mat) | 120 x 60 cm | 10 |
| 400410  | blue (Senso Mat) | 120 x 60 cm | 10 |

**Packing unit:** 4  
**Contents:** in deco-box  
**Material:** 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  | amethyst, blue (Senso Mat Mini) | 60 x 40 cm | 20 |
| 470600  | red, blue, green, blue-purple, pink, silver plus (5x11cm) | 10 |

**Contents:** set of 2  
**Material:** Ruton  
**Specials:** also available in bulk, see Senso Hand Trainer

**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.: | PU |  
|---------|--------|-------------|----|---|
| 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 |

**Contents:** Shipping box  
**Material:** Ruton
Actiball®

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 wellbeing.

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.

Size: ca. 9 cm Ø
Packing unit: 10
Contents: in box
Material: Ruton

Art.No.: 465310
Colours: black

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 for 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.

Art.No.: 410142
Colours: red
PU: 2
Size: ca. 10 cm Ø (Size L)
Contents: in a box
Material: Ruton with special thermo-gel filling
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 knobbed structured surface enables a more effective and deeply working massage.

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

Application: at home, rehabilitation an therapy

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

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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>PU</th>
<th>Size</th>
<th>Max. Load</th>
</tr>
</thead>
<tbody>
<tr>
<td>465417</td>
<td>orange</td>
<td>12</td>
<td>ca. 6 cm Ø (Size S)</td>
<td>up to 150 kg</td>
</tr>
<tr>
<td>465427</td>
<td>orange</td>
<td>10</td>
<td>ca. 8 cm Ø (Size M)</td>
<td></td>
</tr>
<tr>
<td>465437</td>
<td>orange</td>
<td>10</td>
<td>ca. 12 cm Ø (Size L)</td>
<td></td>
</tr>
</tbody>
</table>

Contents: in a box
Material: hardened Ruton
Max. Load: up to 150 kg

Fascial Fitness and Rolls

Healthy Training
**Fascial Fitness and Rolls**

**Healthy Training**

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.

**Material:** EPP

**Contents:** in a box with instructions

---

**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 Ruton is hardened, robust and easy to clean, skin friendly, odorless and 100% recyclable.

Application: at home, rehabilitation and therapy

Inflated and deflated:
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:** Ruton

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.

**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)

Contents: in a box with instructions
**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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>PU</th>
<th>Size Ø</th>
</tr>
</thead>
<tbody>
<tr>
<td>410010</td>
<td>black</td>
<td>10</td>
<td>ca. 8 cm</td>
</tr>
<tr>
<td>410020</td>
<td>black</td>
<td>12</td>
<td>ca. 12 cm</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>PU</th>
<th>Size Ø</th>
</tr>
</thead>
<tbody>
<tr>
<td>410050</td>
<td>black</td>
<td>12</td>
<td>ca. 8 cm</td>
</tr>
<tr>
<td>410060</td>
<td>black</td>
<td>10</td>
<td>ca. 12 cm</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>410030</td>
<td>black</td>
<td>ca. 35 cm x 5,5 cm</td>
</tr>
</tbody>
</table>

**Packing unit:** 16

**Contents:** each in a sales carton

**Material:** 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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Packaging unit</th>
<th>Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>805944</td>
<td>black</td>
<td>1</td>
<td>set in a carton box</td>
</tr>
</tbody>
</table>

**Material:** EPP
Fascial Fitness and Rolls

Healthy Training

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.

Contents:
in a carton box
Material:
Ruton

Art.No.: | Name: | Size / Weight: | Colour: | PU:
---|---|---|---|---
465380 | Faszio Ball allround | ca. 15 x 6,5 cm / ca. 430 g | silver-grey | 6
465450 | Faszio Ball local | ca. 15 x 6,5 cm / ca. 430 g | red | 6
465440 | Faszio Ball XL | ca. 26 x 14 cm | silver-grey | 2

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.

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

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.

Contents:
in a carton box
Material:
Ruton

Art.No.: | Name: | Size: | Colour: | PU:
---|---|---|---|---
430612 | Fascial Coach Ball allround | ca. 16 cm Ø | turquoise | 10
430650 | Fascial Coach Ball local | ca. 4 cm Ø | blue | 50

The Bodybone® & Bodybone® XL

Bodybone® & Bodybone® XL

Faszio Ball

Faszio Ball

Bodybone® & Bodybone® XL

Fascial Coach Ball

Fascial Coach Ball

NEW!
Fascial Fitness Ball - Set of 3

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

Concept and developed by Dr. Robert Schleip und Divo Müller

Art.No.: 005097
Colour: red
Packing unit: 6
Material: Ruton

Fascial Fitness Ball

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

Concept and developed by Dr. Robert Schleip und Divo Müller

Art.No.: 005097
Colour: 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.: 465390
Colour: black, red
PU: 4
Size ca.: 45 x 19 cm

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 and 90 cm length. Non-slip surface.

Art.No.: 400057
Colour: anthracite
Size: 45 x 15 cm

Art.No.: 400067
Colour: anthracite
Size: 90 x 15 cm

Packing unit: 6
Contents: with exercise poster in foil
Material: EVA (0,038 g/cm³)
Healthy Training

The educators of KNS – the gym, sports and dance academy – developed the new motion programme "Bewegungsprofi" especially for schools. The fun mobility break takes 10 to 15 minutes and trains the students not only physically but mentally as well and increases their concentration and motivation. Central part of the programme is the TOGU training tool "Brasil".

more information on www.kns-move.com/ausbildung

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).

Size: ca. 60 cm x 40 cm (Brasil Base)
Contents: in a deco-box incl. 2 safety straps and training chart
Material: Ruton

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".

Brasil® Aqua

The intelligent filling of air and weight offers you specific movement feedback (shake effect). Deep muscle training for your 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

Set 1
Set 2

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.

TOGU Brasil set of 2

The intelligent filling of air and weight offers you specific movement feedback (shake effect). 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.

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

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.

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

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
Size: ca. 60 cm x 40 cm (Brasil Base)
Contents: in a deco-box
Material: Ruton
Colour: green

Brasil® “Bewegungsprofi”-Set

Art.No.: Contents: PU:
805034 each in polybag with instruction 10
Jacaranda®

NEW!

NEW!

Medicine Ball

TOGU® Mini-dumbbell

Art.No.: Colour: Size ca.: Ø ca. Weight: PU:
400730 yellow 14 cm 400 g 6

Material: Ruton, stainless steel balls

Art.No.: Colours: ca. Size: Ø 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

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

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.

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.

Medicine Ball

Art.No.: Colour: Size ca.: Ø 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 groun. The material is easy to clean and skin-friendly. The knobbled 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

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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour:</th>
<th>Weight:</th>
<th>Packing unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>638051</td>
<td>silver-grey, yellow, red, blue, green</td>
<td>500 g</td>
<td>4</td>
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<tr>
<td>638101</td>
<td>silver-grey, yellow, red, blue, green</td>
<td>1000 g</td>
<td>4</td>
</tr>
<tr>
<td>638151</td>
<td>silver-grey, yellow, red, blue, green</td>
<td>1500 g</td>
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</tr>
<tr>
<td>638201</td>
<td>silver-grey, yellow, red, blue, green</td>
<td>2000 g</td>
<td>2</td>
</tr>
<tr>
<td>638251</td>
<td>silver-grey, yellow, red, blue, green</td>
<td>2500 g</td>
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</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour:</th>
<th>Size: Ø</th>
<th>ca. Weight:</th>
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</thead>
<tbody>
<tr>
<td>631000</td>
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<tr>
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<td>13,5 cm</td>
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<tr>
<td>637200</td>
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<td>13,5 cm</td>
<td>7250 g</td>
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<td>660080</td>
<td>black</td>
<td>13,5 cm</td>
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</tr>
<tr>
<td>660090</td>
<td>black</td>
<td>13,5 cm</td>
<td>9000 g</td>
</tr>
</tbody>
</table>

Packing unit: 2
Contents: bulk
Material: Hytrex

Diving Ring, Diving Block, Diving Ball

Diving Rings: For diving training and having fun at the swimming pool. 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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Name:</th>
<th>Colour:</th>
<th>Weight:</th>
<th>PU:</th>
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</thead>
<tbody>
<tr>
<td>645000</td>
<td>Diving Ring</td>
<td>red, yellow, blue, green</td>
<td>ca. 140 g</td>
<td>60</td>
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<tr>
<td>645500</td>
<td>Diving Ring - 5 kg</td>
<td>black</td>
<td>ca. 5000 g</td>
<td>2</td>
</tr>
<tr>
<td>645600</td>
<td>Diving Block</td>
<td>black</td>
<td>ca. 5000 g</td>
<td>2</td>
</tr>
<tr>
<td>645700</td>
<td>Diving Ball</td>
<td>black</td>
<td>ca. 5000 g</td>
<td>2</td>
</tr>
</tbody>
</table>

Size: black ca. 30 cm, red, yellow, blue, green 18 cm
Contents: Shipping box
Material: Ruton
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 0 / 3 kg
646000 anthracite (with actisan) ca. 39 cm 0 / 4 kg
Packing unit: 4
Contents: in a polybag, with exercise chart
Material: Ruton with actisan

Trimpact

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 Trimpacts in a right and dynamic way will cause the centrifugal mass inside the Trimpact to generate an impulse, thus leading to more muscle input and an acustic feedback for the athlete.

Art.No.: Colour: Size / Weight:
400646 blue 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

- **01 white**
- **02 red**
- **03 yellow**
- **04 blue**
- **05 black**
- **06 green**
- **07 orange**
- **08 anemone**
- **09 plum**
- **10 pink**
- **11 turquoise**
- **12 purple**
- **13 violet**
- **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

**Gymnastic balls FIG**

- **01 white**
- **02 red**
- **03 yellow**
- **04 blue**
- **05 black**
- **06 green**
- **07 orange**
- **08 anemone**
- **09 plum**
- **10 pink**
- **11 turquoise**
- **12 purple**
- **13 violet**
- **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

---

**Gymnastics and Sitting Balls**

**Healthy Training**

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.

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, 09 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

---

**Gymnastics balls**

The value priced quality gymnastics ball for school and recreational gymnastics. As 300 g 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, 09 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 (**01**) makes the Art.No.: 430416
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:
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 nund 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:
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:
420430 anthracite (actisan) max. 55 cm
420440 anthracite (actisan) max. 65 cm

MyBall Soft

Art.No.: Colours: Size:
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**

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

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour:</th>
<th>Size: Ø</th>
<th>Seat Height ca.:</th>
<th>PU:</th>
</tr>
</thead>
<tbody>
<tr>
<td>400409</td>
<td>purple</td>
<td>ca. 80 cm</td>
<td>55 – 70 cm</td>
<td>1</td>
</tr>
</tbody>
</table>

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

Material: Ruton with plug valve

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

**Pendel Ball actisan® ABS & Pendel® Ball light actisan® ABS**

Absolutely safe and hygienic inflatable tool for training and therapy. What makes the Pendel Ball actisan® ABS exceptional is its oval form. This leads to a great advantage during full body training, because the Pendel Ball actisan® ABS 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

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Name:</th>
<th>Size: Ø</th>
<th>Seat Height ca.:</th>
</tr>
</thead>
<tbody>
<tr>
<td>420450</td>
<td>Pendel Ball actisan® ABS</td>
<td>ca. 80 cm</td>
<td>55 – 70 cm</td>
</tr>
<tr>
<td>420460</td>
<td>Pendel Ball light actisan® ABS</td>
<td>ca. 60 cm</td>
<td>45 - 55 cm</td>
</tr>
</tbody>
</table>

Colour: anthracite

Packing unit: 1

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

Material: Ruton with actisan; with plug valve and pump

Max. Load: ca. 1000 kg (ABS Burst-Proof-Guarantee 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**

<table>
<thead>
<tr>
<th>Small</th>
<th>Medium</th>
<th>Large</th>
<th>Xtra Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>≤ 36 cm Ø up to max. 45 cm Ø</td>
<td>= 46 cm Ø up to max. 53 cm Ø</td>
<td>= 56 cm Ø up to max. 65 cm Ø</td>
<td>= 66 cm Ø up to max. 75 cm Ø</td>
</tr>
<tr>
<td>body height to 155 cm</td>
<td>body height 136 - 165 cm</td>
<td>body height 166 - 178 cm</td>
<td>body height from 178 cm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colours:</th>
<th>Size Ø:</th>
</tr>
</thead>
<tbody>
<tr>
<td>406360</td>
<td>red, green, blue, terra</td>
<td>max. 35 cm</td>
</tr>
<tr>
<td>406450</td>
<td>red, green, blue, terra, pink, pearl, anthracite, marble</td>
<td>max. 45 cm</td>
</tr>
<tr>
<td>406550</td>
<td>red, green, blue, terra, pink, pearl, anthracite, marble</td>
<td>max. 55 cm</td>
</tr>
<tr>
<td>406650</td>
<td>red, green, blue, terra, pink, pearl, anthracite, marble</td>
<td>max. 65 cm</td>
</tr>
<tr>
<td>406750</td>
<td>red, green, blue, terra, pink, pearl, anthracite, marble</td>
<td>max. 75 cm</td>
</tr>
</tbody>
</table>

Packing unit: 4

Contents: in deco-box with exercise poster

Material: Crylon

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

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

Packaging 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 perfor-
mance 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

Packaging unit: 4
Contents: in deco-box with exercise poster
Material: Crylon
Max. load: 2000 kg (500 kg ABS guarantee)
Specials: AGR-quality-seal
**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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size 0:</th>
</tr>
</thead>
<tbody>
<tr>
<td>491400</td>
<td>green</td>
<td>ca. 38 cm</td>
</tr>
<tr>
<td>491800</td>
<td>antracite (actisan)</td>
<td>ca. 38 cm</td>
</tr>
</tbody>
</table>

**Packing unit:**

4

**Contents:**

in deco-box with exercise poster

**Material:**

Crylon

**Max. load:**

500 kg loadable (120 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!

**PU:**

12

**Contents:**

in deco-box with exercise poster

**Material:**

foamed Ruton

**Max. load:**

ca. 150 kg

---

**Sitzball ABS®**

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!

**PU:**

12

**Contents:**

in deco-box with exercise poster

**Material:**

Crylon

**Max. load:**

500 kg loadable (120 kg ABS guarantee)
**Gymnastics- and Sitting Balls**

**Healthy Training**

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.

The practical and classic ball bowl with a new construction for a perfect drum workout with the Dynamic Drums ball. The Dynamic Drums ball bowl with its extension in the center allows a healthy upright posture during the workout.

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

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**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)

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>400850</td>
<td>blue-purple</td>
<td>85 cm</td>
</tr>
<tr>
<td>400950</td>
<td>ruby-red</td>
<td>85 cm</td>
</tr>
<tr>
<td>401000</td>
<td>ruby-red</td>
<td>100 cm</td>
</tr>
<tr>
<td>401200</td>
<td>orange</td>
<td>120 cm (without ABS)</td>
</tr>
</tbody>
</table>

**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)

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>410850</td>
<td>orange</td>
<td>85 cm</td>
</tr>
<tr>
<td>411000</td>
<td>ruby-red</td>
<td>100 cm</td>
</tr>
</tbody>
</table>

**Dynamic Drums Ball, Ball Bowl, and Sticks**

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.

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.

Classic drum sticks made of wood look as the most important accessories for the popular Drums fitness concept.
**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 optimal available for Multiroll with approx. 15 cm Ø.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>400070</td>
<td>black, silver (30-Year-Warranty)</td>
<td>ca. 50 x 15 cm Ø</td>
</tr>
<tr>
<td>400078</td>
<td>black, silver with cover</td>
<td>ca. 50 x 15 cm Ø</td>
</tr>
<tr>
<td>400080</td>
<td>black, silver (30-Year-Warranty)</td>
<td>ca. 50 x 20 cm Ø</td>
</tr>
</tbody>
</table>

**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 available with cover.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>400020</td>
<td>black, silver (30-Year-Warranty)</td>
<td>50 x 7,5 cm</td>
</tr>
<tr>
<td>400028</td>
<td>black, silver with cover</td>
<td>50 x 7,5 cm</td>
</tr>
</tbody>
</table>

**Massage-Nex®**

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

Hygienic and washable.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>400490</td>
<td>blue, amethyst</td>
<td>20 x 10,5 cm</td>
</tr>
</tbody>
</table>

**Contents:**
- in box with pump

**Material:** Ruton

**Max. load:**
- ca. 200 kg
Neck Rests and Storage Aids

Healthy Training

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.

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.

happyback 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.

happyback 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.

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.

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

Styling and Design

Neck Rests and Storage Aids

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.

Happyback 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.

Happyback® 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.

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Happyback® 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.
**Earth ball**
The highlight with the globe. A special development in collaboration with the German sports federation. Especially for dynamic group actions.

**With decor**

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size Ø:</th>
</tr>
</thead>
<tbody>
<tr>
<td>606500</td>
<td>With decor</td>
<td>100 cm</td>
</tr>
<tr>
<td>606550</td>
<td>With decor</td>
<td>200 cm</td>
</tr>
</tbody>
</table>

**Without decor**

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size Ø:</th>
</tr>
</thead>
<tbody>
<tr>
<td>600000</td>
<td>blue</td>
<td>100 cm</td>
</tr>
<tr>
<td>605000</td>
<td>blue</td>
<td>200 cm</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Weight:</th>
</tr>
</thead>
<tbody>
<tr>
<td>474000</td>
<td>red</td>
<td>400 g</td>
</tr>
<tr>
<td>476000</td>
<td>red</td>
<td>600 g</td>
</tr>
<tr>
<td>478000</td>
<td>yellow</td>
<td>800 g</td>
</tr>
</tbody>
</table>

**Size:** ca. 10 cm

**Packing unit:** 12

**Contents:** Shipping box

**Material:** Ruton

**Chiming medicine ball**

**Art.No.:**

<table>
<thead>
<tr>
<th>Colour</th>
<th>Size Ø / Weight:</th>
<th>Packing unit:</th>
</tr>
</thead>
<tbody>
<tr>
<td>420850</td>
<td>blue 21 cm / 800 g</td>
<td>20</td>
</tr>
<tr>
<td>421050</td>
<td>red 21 cm / 1000 g</td>
<td>20</td>
</tr>
<tr>
<td>421550</td>
<td>brown 28 cm / 1500 g</td>
<td>8</td>
</tr>
<tr>
<td>422050</td>
<td>brown 28 cm / 2000 g</td>
<td>8</td>
</tr>
<tr>
<td>423050</td>
<td>blue 28 cm / 3000 g</td>
<td>8</td>
</tr>
<tr>
<td>424050</td>
<td>green 34 cm / 4000 g</td>
<td>4</td>
</tr>
<tr>
<td>425050</td>
<td>red 34 cm / 5000 g</td>
<td>4</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size:</th>
</tr>
</thead>
<tbody>
<tr>
<td>467100</td>
<td>blue</td>
<td>10 cm</td>
</tr>
</tbody>
</table>

**Packing unit:** 10

**Contents:** Shipping box

**Material:** Ruton
PAB® - pressure air biofeedback

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.

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.

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.

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.
Tubes and Bands

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 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  

Therafloss Band

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 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  

Therafloss Band

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!

Art.No.: Colour: Size ca.:  
650240 yellow / light ca. 30 x 5 cm 
650260 green / middle ca. 29 x 5 cm 
650280 blue / heavy ca. 28 x 5 cm 
650300 black / extra heavy ca. 27 x 5 cm 
Packing unit: 10  
Contents: with exercise poster in a polybag  
Material: Latex  

Theragym Band / Powerband

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 Dymar, Aero-Step Pro or Jumper.

Art.No.: Colour: 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 
Packing unit: 10  
Contents: in a polybag  
Material: Latex  

Theragym Loop / Powerband Loop

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

The Theragym Tube and the Theragym Tube Loops are versatile resistance training devices for complete body toning. The special coating of the elastic tube increases 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**

<table>
<thead>
<tr>
<th>Art.Nr.</th>
<th>Colour:</th>
<th>Size ca.:</th>
</tr>
</thead>
<tbody>
<tr>
<td>980023</td>
<td>yellow (light)</td>
<td>ca. 122 cm</td>
</tr>
<tr>
<td>980022</td>
<td>green (medium)</td>
<td>ca. 122 cm</td>
</tr>
<tr>
<td>980024</td>
<td>blue (heavy)</td>
<td>ca. 122 cm</td>
</tr>
<tr>
<td>980026</td>
<td>black (very heavy)</td>
<td>ca. 122 cm</td>
</tr>
</tbody>
</table>

**Theragym Tube Loop**

<table>
<thead>
<tr>
<th>Art.Nr.</th>
<th>Colour:</th>
<th>Size ca.:</th>
</tr>
</thead>
<tbody>
<tr>
<td>980013</td>
<td>yellow (light)</td>
<td>ca. 70 cm</td>
</tr>
<tr>
<td>980012</td>
<td>green (medium)</td>
<td>ca. 70 cm</td>
</tr>
<tr>
<td>980014</td>
<td>blue (heavy)</td>
<td>ca. 70 cm</td>
</tr>
<tr>
<td>980015</td>
<td>black (very heavy)</td>
<td>ca. 70 cm</td>
</tr>
</tbody>
</table>

**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 hand 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.:**

- 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)
- 980013 Theragym Pro - complete set (1) yellow/red/green
- 980051 Theragym Pro - Set of 2 foot straps (2) black

**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 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.:**

- 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
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

Art.No.: 805009
Colour: varied

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.: 805010
Colour: varied

---

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. 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.: 400429
Colour: blue, green, red

Size: 46 x 32 x 8 cm

Packing unit: 4

Contents: in deco-box with exercise poster

Material: Ruton

Max. Load: 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.: 410402
Level: Level I (easy)
Colour: black with red
Size: 40 x 8 cm

Art.No.: 410406
Level: Level II (medium)
Colour: black with green
Size: 40 x 9,5 cm

Art.No.: 410404
Level: Level III (hard)
Colour: black with blue
Size: 40 x 12 cm

Packing unit: 1

Contents: in deco-box

Material: high quality GFK-PP

Max. Load: 120 kg

Specials: 3 difficulties
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.

Size:
ca. 120 cm x 50 cm x 41 cm (L x W x H)

Packing unit:
1

Contents:
instructions for use and pump

Material:
Ruton and wood

Max. Load:
ca. 150 kg

Bonito®

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.

Size:
50 x 7,5 cm

Packing unit:
4

Contents:
in deco-box with exercise poster

Material:
Ruton

Max. Load:
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“.

more information on www.kns-move.com/ausbildung

Contents: 1 x TOGU Brasil (Set of 2); 1 x training instructions.
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® 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 Ball for Gymnastics

Colibri Softball Women / Men

Colibri Supersoft Handball Women / Men

Colibri Supersoft Giant

PU:

Contents:
in poly-bag / shipping box

Material:
Ruton

Colibri Supersoft Handball Women / Men

Colibri Supersoft Giant

PU:

Contents:
in poly-bag / shipping box

Material:
Ruton
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: in deco-box with exercise poster
Material: Ruton
Max. Load: 200 kg

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.No.: 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: AGI-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, pink, pearl, yellow,

Size: 33 cm
Packing unit: 5
Contents: in deco-box with exercise poster and pump
Material: Ruton
Max. Load: 200 kg
Dynair® Extreme

Sit on it and feel good. Brings you automatically in an 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 motonic deficits or neurological and muscle dysfunctions.

Art.No.: 400408 401408
Colours: purple anthracite
Size: ca. 80 cm Ø x ca. 18 cm
Packing unit: 1
Contents: in box
Material: Ruton with plug valve
Max. Load: 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.

Art.No.: 465400 465600
Colours: red, blue, yellow, green
Sizes: 16 cm 20 cm
Packing unit: 4
Contents: in deco-box with pump
Material: Ruton
Max. Load: ca. 200 kg

Dynair® Extreme

Sit on it and feel good. Brings you automatically in an 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 motonic deficits or neurological and muscle dysfunctions.

Art.No.: 400408 401408
Colours: purple anthracite
Size: ca. 80 cm Ø x ca. 18 cm
Packing unit: 1
Contents: in box
Material: Ruton with plug valve
Max. Load: 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.

Art.No.: 465400 465600
Colours: red, blue, yellow, green
Sizes: 16 cm 20 cm
Packing unit: 4
Contents: in deco-box with pump
Material: Ruton
Max. Load: ca. 200 kg

Dynair® Extreme

Sit on it and feel good. Brings you automatically in an 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 motonic deficits or neurological and muscle dysfunctions.

Art.No.: 400408 401408
Colours: purple anthracite
Size: ca. 80 cm Ø x ca. 18 cm
Packing unit: 1
Contents: in box
Material: Ruton with plug valve
Max. Load: ca. 200 kg
Kangaroo® Ball ABS® Junior / Super

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

Also available for adults: see page 31.

Size: ca. 40 x 30 cm

Packing unit: 5

Contents: with tag, in poly-bag

Material: Ruton

Max. Load: ca. 70 kg

Art.No.: Colour:
310600 blue, ruby-red, turquoise
506000 blue, ruby-red, turquoise

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
506000 blue, ruby-red, turquoise Super 60 cm

Leo 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.

Art.No.: Colour: Size: ca. Ø
400060 warm-orange Junior 45 cm

Moonhopper®

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

Also available for adults: see page 31.

Art.No.: Colour:
666500 blue with yellow - NEW!
666600 blue with pink
666800 green with pink
666900 blue with red

Size: ca. 40 x 30 cm

Packing unit: 5

Contents: with tag, in poly-bag

Material: Ruton

Max. Load: ca. 70 kg

Leo the Lion

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

Packing unit: 10

Contents: in deco-box with exercise poster

Material: Crylon

Max. Load: ABS up to 60 kg (45 cm Ø), up to 75 kg (60 cm Ø), general up to 500 kg

Moonhopper

Kangaroo® Ball ABS® Junior / Super

Kindergarten and School
### 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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>465100</td>
<td>red, yellow, blue</td>
<td>22 cm</td>
<td>10</td>
<td>in a box</td>
<td>Ruton</td>
</tr>
</tbody>
</table>

### Knobbed ring

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

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>466000</td>
<td>yellow</td>
<td>16 cm</td>
<td>50</td>
<td>in a box</td>
<td>Ruton</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>400700</td>
<td>red, green, blue</td>
<td>32 cm</td>
<td>4</td>
<td>in deco-box</td>
<td>Ruton</td>
</tr>
</tbody>
</table>

### 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 ****

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colours</th>
<th>Size</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>406360</td>
<td>red, green, blue, silver, terra</td>
<td>max. 35 cm</td>
<td>4</td>
<td>in deco-box with exercise poster</td>
<td>Cylron</td>
</tr>
<tr>
<td>406450</td>
<td>red, green, blue, silver, terra, pink, pearl, anthracite, marble</td>
<td>max. 45 cm</td>
<td>4</td>
<td>in deco-box with exercise poster</td>
<td>Cylron</td>
</tr>
</tbody>
</table>
### 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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour:</th>
<th>Size:</th>
</tr>
</thead>
<tbody>
<tr>
<td>410490</td>
<td>red, yellow, blue, green</td>
<td>16 cm</td>
</tr>
<tr>
<td>410500</td>
<td>red, yellow, blue, green</td>
<td>XL 20 cm</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour:</th>
<th>Size:</th>
</tr>
</thead>
<tbody>
<tr>
<td>465150</td>
<td>red, yellow, blue, green, pink, purple</td>
<td>16 cm</td>
</tr>
<tr>
<td>465170</td>
<td>red, yellow, blue, green, pink, purple</td>
<td>XL 18,5 cm</td>
</tr>
</tbody>
</table>

### GeoBalance® 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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour:</th>
<th>Size:</th>
</tr>
</thead>
<tbody>
<tr>
<td>465180</td>
<td>red, yellow, blue, green, pink, purple</td>
<td>16 cm</td>
</tr>
<tr>
<td>465190</td>
<td>red, yellow, blue, green, pink, purple</td>
<td>XL 18,5 cm</td>
</tr>
</tbody>
</table>

### Senso Balance Bar


<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour:</th>
<th>Size:</th>
</tr>
</thead>
<tbody>
<tr>
<td>410100</td>
<td>red, blue, green</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Maß/Size:</th>
<th>Packing unit:</th>
<th>Contents:</th>
<th>Material:</th>
<th>Max. Load:</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 x 7,5 cm</td>
<td>4</td>
<td>in deco-box with exercise poster</td>
<td>Ruton</td>
<td>ca. 200 Kg</td>
</tr>
</tbody>
</table>

### GeoBalance® hedgehog + XL set of 2

Senso® Balance Cushion + XL set of 2

Senso® Balance Bar

Senso® Balance hedgehog + XL set of 2
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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>410510</td>
<td>red, yellow, blue</td>
<td>16 cm</td>
</tr>
<tr>
<td>410520</td>
<td>red, yellow, blue</td>
<td>XL 20 cm</td>
</tr>
</tbody>
</table>

| Packing unit: | 10 |
| Contents:     | set of 2 in a polybag |
| Material:     | Ruton |

Senso Ball Geo + XL
The new fun and learn ball for kindergarten 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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>465130</td>
<td>red, yellow, green, pink (mixed)</td>
<td>9 cm</td>
</tr>
<tr>
<td>465120</td>
<td>red, blue, green, pink (mixed)</td>
<td>XL 18,5 cm</td>
</tr>
</tbody>
</table>

| Packing unit: | 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!

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>465300</td>
<td>blue, red</td>
<td>9 cm</td>
</tr>
<tr>
<td>465500</td>
<td>blue, red</td>
<td>11 cm</td>
</tr>
</tbody>
</table>

| Packing unit: | 50 |
| Contents:     | bulk |
| Material:     | Ruton |

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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>410510</td>
<td>red, yellow, blue</td>
<td>16 cm</td>
</tr>
<tr>
<td>410520</td>
<td>red, yellow, blue</td>
<td>XL 20 cm</td>
</tr>
</tbody>
</table>

| Packing unit: | 10 |
| Contents:     | set of 2 in a polybag |
| Material:     | Ruton |

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

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>colour</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>400410</td>
<td>blue</td>
<td>120 x 60 cm</td>
</tr>
<tr>
<td>400413</td>
<td>amethyst</td>
<td>120 x 60 cm</td>
</tr>
<tr>
<td>400420</td>
<td>amethyst, blue</td>
<td>60 x 40 cm</td>
</tr>
</tbody>
</table>

| Size:     | 120 x 60 cm or 60 x 40 cm |
| Packing unit: | 4 |
| Contents: | in deco-box |
| 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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Weight</th>
<th>Size Ø:</th>
</tr>
</thead>
<tbody>
<tr>
<td>631000</td>
<td>black</td>
<td>1000 g</td>
<td>9,5 cm</td>
</tr>
<tr>
<td>631500</td>
<td>black</td>
<td>1500 g</td>
<td>9,5 cm</td>
</tr>
<tr>
<td>632000</td>
<td>black</td>
<td>2000 g</td>
<td>9,5 cm</td>
</tr>
<tr>
<td>632500</td>
<td>black</td>
<td>2500 g</td>
<td>9,5 cm</td>
</tr>
<tr>
<td>633000</td>
<td>black</td>
<td>3000 g</td>
<td>11 cm</td>
</tr>
<tr>
<td>634000</td>
<td>black</td>
<td>4000 g</td>
<td>11 cm</td>
</tr>
<tr>
<td>635000</td>
<td>black</td>
<td>5000 g</td>
<td>12,5 cm</td>
</tr>
<tr>
<td>636000</td>
<td>black</td>
<td>6000 g</td>
<td>13,5 cm</td>
</tr>
<tr>
<td>637200</td>
<td>black</td>
<td>7250 g</td>
<td>13,5 cm</td>
</tr>
<tr>
<td>660080</td>
<td>black</td>
<td>8000 g</td>
<td>13,5 cm</td>
</tr>
<tr>
<td>660090</td>
<td>black</td>
<td>9000 g</td>
<td>13,5 cm</td>
</tr>
</tbody>
</table>

Punktball

White dots on a colored background is an absolute classic. You are never wrong with a dotted ball.
Assorted in the colors 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

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>217150</td>
<td>Punktball</td>
<td>10</td>
<td>14 cm / 5,5”</td>
</tr>
<tr>
<td>217190</td>
<td>Punktball</td>
<td>10</td>
<td>23 cm / 9”</td>
</tr>
<tr>
<td>138000</td>
<td>Euroliga Neon</td>
<td>10</td>
<td>23 cm / 9”</td>
</tr>
</tbody>
</table>

Soft ball

Soft and light ball made of foamed material.

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>560720</td>
<td>Soft-Ball grooved set of 2</td>
<td>200</td>
<td>7 cm</td>
</tr>
<tr>
<td>560700</td>
<td>Soft-Tennisball grooved</td>
<td>400</td>
<td>7 cm</td>
</tr>
<tr>
<td>561900</td>
<td>Soft-Trainingsball</td>
<td>18</td>
<td>9 cm</td>
</tr>
<tr>
<td>562100</td>
<td>Soft-Trainingsball</td>
<td>14</td>
<td>21 cm</td>
</tr>
<tr>
<td>580700</td>
<td>Soft-Trainingsball without grooves</td>
<td>400</td>
<td>7 cm</td>
</tr>
<tr>
<td>560900</td>
<td>Soft-Ball</td>
<td>200</td>
<td>9 cm</td>
</tr>
</tbody>
</table>

Kindergarten and School

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“.

<table>
<thead>
<tr>
<th>Art.No.:</th>
<th>Name:</th>
<th>PU:</th>
<th>Size: Ø ca.</th>
</tr>
</thead>
<tbody>
<tr>
<td>560720</td>
<td>Punktball</td>
<td>200</td>
<td>7 cm</td>
</tr>
<tr>
<td>560700</td>
<td>Soft-Tennisball</td>
<td>400</td>
<td>7 cm</td>
</tr>
<tr>
<td>561900</td>
<td>Soft-Trainingsball</td>
<td>18</td>
<td>9 cm</td>
</tr>
<tr>
<td>562100</td>
<td>Soft-Trainingsball</td>
<td>14</td>
<td>21 cm</td>
</tr>
<tr>
<td>580700</td>
<td>Soft-Trainingsball without grooves</td>
<td>400</td>
<td>7 cm</td>
</tr>
<tr>
<td>560900</td>
<td>Soft-Ball</td>
<td>200</td>
<td>9 cm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Colour:</th>
<th>Contents:</th>
<th>Material:</th>
</tr>
</thead>
<tbody>
<tr>
<td>yellow</td>
<td>Shipping box</td>
<td>Ruton</td>
</tr>
</tbody>
</table>

Material:
Ruton
Diving Rings: For diving training and having fun at the swimming pool. 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:**

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Name:</th>
<th>Colour:</th>
<th>Weight:</th>
<th>PU:</th>
</tr>
</thead>
<tbody>
<tr>
<td>645000</td>
<td>Diving Ring</td>
<td>red, yellow, blue, green</td>
<td>ca. 140 g</td>
<td>60</td>
</tr>
<tr>
<td>645500</td>
<td>Diving Ring - 5 kg</td>
<td>black</td>
<td>ca. 5000 g</td>
<td>2</td>
</tr>
<tr>
<td>645600</td>
<td>Diving Block</td>
<td>black</td>
<td>ca. 5000 g</td>
<td>2</td>
</tr>
<tr>
<td>645700</td>
<td>Diving Ball</td>
<td>black</td>
<td>ca. 5000 g</td>
<td>2</td>
</tr>
</tbody>
</table>

**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)

**Art.No.: Colour: Size:**

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour:</th>
<th>Size:</th>
</tr>
</thead>
<tbody>
<tr>
<td>400850</td>
<td>blue-purple</td>
<td>85 cm</td>
</tr>
<tr>
<td>400950</td>
<td>ruby-red</td>
<td>95 cm</td>
</tr>
<tr>
<td>401000</td>
<td>ruby-red</td>
<td>100 cm</td>
</tr>
<tr>
<td>401200</td>
<td>orange</td>
<td>120 cm (without ABS)</td>
</tr>
</tbody>
</table>

**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)

**Art.No.: Colour: Size:**

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour:</th>
<th>Size:</th>
</tr>
</thead>
<tbody>
<tr>
<td>410850</td>
<td>orange</td>
<td>85 cm</td>
</tr>
<tr>
<td>411000</td>
<td>ruby-red</td>
<td>100 cm</td>
</tr>
</tbody>
</table>

**Packing unit:** 1

**Contents:** box

**Material:** Crylon

**Max. Load:** up to 250 kg, ABS guaranteed 45 kg
Optimal preparation in volleyball-, handball- and basketball training. The lightweight and big size slow it down.

**Contents:**
- Shipping box

**Material:**
- Ruton

---

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

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size Ø / Weight</th>
<th>Packing unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>450450</td>
<td>yellow</td>
<td>7,5 cm / 45 g</td>
<td>100</td>
</tr>
<tr>
<td>450650</td>
<td>yellow</td>
<td>7,5 cm / 65 g</td>
<td>100</td>
</tr>
<tr>
<td>450800</td>
<td>yellow</td>
<td>7,5 cm / 80 g</td>
<td>100</td>
</tr>
<tr>
<td>451500</td>
<td>yellow</td>
<td>7,5 cm / 150 g</td>
<td>50</td>
</tr>
<tr>
<td>452000</td>
<td>yellow</td>
<td>7,5 cm / 200 g</td>
<td>25</td>
</tr>
<tr>
<td>452500</td>
<td>yellow</td>
<td>7,5 cm / 250 g</td>
<td>25</td>
</tr>
<tr>
<td>453000</td>
<td>yellow</td>
<td>7,5 cm / 300 g</td>
<td>25</td>
</tr>
<tr>
<td>454000</td>
<td>yellow</td>
<td>7,5 cm / 400 g</td>
<td>25</td>
</tr>
</tbody>
</table>

**Contents:**
- Shipping box

**Material:**
- Ruton

---

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

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
<th>Packing unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>640000</td>
<td>red, blue, yellow, green</td>
<td>18 cm</td>
<td>40</td>
</tr>
</tbody>
</table>

**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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Packing unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>481000</td>
<td>red, blue</td>
<td>8</td>
</tr>
<tr>
<td>4810007</td>
<td>red, blue</td>
<td>30 (deflated)</td>
</tr>
</tbody>
</table>

**Size:**
- ca. 35 cm Ø

**Contents:**
- Shipping box

**Material:**
- Ruton
Dynair® Ballkissen® 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.

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

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.

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
<th>Specials</th>
</tr>
</thead>
<tbody>
<tr>
<td>971200</td>
<td>black</td>
<td>180 x 60 x 0,9 cm</td>
<td>2</td>
<td>in deco-box with exercise poster and pump</td>
<td>Ruton</td>
<td>available as a set with DVD, AGR certificate</td>
</tr>
</tbody>
</table>

Pilates Ballance Ball

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

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
<th>Max load during lying exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td>492000</td>
<td>blue</td>
<td>ca. 30 cm</td>
<td>25</td>
<td>in polybag</td>
<td>foamed Ruton</td>
<td>ca. 120 kg</td>
</tr>
</tbody>
</table>

Pilates Ball Power Pilates

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

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Colour</th>
<th>Size</th>
<th>Packing unit</th>
<th>Contents</th>
<th>Material</th>
<th>Max load during lying exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td>492100</td>
<td>blue</td>
<td>ca. 26 cm Ø</td>
<td>25</td>
<td>in polybag</td>
<td>foamed Ruton</td>
<td>ca. 120 kg</td>
</tr>
</tbody>
</table>
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.

Art.No.: 493500
Colour: black
Size: ca. 35 cm Ø
Packing unit: 10
Contents: 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.

Art.No.: 400047
Colour: purple
Size: 90 x 15 cm
Packing unit: 6
Contents: in foil with exercise poster
Material: EVA Material
Max load: 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.

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

Piloga® – Pilates & Yoga

Pilates Multiroll
**Redondo® Ball**

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 workouts 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.

**Packing unit:** 16

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

**Material:** foamed Ruton

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

**Art.No.:** 493000 anthracite ca. 18 cm 16
**Colours:**
- 491000 blue ca. 22 cm 16
- 491100 ruby-red ca. 26 cm 16

**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 workouts 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.

**Packing unit:** 16

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

**Material:** foamed Ruton with plug valve

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

**Art.No.:** 493000 anthracite ca. 18 cm 16
**Colours:**
- 493100 blue ca. 22 cm 16
- 493200 ruby-red ca. 26 cm 16

**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.

**Packing unit:** 16

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

**Material:** foamed Ruton

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

**Art.No.:**
- 493000 anthracite ca. 18 cm
- 493100 blue ca. 22 cm
- 493200 ruby-red ca. 26 cm
Redondo® Ball „feel Redondo“ & DVD


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

<table>
<thead>
<tr>
<th>Art.No.</th>
<th>Specials:</th>
<th>Colour:</th>
</tr>
</thead>
<tbody>
<tr>
<td>491600</td>
<td>without DVD</td>
<td>green</td>
</tr>
<tr>
<td>491608</td>
<td>with DVD</td>
<td>green</td>
</tr>
</tbody>
</table>

| Size: | 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“ 6 DVD

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: Size: Packing Unit: Contents: Material:
491400 green ca. 38 cm 12 in deco-box with exercise poster 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: Packing Unit: Contents: Material:
491800 antracite (actisan) ca. 38 cm 12 in deco-box with exercise poster foamed Ruton
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.

Relax-Nex®

Art.No.: 400470
Colour: silver-grey, amethyst
Size: 23.5x11 cm
Packing unit: 16
Contents: in deco-box
Material: Ruton
Max. load: ca. 200 kg
Specials: 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.

Art.No.: Colour:
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
Packing unit: 4
Contents: in deco-box
Material: Ruton

Spirit-Ball

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

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

**PU:**

**Contents:** set of 2 in box

**Material:** Ruton

**Max. Load:** 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.:** 400290

**Colour:** purple

**Size:** approx. 40 x 40 x 30 cm

**Packing unit:** 4

**Contents:** in a box, with pump

**Material:** Ruton

**Max. load:** approx. 150 kg

**Specials:** 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.

**Art.No.:**

<table>
<thead>
<tr>
<th>Name</th>
<th>PU</th>
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<tr>
<td>921500</td>
<td>50</td>
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<tr>
<td>920500</td>
<td>120</td>
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</tbody>
</table>

**Illustrated balls are not included**

---

**NEW!**

TOGU® Toning® Ball

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

(balls are not included)

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

NEW: Now also available for the Airgo seat cushion.

All covers are washable.

The soft comfort-cover ensures optimal sitting comfort. Fitting for the Dynair Premium Wedge-Ballkissen, the Airgo Backcushion and the Airgo Seatcushion.

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!

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.
Accessories - Pumps, Covers, DVDs

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

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.

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

Brasil 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.: 939630  Name: Bodystyling mit dem Redondo Ball Plus  PU: 10  Length: ca. 60 min  Language: German

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

Art.No.: 939620  Name: Bodystyling mit Brasil  PU: 10  Language: German

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.

Art.No.: 939510  Name: Aero-Step XL functional  PU: 10  Length: ca. 60 min  Language: German/English
Art.No.: 939530  Name: Dynair XXL  PU: 10  Length: ca. 60 min  Language: German/English
Art.No.: 939540  Name: Jumper  PU: 10  Length: ca. 60 min  Language: German/English
Art.No.: 939520  Name: Multitroll functional  PU: 10  Length: ca. 60 min  Language: German/English
Art.No.: 939500  Name: Powerball  PU: 10  Length: ca. 60 min  Language: German/English

Specials: each DVD also available as a set with the product
Accessories - Pumps, Covers, DVDs

**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.

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

**Ball pump**
For all products with needle valve. (Needle is placed inside the handle.)

| Art.No.: 965550 | Colour: white |
| Size: 15 cm |
| Packing unit: 50 |
| Contents: 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.

| Art.No.: 965550 | Colour: white |
| Size: ca. 20 cm |
| Packing unit: 24 |
| Contents: in a polybag |

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

| Art.No.: 966600 | Colour: white |
| Size: ca. 30 cm |
| Packing unit: 10 |
| Contents: Shipping box |
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 have 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.

### TOGU Wall

NEW!

**Art.No.:** 902035  
**Contents:** TOGU Wall  
**Colour:** mirror  
**Size:** 1,2 m x 2 m x 1 cm

**Art.No.:** 902030  
**Contents:** TOGU Wall  
**Colour:** walnut  
**Size:** 2 m x 2 m x 1 cm

**Art.No.:** 902036  
**Contents:** TOGU Wall with 18 hangers  
**Colour:** mirror  
**Size:** 1,2 m x 2 m x 1 cm

**Art.No.:** 902031  
**Contents:** TOGU Wall with 18 hangers  
**Colour:** walnut  
**Size:** 2 m x 2 m x 1 cm

---

### Pump: Set for inflating special sport balls

**Art.No.:** 900000  
**Colour:** white  
**Packing unit:** 10

**Contents:** in a polybag

---

### Stacking aid set of 3

**Art.No.:** 930500  
**Colour:** transparent  
**Size:** 3 x ca 141 x 20 cm; (ca. 45 cm Ø)

**Packing unit:** 1

**Contents:** in a set of 3 rings

---

**NEW!**

**example of use**
<table>
<thead>
<tr>
<th>Titel</th>
<th>Autoren</th>
<th>Zielgruppe</th>
<th>ISBN</th>
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<tbody>
<tr>
<td>Funktionelles Zirkeltraining</td>
<td>Jörn Rühl, Vanessa Laubach</td>
<td>Übungsleiter</td>
<td>978-3-89899-664-8</td>
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<td>Koordinationstherapie</td>
<td>Ulla Hahlinger, Violetta Schuba</td>
<td>Trainer, Therapeuten, Übungsleiter</td>
<td>978-3-89899-571-9</td>
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<td>Propriozeptives Training</td>
<td>Yvonne Bechheim</td>
<td>Sportlehrer, Übungsleiter, Trainer, Endverbraucher</td>
<td>978-3-7853-1887-4</td>
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<td>Functionelles Training mit dem großen Ball</td>
<td>Karin Albrecht</td>
<td>Trainer, Ausbilder, am Thema wissenschaftlich Interessierte</td>
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<td>Funktionelles Training</td>
<td>Karin Albrecht</td>
<td>Trainer, Ausbilder und interessierte Endverbraucher</td>
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<td>Pilatestraining 50+</td>
<td>Claudia Hotzl</td>
<td>Trainer und Endverbraucher</td>
<td>978-3-89899-653-2</td>
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<td>Für mehr Beweglichkeit &amp; Ausstrahlung</td>
<td>Sabine Bösinger</td>
<td>Hebammen, Trainer, Kursleiter, Schwangere, Mütter</td>
<td>978-3-89899-793-5</td>
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<td>Pilates während der Schwangerschaft und Rückbildung</td>
<td>Sabine Bösinger</td>
<td>Hebammen, Trainer, Kursleiter, Schwangere, Mütter</td>
<td>978-3-89899-793-5</td>
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<td>Körperhaltung in Training und Alltag</td>
<td>Karin Albrecht</td>
<td>Trainer und Ausbilder, am Thema wissenschaftlich Interessierte</td>
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<td>Effektives Training für die Körpermitte</td>
<td>Fastner/Manhart</td>
<td>Trainer, Endverbraucher</td>
<td>978-3-89899-887-1</td>
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<td>Besser trainieren!</td>
<td>Dr. H.-W. Müller-Wohlfahrt; Oliver Schmidlein</td>
<td>Endverbraucher</td>
<td>978-3-89883-170-3</td>
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<td>Flacher Bauch – Starker Rücken</td>
<td>Yvonne Bechheim</td>
<td>Trainer, Übungsleiter, Hebammen, Endverbraucher</td>
<td>978-3-7853-1930-7</td>
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<td>Beckenboden – Die Kraft von innen</td>
<td>Susanne Schärzler</td>
<td>Trainer, Übungsleiter, Hebammen, Endverbraucher</td>
<td>978-3-00-030368-5</td>
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<td>Das neue Core Training</td>
<td>En Trostl</td>
<td>Männer, Endverbraucher, Trainer, Coaches</td>
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<td>Groupfitness Workout Basics &amp; Variationen</td>
<td>Anke Haberlandt und Ilka Holst</td>
<td>Trainer, ambitionierte Fitnesssportler</td>
<td>978-3040375514</td>
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<td>Schmerzfrei und beweglich</td>
<td>Yvonne Bechheim</td>
<td>Endverbraucher</td>
<td>978-3-7853-1930-7</td>
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</table>
showing competence - develop sale

Selling is easy

Our modern, target group orientated packaging lines create interest and demand. By the way you will find all selling arguments on the front – self-explanatory and without a course of instruction – take the easy way.

TOGU Supports your sales promotion efforts

Decoration packages that make your showroom even more attractive

- 5 decoration packages matching the TOGU packaging lines
- Distinct picture and color statement
- Each decoration package consists of two decoration cardboard boxes and one poster

Booklets for Your customers

The convenient catalogue in a small format.

It’s lightweight, handy, well arranged, with a comprehensive product overview and well suited as a take-away for customers.

Art.-No.: 960002 and 960500
showing competence - develop sale

Instructions, Flyer and Training Charts

Ideas for exercises and information on our products.

Training Charts exist for most of our products. Please don’t hesitate to ask us for more information.

„A day in motion“ – a Health Day in your store

You would like to inform customers on health topics and therefore you are planning an event?

TOGU supports you by providing relevant contacts to our qualified instructors. Your customers will receive suggestions for exercises and profound information on health topics from a professional.

- Relevant contact to a qualified instructor
- Exercises and information on several health topics
- In connection with high quality products from TOGU
- Poster and decoration material

Pictures and videos

Up to date product pictures, exercise pictures and short video clips in digital format.

Use the power of moving images. Especially video clips enjoy great popularity and are suitable to attract customer interest.

A comprehensive choice of pictures and video clips for your catalogue design and homepage is made available for you on our product DVD.

www.youtube.com/TOGU1956
Training and education

Intelligent training

For more than 50 years, TOGU has been standing for top quality products and forward-thinking innovation in the fitness and health market. The following training and education concepts were developed by national and international experts in the fitness and health sector and offer top-level health-based training using safe products ‘Made in Germany’.

That is why professionals trust TOGU.

Ask your local distributor or dealer for more information.

In-house training

The In-house training concept takes place on your premises and brings you one step closer to the theory and practice of the TOGU training concept for fitness and health. This opportunity is aimed at clubs, studios and fitness sports institutes. An experienced instructor will be responsible for the training and will help familiarise you with the essential products, as well as motivating your employees or customers!

Simple ask for TOGU In-house training and we will be happy to advise you on any matter!

Contact the TOGU team by phone on: +49 (0) 80 51 – 90 38 - 0 or by email: info@togu.de
NEW: Official Master Education course

TOGU ACADEMY – 13th - 16th of September 2018

TOGU Academy makes you familiar with the concept of Healthy Training and how to educate trainers and therapists in using TOGU products.

TOGU Academy addresses to multiplicators: educators of trainers, sports coaches and teachers, physiotherapists, practitioners and professionals in health, movement and fitness business.

TOGU Academy is designed for international participants. Presentation language is English.

• Experience the TOGU spirit and manufacturing of a TOGU product
• Learn more about the Healthy Training concept: How to use and benefit from TOGU products
• Learn more about specific application of TOGU products in daily training and therapy
• Special features for physical therapy and group fitness
• Get your certificate: “Official TOGU Master Educator”

Interested? Please contact us by phone +49 8051 90380 or info@togu.de
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“

Further Information:
info@rebody.eu www.rebody.eu

*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 (www.rebody.eu) 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.
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.

- 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)
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

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
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 feedback on your movements
- small, handy, easy on your joints!

Workshops | Inhouse Training

Gabi Fastner
www.gabi-fastner.de

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)
www.ulrich-kuhnt.de
**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

**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.
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.

For more Information
www.agr-ev.de
doctors and therapists
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
- Sensorimotoric 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

Karin Albrecht
www.star-education.ch

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

Karin Albrecht
www.star-education.ch
Our partners design and market concepts in the fields of health, fitness and sports. Supported by us and using TOGU equipment together we create high quality products and best practice for the professional educational market.

**Partners**

DTB Akademie  
Otto-Fleck-Schneise 8  
D – 60528 Frankfurt am Main  
Tel.: +49 (0)69/678 01-0  
Fax: +49 (0)69/678 01-179  
dtb-akademie@dtb-online.de  
www.dtb-akademie.de

star – school for training and recreation  
Seefeldstrasse 307  
CH – 8006 Zürich  
Tel.: +41 (0)44 383 55 77  
Fax: +41 (0)44 383 55 78  
info@star-education.ch  
www.star-education.ch

Redbalance Academy  
12 floor, K-Tower Bldg. 12-25, Jamwon-dong, Seocho-ku, Seoul, Korea  
TEL.: +82 (02)-999-0624  
FAX: +82 (02)-999-1185  
finem@finem.com  
www.redbalance.com

Konföderation der deutschen Rückenschulen  
c/o BdR e.V. Geschäftsstelle  
Postfach 1124  
30011 Hannover  
Tel.: +49 (0) 5 11 - 3 50 27 30  
Fax: +49 (0) 5 11 - 3 50 58 66  
info@kddr.de  
www.kddr.de

ROBINSON  
Zeit für Gefühle  
Robinson Club GmbH  
Karl-Wiechert-Allee 4  
30625 Hannover  
www.robinson.de

4more education*  
Gunda Slomka  
Praetoriusweg 3  
D – 30655 Hannover  
g.slomka@4more-education.de  
www.gunda-slomka.de

BDR  
Bundesverband der deutschen Rückenschulen (BdR) e.V.  
Bleekstraße 20 - Birkenhof  
30559 Hannover  
Tel.: +49 (0) 511-350 2730  
Fax: +49 (0) 511-350 5866  
info@bdr-ev.de  
www.bdr-ev.de

GluckerKolleg  
Jägerstraße 90  
70806 Kornwestheim  
Tel.: +49 (0) 7 154 / 80056-0  
Fax: +49 (0) 7 154 / 80056-1  
info@gluckerkolleg.de  
www.gluckerkolleg.de

IFAA GmbH  
Essenerstr. 12  
D – 68723 Schwetzlingen  
Tel.: +49 (0)6202/27 51-0  
Fax: +49 (0)6202/27 51-15  
ifaa@ifaa.de  
www.ifaa.de

TB Polska Sp. z o.o.  
ul. Gruzelki 19  
42-600 Tarnowskie Góry  
Tel.: +48 32 382 06 90  
Tel sklep: +48 32 284 26 25  
FAX:+48 32 382 06 91

HFA – Health & Fitness Academy  
offizieller Stützpunkt des BdR e.V.  
Dirk Hübel & Peter Nürnberger GbR  
Wöllnitzer Str. 6  
07749 Jena  
Tel.: +49 (0)3641-527 533  
Fax: +49 (0)3641-527 532  
www.hfacademy.de  
www.facebook.com/HealthFitnessAcademy

Faszio -  
Miriam Wessels und Heike Öllerich  
Woltersstraße 29  
22453 Hamburg  
Tel: +49(0)40-51493632  
Fax: +49(0)40-51493631  
info@faszio.de  
www.faszio.de

TB Polska Sp. z o.o.  
ul. Gruzelki 19  
42-600 Tarnowskie Góry  
Tel.: +48 32 382 06 90  
Tel sklep: +48 32 284 26 25  
FAX:+48 32 382 06 91

Euro Education  
Barbara Raab  
Henkelstr. 22  
D – 85354 Freising  
Tel.: +49 (0)8161/49 69-41  
Fax: +49 (0)8161/49 69-42  
info@euro-education.de  
www.euro-education.de

Faszio -  
Miriam Wessels und Heike Öllerich  
Woltersstraße 29  
22453 Hamburg  
Tel: +49(0)40-51493632  
Fax: +49(0)40-51493631  
info@faszio.de  
www.faszio.de

OS Institut  
Bewegung für Orthopädie und Sportmedizin  
Schmullstein & Keller GbR  
Balanstraße 73 / Haus 8  
81541 München  
Fon: 089/62747006  
Fax: 089/62747033  
Mail: mk@osinstitut.de  
www.osinstitut.de  
www.osphysio.de

OS Institut  
Bewegung für Orthopädie und Sportmedizin  
Schmullstein & Keller GbR  
Balanstraße 73 / Haus 8  
81541 München  
Fon: 089/62747006  
Fax: 089/62747033  
Mail: mk@osinstitut.de  
www.osinstitut.de  
www.osphysio.de
<table>
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<th>Address</th>
<th>Telephone</th>
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<td>Jägerstraße 90</td>
<td>+49 (0) 7154 / 800506-0</td>
<td><a href="mailto:info@gluckerkolleg.de">info@gluckerkolleg.de</a></td>
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<td>IFAA GmbH</td>
<td>Essenerstr. 12</td>
<td>+49 (0) 6202/27 51-0</td>
<td><a href="mailto:ifaa@ifaa.de">ifaa@ifaa.de</a></td>
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<td>+48 32 382 06 90</td>
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<td>Euro Education</td>
<td>Henkelstr. 22</td>
<td>+49 (0) 8161/49 69-41</td>
<td><a href="mailto:info@euro-education.de">info@euro-education.de</a></td>
<td><a href="http://www.euro-education.de">www.euro-education.de</a></td>
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<td>Faszio</td>
<td>Woltersstraße 29</td>
<td>+49(0) 40-51493632</td>
<td><a href="mailto:info@faszio.de">info@faszio.de</a></td>
<td><a href="http://www.faszio.de">www.faszio.de</a></td>
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<tr>
<td>HFA – Health &amp; Fitness Academy</td>
<td>Wöllnitzer Str. 6</td>
<td>03641 - 527 533</td>
<td>Fax. 03641 - 527 532</td>
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<tr>
<td>OS Institut</td>
<td>Schmidtlein &amp; Keller GbR</td>
<td>089/62747006 / Fax: 089/62747033</td>
<td>mail: <a href="mailto:mk@osinstitut.de">mk@osinstitut.de</a></td>
<td><a href="http://www.osinstitut.de">www.osinstitut.de</a> / <a href="http://www.osphysio.de">www.osphysio.de</a></td>
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<tr>
<td>CROSSHAUS</td>
<td>Tempelhofer Ufer 36</td>
<td>+49 (0) 30 23 72 / 22 11</td>
<td><a href="mailto:info@crosshaus.com">info@crosshaus.com</a></td>
<td><a href="http://www.crosshaus.com">www.crosshaus.com</a></td>
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<tr>
<td>Sven Kruse</td>
<td>Haarweg 80</td>
<td>+49 (0) 8051 - 695-0</td>
<td><a href="mailto:info@medivital.de">info@medivital.de</a></td>
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<tr>
<td>Schön Klinik Verwaltung GmbH</td>
<td>Seestraße 5a</td>
<td>+49 (0) 8051 - 695-1-101</td>
<td><a href="mailto:info@schoen-klken.de">info@schoen-klken.de</a></td>
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<tr>
<td>Berufskolleg Waldenburg</td>
<td>Eichenstraße 11-13</td>
<td>74638 Waldenburg</td>
<td>Tel.: 07942-9121-0</td>
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<tr>
<td>Aktiva Medici</td>
<td>Hochfellnstraße 1</td>
<td>D-83209 Prien am Chiemsee</td>
<td>Tel.: +49 (0) 80 51 - 965 688-0</td>
<td><a href="http://www.aktiva-medici.de">www.aktiva-medici.de</a></td>
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<tr>
<td>AMS medical services</td>
<td>Dachauer Str. 37</td>
<td>80335 München</td>
<td>Kontakt: +49 (0) 83 89 22 02 13</td>
<td><a href="http://www.fobi-zentrum.de">www.fobi-zentrum.de</a></td>
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<tr>
<td>WOYO® Club München</td>
<td>Peter Schlösser</td>
<td>80335 München</td>
<td>Tel.: +49 (0) 89 - 14 33 01 23</td>
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<tr>
<td>Personalfitness</td>
<td>Glockengießerwall 26</td>
<td>20095 Hamburg</td>
<td>Fax: +49 (0) 40 - 22 60 66 50</td>
<td><a href="http://www.personalfitness.de">www.personalfitness.de</a></td>
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<tr>
<td>Medicos.AufSchalke</td>
<td>Parkallee 1</td>
<td>D – 45891 Gelsenkirchen</td>
<td>Tel.: +49 (0) 209 - 380 33 0</td>
<td><a href="http://www.medicos-aufschalke.de">www.medicos-aufschalke.de</a></td>
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<tr>
<td>Sven Kruse</td>
<td>Haarweg 80</td>
<td>+49 (0) 23 72 / 22 11</td>
<td><a href="mailto:info@medivital.de">info@medivital.de</a></td>
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<tr>
<td>Kleine-Nestler-Schule gem. GmbH</td>
<td>Staatlich anerkannte Berufsfachschule für Gymnastik</td>
<td>81925 München</td>
<td>Tel.: +82 (0) 209-38-06-25</td>
<td><a href="http://www.kns-move.com">www.kns-move.com</a></td>
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<td>Aktiva Medici</td>
<td>Hochfellnstraße 1</td>
<td>D-83209 Prien am Chiemsee</td>
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<td>Kontakt: +49 (0) 83 89 22 02 13</td>
<td><a href="http://www.fobi-zentrum.de">www.fobi-zentrum.de</a></td>
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<td>Q-Fitness Academy</td>
<td>Inh. Win Silvester</td>
<td>Saarbrückenerstr. 66</td>
<td>Tel.: 0228 645052</td>
<td><a href="http://www.q-fitnes.de">www.q-fitnes.de</a></td>
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<td>ISR – Institut für Sport und Rehabilitation</td>
<td>Dr. Petra Momment-Jauch</td>
<td>Humboldstr. 34</td>
<td>D – 78166 Donaueschingen</td>
<td><a href="http://www.institut-sport-rehabilitation.de">www.institut-sport-rehabilitation.de</a></td>
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<td>Fax: +49 (0) 40 - 22 60 66 50</td>
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<td>Schmargendorfer Str. 25</td>
<td>12159 Berlin</td>
<td><a href="mailto:info@laufmamalauf.de">info@laufmamalauf.de</a></td>
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<td>D-23714 Bad Malente</td>
<td>30169 Hannover</td>
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<tr>
<td>Tel.: +49 (0)4523-984430</td>
<td>Tel.: 0511-98097-0</td>
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<td>Fax: +49 (0)4523-984440</td>
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<td><a href="mailto:bildungswerk@lsv-sh.de">bildungswerk@lsv-sh.de</a></td>
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<tr>
<td>Jahnstraße 4</td>
<td>Tel:02202-2003-24</td>
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<tr>
<td>55124 Mainz</td>
<td>Fax:02202-2003-90;</td>
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<tr>
<td>Tel: 06131/9417-0</td>
<td>Paffrather Straße 133,</td>
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<tr>
<td>Fax: 06131/9417-17</td>
<td>51465 Bergisch Gladbach</td>
</tr>
<tr>
<td>E-Mail: <a href="mailto:info@rhtb.de">info@rhtb.de</a></td>
<td><a href="http://www.rtbd.de">www.rtbd.de</a></td>
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<td><a href="http://www.rhtb.de">www.rhtb.de</a></td>
<td><a href="mailto:info@rtb.de">info@rtb.de</a></td>
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<th>Bildungswerk Saarländischer Turnerbund e. V.</th>
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<tr>
<td>Hermann-Neuberger-Sportschule 4</td>
<td>SpOrt Stuttgart</td>
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<tr>
<td>66123 Saarbrücken</td>
<td>Fritz-Walter-Weg 19,</td>
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<tr>
<td>Tel. (0681) 3879 – 233</td>
<td>70372 Stuttgart</td>
</tr>
<tr>
<td><a href="http://www.saarlaendischer-turnerbund.de">www.saarlaendischer-turnerbund.de</a></td>
<td>Telefon 0049 (0)711 - 28077 - 200</td>
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<tr>
<td><a href="mailto:info@thueringerturner.de">info@thueringerturner.de</a></td>
<td>Internet: <a href="http://www.stb.de">www.stb.de</a></td>
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<tr>
<td>99096 Erfurt</td>
<td>20357 Hamburg</td>
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<tr>
<td>Tel.: 0361/3455605</td>
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<td><a href="http://www.thueringerturner.de">www.thueringerturner.de</a></td>
<td><a href="mailto:info@vtf-hamburg.de">info@vtf-hamburg.de</a></td>
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<td>Geschäftsstelle</td>
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<tr>
<td>Zum Schloss Oberwerries</td>
<td>04105 Leipzig</td>
</tr>
<tr>
<td>59073 Hamm</td>
<td>Tel: 03 41 / 14 93 86 65</td>
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<td>Tel.: 02388 / 30000-0</td>
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<td><a href="mailto:wtb@wtb.de">wtb@wtb.de</a></td>
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<tr>
<td>Georg-Brauchle-Ring 93</td>
<td>Haus des Sports,</td>
</tr>
<tr>
<td>80992 München</td>
<td>3.Stock, Zimmer 308</td>
</tr>
<tr>
<td>Tel: 089-15702-378</td>
<td>Georg-Brauchle-Ring 93</td>
</tr>
<tr>
<td><a href="mailto:info@blv-sport.de">info@blv-sport.de</a></td>
<td>80992 München</td>
</tr>
<tr>
<td></td>
<td>Tel.: 089/4613368-0</td>
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<tr>
<td>06114 Halle/Saale</td>
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</tr>
<tr>
<td>Tel. 03 45/52 79-0</td>
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<tr>
<td>Fax: 03 45/52 79 100</td>
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<tr>
<td><a href="mailto:halle@lsb-sachsen-anhalt.de">halle@lsb-sachsen-anhalt.de</a></td>
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<td></td>
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</tbody>
</table>
Germany

Andrea Marcel
Staatsprüfer Gymnastiklehrer, Lizenzen: Group Fitness-Instructor (B-Lizenz), KikkaBar-Aerobic Basic Instructor, Aqua-Fit Instructor, Gerätetraining: TOGU Basic®; TOGU Referent u. a. für Double Jumper.

Alvarado Anette

Arno Patrick
Physiotherapeut, selbständiger Group Fitness-Instruktor und Personal Trainer, internationaler Referent, Referent der IFMA, Referent und Referent des Programmes „LaGym“ des DTB, TOGU Referent u. a. für Double Jumper.

Bauer Urschi

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

Becker Michael
Inhaber und Leiter der DEHAG AKADEMIE. Pionier für moderne Formen des Aquatrainings und gesundheitsorientierter Ausbildung, betreut an der Entwicklung zahlreicher Selbstlern- und Kursprogramme zur Gesundheitsförderung.

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

Bodo Christina
examiner sportlicher Trainer, DTB- und BTV-Ausbilder, Personaltrainer, Physiotherapeut, Rückencoach; TOGU Schwerpunkt: Wirbelsäule/Rücken, Prävention, Pilates, Redondo Ball, Sport Ball, Powerball, Jumper, Brasil.

Bommer Beate

Busch Michaela
Verfahrt ausgebildet in den Bereichen Tanz, Group Fitness, Contemporary MindBody, Yoga Lernort, BTV. Praxisleiterin bei Robinson, physyolates® Gründerin, Fachlehrerin RGG, MTT-MAT, MLD, HPE.

Dieth Sabine

Eckardt Dirk
Physiotherapeut, Fachleiter „Function“, Institut für Funktionelle Therapie und Sportmedienn, Fachleiter RGG, MT-MAT, MLD, HPE.

Ernst Anke
Sport- und Gymnastiklehrer, Sporttherapeut, Studiolehrer und DOSB-Ausbilder, Schwierpunkte: Group Fitness, Rücken, TOGU-Praevention, Jumper.

Flach Meyer Andrea

Fleischau Joachim

Finken Tanja

Fräntl Katharina
Fitness-Angelegenheit, Personal Trainerin, internat. Referentin und Ausbilderin.

Goebel Sandra

Greiner Sabine

Hoffmann Stefan
Physiotherapeut, Sporttherapeut und Personal Trainer, Referentin der TOGU, Ausbilderin der DEHAG AKADEMIE.

Huber Gaby

Inhaber und Leiter der DEHAG AKADEMIE. Pionier für moderne Formen des Aquatrainings und gesundheitsorientierter Ausbildung, betreut an der Entwicklung zahlreicher Selbstlern- und Kursprogramme zur Gesundheitsförderung.

Jansens Hermine
Diplom-Pädagog, Master-Trainer Group Fitness, DOSB Ausbilder-Diplom, Referent für Group Fitness, Gesundheitssport und Pädagogik.

Kaplaner Franziska
Pionier für moderne Formen des Aquatrainings und gesundheitsorientierter Ausbildung, betreut an der Entwicklung zahlreicher Selbstlern- und Kursprogramme zur Gesundheitsförderung.

Kempf Sabine

Kittler Andrea
Laufcoach, Spritadynamik, Babyschwimmen, Instructor, Nordic-Walking Instructor (BTV), Group Fitness-Instructor (B-Lizenz), Kickbox-Trainer, Yoga, Pilates, flach-korrigierende, BodyGym.

Kistler Andrea
Laufcoach, Spritadynamik, Babyschwimmen, Instructor, Nordic-Walking Instructor (BTV), Group Fitness-Instructor (B-Lizenz), Kickbox-Trainer, Yoga, Pilates, flach-korrigierende, BodyGym.

König Sabine
Gymnastiklehrerin, ausgebildete Yoga-Lehrerin, Spezialistin für Pilates, Beckenboden und Sport mit unglaublich starken Menschen. Ausbilderin sowie Referentin und Ausbilderin für die Deutschen Tumer Bund und andere Ausbildungseinrichtungen.

Köster Sabine
Gymnastiklehrerin, ausgebildete Yoga-Lehrerin, Spezialistin für Pilates, Beckenboden und Sport mit unglaublich starken Menschen. Ausbilderin sowie Referentin und Ausbilderin für die Deutschen Tumer Bund und andere Ausbildungseinrichtungen.

Kunze Sabine
Gymnastiklehrerin, ausgebildete Yoga-Lehrerin, Spezialistin für Pilates, Beckenboden und Sport mit unglaublich starken Menschen. Ausbilderin sowie Referentin und Ausbilderin für die Deutschen Tumer Bund und andere Ausbildungseinrichtungen.

Kunze Sabine
Gymnastiklehrerin, ausgebildete Yoga-Lehrerin, Spezialistin für Pilates, Beckenboden und Sport mit unglaublich starken Menschen. Ausbilderin sowie Referentin und Ausbilderin für die Deutschen Tumer Bund und andere Ausbildungseinrichtungen.

Lindner Sabine
Gymnastiklehrerin, ausgebildete Yoga-Lehrerin, Spezialistin für Pilates, Beckenboden und Sport mit unglaublich starken Menschen. Ausbilderin sowie Referentin und Ausbilderin für die Deutschen Tumer Bund und andere Ausbildungseinrichtungen.

Lindner Sabine
Gymnastiklehrerin, ausgebildete Yoga-Lehrerin, Spezialistin für Pilates, Beckenboden und Sport mit unglaublich starken Menschen. Ausbilderin sowie Referentin und Ausbilderin für die Deutschen Tumer Bund und andere Ausbildungseinrichtungen.

Lindner Sabine
Gymnastiklehrerin, ausgebildete Yoga-Lehrerin, Spezialistin für Pilates, Beckenboden und Sport mit unglaublich starken Menschen. Ausbilderin sowie Referentin und Ausbilderin für die Deutschen Tumer Bund und andere Ausbildungseinrichtungen.

Lindner Sabine
Gymnastiklehrerin, ausgebildete Yoga-Lehrerin, Spezialistin für Pilates, Beckenboden und Sport mit unglaublich starken Menschen. Ausbilderin sowie Referentin und Ausbilderin für die Deutschen Tumer Bund und andere Ausbildungseinrichtungen.

Lindner Sabine
Gymnastiklehrerin, ausgebildete Yoga-Lehrerin, Spezialistin für Pilates, Beckenboden und Sport mit unglaublich starken Menschen. Ausbilderin sowie Referentin und Ausbilderin für die Deutschen Tumer Bund und andere Ausbildungseinrichtungen.

Lindner Sabine
Gymnastiklehrerin, ausgebildete Yoga-Lehrerin, Spezialistin für Pilates, Beckenboden und Sport mit unglaublich starken Menschen. Ausbilderin sowie Referentin und Ausbilderin für die Deutschen Tumer Bund und andere Ausbildungseinrichtungen.

Lindner Sabine
Gymnastiklehrerin, ausgebildete Yoga-Lehrerin, Spezialistin für Pilates, Beckenboden und Sport mit unglaublich starken Menschen. Ausbilderin sowie Referentin und Ausbilderin für die Deutschen Tumer Bund und andere Ausbildungseinrichtungen.

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Lindner Sabine
Gymnastiklehrerin, ausgebildete Yoga-Lehrerin, Spezialistin für Pilates, Beckenboden und Sport mit unglaublich starken Menschen. Ausbilderin sowie Referentin und Ausbilderin für die Deutschen Tumer Bund und andere Ausbildungseinrichtungen.
Our Educators - Germany

Habenlandt Anka
Diplom-Sportlehrerin, langjährige Referentin für Fitness- und Gesundheitssport, DTB-Ausbilderin für die Bereiche Groupfitness und Pilates, Rückenschullehrerin, Müttertraining von "Optimal" und Buchautorin, TOGU-Schwerpunkte: Core- und Stability-Training, Optwell, Pilates, Brazil Workout.

Häfeleringer Ulla
Sport- & Gymn.Lehrerin, Krankengymnastin, Werbesäulen- und Beckenbodengymnastik, DTB-Ausbilderin Gesundheitssport, Pilates Trainerin, Autorin "TOGU® Schwerpunkte: Beckenboden, Rücken, Dynamik XXL, Jumper®

Harder Carola
TOGU® Physio, Personal Trainerin, Fitnesstrainerin in Aerobic und Step-Aerobic, FITNESS PILATES®, Trainee, Medizinisch geprüfte Aqua-Fitness-Trainerin, Ul. Sport in der Prävention/Rückenschule Rehabilitation, Knechtsträgerin, staatlich anerkannte Krankenschwester, Referentin beim LSV XI, KV Süfk, KV SV FL.

Harvey Chris

Harvey Kate

Hauser Sara
Sportwissenschaftlerin M.A., DTB-Ausbilderin, Group Fitness, Referentin für Gesundheitssport, Pilates-Kursleiterin, DNL-Patch-Praeventor, Buchautorin.

Häusler Robert
Physiotherapeut, Ausbilder und Gründer des "WABAXA®" Konzepts, manuelle Therapie, Leistungsdiagnostiker und Lauftrainer, Beckenbodentrainer, Lehrbeauftragter des DOSB, Mitglied des Experten-Zentrums "Bewegung und Ernährung".

Hübner Dirk
Geschäftsführung - Health & Fitness Academy, Inhaber HFA-Consulting, Dozent der Universität Jena, Expertin - Betriebliches Gesundheitsmanagement, Dipl. Sportwissenschaftler, Diplom Personal Trainer in Jena, Betreuer für die IKK-Thiengen.

Jackson Karen
Sportlehrerin B.Ed. Hon, Bachelor of Education Honours Degree, DOB Ausbilderin Zertifikat, Dipl. DTB-Ausbildung, Gymnastics and Dance, Master Trainer, Qualifizierte Lehrerin in der Praxis, TOGU® „Complete“ Master Trainer, TOGU® Schwerpunkte: Kinder- & Jugendtraining, Head Trainer, XXL Kids, Jumper®

Kammer Sabine

Keller Matthias
Physiotherapeut B.A., Fachlehrer für medizinische Trainingstherapie, leitet zusammen mit Oliver Schmiedt den "DS Institut Bewegung für Orthopädie und Sportmedizin" und ist dort verantwortlich für die Konzeption und Durchführung des DSV/DSV Seminar- und Fortbildungsprogramms.

Koch Daniel

Knottruth Stefanie

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

Kreitmair Michaela
Dipl. (A) Physiotherapeutin, Master of advanced Sportphysiotherapy, Physiotherapeutin des Bayerischen Fußballverbands, Physiotherapeutin des TSV 1860 München, "Jumper®-Dozentin an der FH Rosenheim, Manuelle Praxis, 3D-Massage, Physiotherapie, Kinesiologie."

Kuehnert Sandra
Staatl. geprüfte Sport- und Gymnastiklehrerin, Dozentin an der Sport- und Gymnastikakademie Gucke und am Glucker College Kornwestheim, lizenzierte Pilates-, Yoga- und Qi Gong Lehrerin, Aerobic- und Fitnesstrainerin.

Kuhnert Christin

Kuhnt Ulrich
Sportphysiotherapeut, Mitglied des Vorstandes des BDV e.V., Bundesverband der deutschen Rückenschulen. Inhaber "Rückenschule Hannover" und "Rückenmedizin der BDV Hannover".

Lichtenberger Sandra
Staatl. geprüfte Sport- und Gymnastiklehrerin, Dozentin an der Sport- und Gymnastikschule Gucke und am Glucker College Kornwestheim, lizenzierte Pilates-, Yoga- und Qi Gong Lehrerin, Aerobic- und Fitnesstrainerin.

Manekhi Christiane

Meier Hape

Mende Dietrich
Our Educators - Germany

Mende Nici

Michele Corina

Misaile Beate

Dr. Mommerl-Tauch Petra
Diplomimpulsleiterin, Leitbeauftragte an der Eilenau, Karte, u. Universität Konstanz, Inhaberin des SR-Instituts für Sport & Rehabilitation, Geschäftsführerin & Ausbildungsleiterin OWI-Deutschem Walking Institute e.V.

Müller Stephan

Neferle Katrin

Niekrabst Kathrin

Niekrabst Kathrin

Obenauer Kerstin

Niekrabst Kathrin

Pistamter Michael

Rebel Daniela

Riedel Kirsten

Schuba Violetta

Sehringer Diana
Personaltrainer, Unternehmenspilates, Referentin und Ausbilderin Gesundheits- und Wellnessbereich, Prävention und Stressbewältigung, Aushandlungstrainer, Pilates-Trainer, Flexibilitästrainer, Ergotherapie, Schwerpunkte: AntiStep XL, Powerball, Jumper, Fitness Circle, Power XL.

Seifert Sascha
Ausbilder für Personalfitnesstrainer, Sportpsycholot-iker, Osteopath (BA. O.), Sportphysiotherapeut OSDP. Geschäftsführer PHYSIOCARE ACADEMY und BEFIT@WORK.

Silvester Win

Slogina Gunda

Thraa Barbara

Dr. Sommer Gerik
Our Educators - Germany

Stengelius Lias
Gründer und Betreiber von AOGGE FITNESS

Stock Steff

Subasi Sardar

Trotti Eri
Sportcoach Personal Trainer®, Dipl. Mental Coach, Dipl. Entwicklungsberater, Industrie-Ausbildung Ausbilder und Trainer; Spezielle, Coach & Referent für Bewegung & gesundheitliche Veränderungsprozesse in Firmen, Seminaren für FaB-Fit Firmen, Outdoor & Bodybild Spezialist für Führungsgruppe, Manager/Unternehmen; Coach & Trainer für Kinder & Jugendliche, Inhaberin der Bewegungsstationen (München), Akademie Fitnessauktion.

Turyski Anja

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

Weiler Ute

Werther Sabrina
Staatl. geprüfte Gymnastiklehrerin, Lizenz: Kikkbo-Aerobic Basic Instructor, TOGU® Jumper® Instructor, TOGU® Brasil® Instructor, Indoor-Cycling Instructor, Nordic Walking Instructor, Aqua Fit B-Lizenz/Instructor, Pilates Network Instructor, Lizenz Rückenschule.

Winkler Frauke
Fachwirtin Aerobic WTB, Dipl. DFTB-Ausbilderin, DFTB Group Fitness- Trainerin, DFTB Trainerin Wellness & Gesundheit, TOGU Schwerpunkte: kinder & Jugendtraining, Head Dynamic® XXL Kids, Jumper®.

Wolff Christiane

Wolfgang Feri
Feri ist Diplom Sportlehrer und Physiotherapeut. Personal Trainer des IFAA in dieser Funktion betreute er das ATP Tennis Tour und der deutschen Nationalmannschaft im Ringen und MMA. Durch innovative Hingabe zur Athletik und Physiotherapie konnte mit TOGU neue Produkte für BGM und med. PT wie das Fit Bag die 3,0 Air Pads, Trionic Elements und das neue Ball Griff von TOGU.

Zap Betina
Staatl. geprüfte Gymnastiklehrerin, Lizenz: Kikkbo-Aerobic Basic Instructor, TOGU® Jumper® Instructor, TOGU® Brasil® Instructor, Indoor-Cycling Instructor, Nordic Walking Instructor, Aqua Fit B-Lizenz/Instructor, Pilates Network Instructor, Lizenz Rückenschule.

Zilker Martin
Staatlich geprüfte Gymnastiklehrerin, Lizenz: Group Fitness-Instructor (B-Lizenz), Kikkbo-Aerobic Basic Instructor, Nordic-Walking Instructor (BSV), Leitung, Sparpuls, Dynamik, Rhythmie, Step-Aerobic, Jazz-Balance.

Bogdan Feri
Feri ist Diplom Sportlehrer und Physiotherapeut. Personal Trainer des IFAA in dieser Funktion betreute er das ATP Tennis Tour und der deutschen Nationalmannschaft im Ringen und MMA. Durch innovative Hingabe zur Athletik und Physiotherapie konnte mit TOGU neue Produkte für BGM und med. PT wie das Fit Bag die 3,0 Air Pads, Trionic Elements und das neue Ball Griff von TOGU.

Langen Melanie
Gesundheitskneipe & Referentin – Hauptziel

Keller Nadja
Sportwissenschaftlerin M.A. / Sporttherapeutin (IVCS)

Stengele Martin
Sporttherapeut Referent für zurückgerechnete Verhältnisprävention (AGV e.V.) Lehrteam des DFB, DFB + WLB
Personal Fitness Trainer Life Kinetik Trainer

Becker Wannes
Diplom-Sportlehrer, Inhaber von TOGU®/FSG, zertifizierter Ausbilder für die 500 Stunden Yogaausbildung nach VA und arbeitet auch mit im therapeutischen Rahmen und Harmonysana, Referentin für Seminare zum Thema Burn-Out Prävention, Stressbewältigung und Achtsamkeitstraining, Inhaberin eines Yoga- und Pilates-Studios in Hamburg und Fachbuchautorin.

Boesinger Sabine
Ausbildung für Pilates und Yoga, Yogalehrerin BYV/EUV, zertifizierter Ausbilder für die 500 Stunden Yogaausbildung nach VA und arbeitet auch mit im therapeutischen Rahmen und Harmonysana, Referentin für Seminare zum Thema Burn-Out Prävention, Stressbewältigung und Achtsamkeitstraining, Inhaberin eines Yoga- und Pilates-Studios in Hamburg und Fachbuchautorin.

Brennecke Peggy

Ollrich Heike

Riesinger Sabine
Ausbildung für Pilates und Yoga, Yogalehrerin BYV/EUV, zertifizierter Ausbilder für die 500 Stunden Yogaausbildung nach VA und arbeitet auch mit im therapeutischen Rahmen und Harmonysana, Referentin für Seminare zum Thema Burn-Out Prävention, Stressbewältigung und Achtsamkeitstraining, Inhaberin eines Yoga- und Pilates-Studios in Hamburg und Fachbuchautorin.

Ostwaldfke Heike

Perger Sonja
Sporttherapeutin M.A., Physiotherapeutin, Fachschaft LehrerIn, Lehrkraft an Physiotherapie- schulen, Nordic Walking Instructors, Personal Trainee, Rückenschulen, Medi Body Instructor, Referentin für Piloten und Gesundheitsport für verschiedene Verbands, Turnvereine, Sportvereine, Kurse sowie; Train the Trainer – Seminar der Volkshochschulen Hessen und Rheinland-Pfalz

Wissels Nikol

Krambeck Petra
Staatlich geprüfte Entspannungstrainerin, DFTB-Referentin und -Ausbilderin, Yogalehrerin, Dr. med. Aline und Lygam-Instructors, Trainerin für Präventionsgruppen im Bereich Haltung & Bewegung, Stressesbewältigung und Sturzprophylaxe, DFTB-Ausbildern, TOGU®-Schwerpunkte: Redondo Ball, Redondo Ball Plus, TOGU® Brasil®, TOGU® Blackrock-Produkte

Steff Steff

Subasi Sardar

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

Weiler Ute

Werther Sabrina
Staatl. geprüfte Gymnastiklehrerin, Lizenz: Kikkbo-Aerobic Basic Instructor, TOGU® Jumper® Instructor, TOGU® Brasil® Instructor, Indoor-Cycling Instructor, Nordic Walking Instructor, Aqua Fit B-Lizenz/Instructor, Pilates Network Instructor, Lizenz Rückenschule.

Winkler Frauke
Fachwirtin Aerobic WTB, Dipl. DFTB-Ausbilderin, DFTB Group Fitness-Trainerin, DFTB Trainerin Wellness & Gesundheit, TOGU Schwerpunkte: kinder & Jugendtraining, Head Dynamic® XXL Kids, Jumper®.
Our International Educators

**Belgium**

**Allemeersch Inge**
Phytotherapeut, 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.

**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.

**Johnson Jacob**

**Svensson Jan**
Teaching within the fitness business and many different types of sports. Dance, thai box, muscle training, EFFEKT, Bodytoning and Functional training for association and conventions.

**Greece**

**Arvanitidou Despina**

**Kombolou Eleytheria**
Dipl. Sportlehrerin, Ex-Leichtathletin im Sprint, Personal Trainerin für Sportler und Fitness-Schule GR.A.F.T.S. HELLAS.
Our International Educators

Greece

Süngyén Niko
Dipl. Sportlehrer, Absolvent der DSHS-Köln, Ex-Leichtathlet im Sprint, Inhaber der Firma SportScout und Verkaufsführer der Firma Ems - Exceed athletic.

Galaaaz Shimon

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

Israel

Asuka Iio
Physiotherapist and Athletic Trainer. Specialty: Physiotherapy in musculoskeletal disorders, Educator in core training and TOGU®-Physio

Japan

Asuka Iio
Physiotherapist and Athletic Trainer. Specialty: Physiotherapy in musculoskeletal disorders, Educator in core training and TOGU®-Physio

Dan Vegard Pedersen

Austria

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

Gruber Kurt
Diplom-Sportlehrer. Leiter der ÖTB-Turnakademie.

Suzanna König

Ernst Michael

Gandner Monika

Poland

Spalek Jozef
Physiotherapeut, Dipl. Sportwissenschaftler mit Schwerpunkt motorische Vorbereitung im Sport, Prävention und Rehabilitation, Rückenschultrenner, Reha- und Sporttrainer, Referent und Ausbilder mit Schwerpunkt Sensormotorik, Buchautor.
Ahmad Al-Hefdhi  
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 rehabilitation  
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 KSA.

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

Schmidt Lucia Nimula  
Bewegungspädagogin (u.a. Fortbildungen in  
Franklin-Methode, Spiraldynamik, Feldenkrais,  
Traditionelle Chinesische Medizin), Yogalehrerin  
BOYEO, Pilates-Trainerin, Atemtherapeutin,  
Beraterin für Psychosomatische Medizin (nach Dr.  
Rüdiger Dahlke), Buchautorin. TOGU® Schwer-  
punkt-Yoga, Pilates, MindBody, Wirkungsauf  
Expertin TOGU® Piloga.

Pantas Panos  
Dipl. & Prom. Biomechaniker mit mehr als 15  
jähriger Arbeiterfahrung in GroupFitness,  
Personal Training, Akademie & Management,  
inl. Trainer, Ausbilder, Berater & Experte  
für Functional Training, Eigentümer REMOV  
Barcelona, Head FT-Coach, Jumper® Master-  
Instructor.

Hye-Jin, Bae  
Registered physiotherapist, Korea  
Certified TOGU B.CO concept, Germany  
Master trainer FT-coach, Korea  
Head organizer for TOGU Physio course, Korea  
Owner of Foot healthy Physio Clinic  
International instructor of Redbalance academy,  
Korea.

Ibrahim Halil Eldek  
Sports Scientist  
Athletic Trainer  
Pilates Instructor  
Personal Trainer  
CoFounder of DoiT T&W

Neville Vernon  
Doctor of Sports Science (Ph.D), Loughborough  
University, UK; Masters degree in Sports Science,  
Loughborough University, UK; Certified Strength &  
Conditioning Specialist (CSCS), NSCA, USA;  
Diploma Extreme Conditions Paramedic, WA, UK;  
Diploma Sports Performance Specialist, ETA, RSA;

Dienes Viktoria  
Physiotherapist, R-med instructor, TOGU Jumper and  
TRX instructor
Our International Educators

USA

Iannetta Sam
Fitness Longevity™ Functional Analysis. Pre/post rehabilitation. Postural analysis and correction. Book Author
Accredited Fitness Therapist – National Fitness Therapy Association.

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<table>
<thead>
<tr>
<th>INDEX 2018</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Article</strong></td>
<td><strong>Page</strong></td>
</tr>
<tr>
<td>A Actiball</td>
<td>44</td>
</tr>
<tr>
<td>Actiball Grip</td>
<td>44</td>
</tr>
<tr>
<td>Actiball Relax</td>
<td>45</td>
</tr>
<tr>
<td>Actiball Relax 3er Set</td>
<td>45</td>
</tr>
<tr>
<td>Actiball Relax Thermo</td>
<td>44</td>
</tr>
<tr>
<td>Actiroll Wave S</td>
<td>46</td>
</tr>
<tr>
<td>Actiroll Rumble M</td>
<td>45</td>
</tr>
<tr>
<td>Actiroll Wave M</td>
<td>46</td>
</tr>
<tr>
<td>Actiroll Rumble L</td>
<td>45</td>
</tr>
<tr>
<td>Actiroll Wave L</td>
<td>46</td>
</tr>
<tr>
<td>Aero-Step one</td>
<td>21</td>
</tr>
<tr>
<td>Aero-Step</td>
<td>20,66</td>
</tr>
<tr>
<td>Aero-Step Pro</td>
<td>20</td>
</tr>
<tr>
<td>Aero-Step Pro actisan</td>
<td>13,20</td>
</tr>
<tr>
<td>Aero-Step XL functional</td>
<td>20</td>
</tr>
<tr>
<td>Aero-Step XL</td>
<td>38</td>
</tr>
<tr>
<td>Arigo Active seat cushion</td>
<td>8</td>
</tr>
<tr>
<td>Arigo Active seat cushion with cover</td>
<td>8</td>
</tr>
<tr>
<td>Arigo Active Seat Cushion Comfort</td>
<td>8</td>
</tr>
<tr>
<td>Arigo Active Back Cushion Backswing</td>
<td>8</td>
</tr>
<tr>
<td>Arigo Active Back Cushion Comfort</td>
<td>8</td>
</tr>
<tr>
<td>Arigo Wheelchair Seat Cushion</td>
<td>8</td>
</tr>
<tr>
<td>Arigo Wheelchair Back Cushion</td>
<td>8</td>
</tr>
<tr>
<td>Arigo Siting</td>
<td>8</td>
</tr>
<tr>
<td>Arigo Siting with cover</td>
<td>8</td>
</tr>
<tr>
<td>Air Parcours</td>
<td>66</td>
</tr>
<tr>
<td>Anti-Stress Ball</td>
<td>38</td>
</tr>
<tr>
<td>Anti-Stress Ball in display box (12pcs)</td>
<td>38</td>
</tr>
<tr>
<td>Backfit at Work Set</td>
<td>11</td>
</tr>
<tr>
<td>B Backswing Trainer</td>
<td>21</td>
</tr>
<tr>
<td>Balance Block</td>
<td>11</td>
</tr>
<tr>
<td>Balance Board</td>
<td>21,66</td>
</tr>
<tr>
<td>Balanza</td>
<td>22</td>
</tr>
<tr>
<td>Balanza Freiserde</td>
<td>22</td>
</tr>
<tr>
<td>Balanza Ballstep</td>
<td>22</td>
</tr>
<tr>
<td>Balanza Ballstep Group</td>
<td>22</td>
</tr>
<tr>
<td>Balanza Ballstep mini</td>
<td>22</td>
</tr>
<tr>
<td>Balanza Ballstep XXL</td>
<td>23</td>
</tr>
<tr>
<td>Balanza Kids Seesaw</td>
<td>23,67</td>
</tr>
<tr>
<td>Balanza Circle</td>
<td>23</td>
</tr>
<tr>
<td>Balanza Physioswippe</td>
<td>23</td>
</tr>
<tr>
<td>Ball-net single</td>
<td>83,84</td>
</tr>
<tr>
<td>Ball-net large</td>
<td>83,84</td>
</tr>
<tr>
<td>Ball Bowl</td>
<td>84</td>
</tr>
<tr>
<td>Ball with grip</td>
<td>62</td>
</tr>
<tr>
<td>Bantoo in a set of 2</td>
<td>38</td>
</tr>
<tr>
<td>Bantoo Roller</td>
<td>39</td>
</tr>
<tr>
<td>Bike Balance Board classic</td>
<td>24</td>
</tr>
<tr>
<td>Bike Balance Board pro</td>
<td>24</td>
</tr>
<tr>
<td>Bike Balance Board easy</td>
<td>24</td>
</tr>
<tr>
<td>Blackroll</td>
<td>46</td>
</tr>
<tr>
<td>Blackroll soft</td>
<td>46</td>
</tr>
<tr>
<td>Blackroll 45</td>
<td>46</td>
</tr>
<tr>
<td>Blackroll 45 soft</td>
<td>46</td>
</tr>
<tr>
<td>Blackroll Ball</td>
<td>47</td>
</tr>
<tr>
<td>Blackroll DuoBall</td>
<td>47</td>
</tr>
<tr>
<td>Blackroll mini</td>
<td>47</td>
</tr>
<tr>
<td>Blackroll Set</td>
<td>47</td>
</tr>
<tr>
<td>Bodybone</td>
<td>39,48</td>
</tr>
<tr>
<td>Bodybone XL</td>
<td>39,48</td>
</tr>
<tr>
<td>Bodyroll in a set of 2</td>
<td>39</td>
</tr>
<tr>
<td>Bodyroll in a set of 2</td>
<td>40</td>
</tr>
<tr>
<td>Bonito</td>
<td>67</td>
</tr>
<tr>
<td>Brasil set of 2 in polybag</td>
<td>50</td>
</tr>
<tr>
<td>Brasil Aqua set of 2</td>
<td>50</td>
</tr>
<tr>
<td>Brasil Base</td>
<td>38,50</td>
</tr>
<tr>
<td>Brasil Base mit Brasil in a set of 2</td>
<td>38,50</td>
</tr>
<tr>
<td>Brasil Base mit Brasil in a set of 2+DVD</td>
<td>38,50</td>
</tr>
<tr>
<td>Brasil Base Plus</td>
<td>25</td>
</tr>
<tr>
<td>Brasil Bewegungsprofiset</td>
<td>50,67</td>
</tr>
<tr>
<td>Brasil Bulk</td>
<td>50</td>
</tr>
<tr>
<td>C CD Fiesta do Brasil</td>
<td>85</td>
</tr>
<tr>
<td>CD Tiemu Brasil and Redondo</td>
<td>85</td>
</tr>
<tr>
<td>Article</td>
<td>Page</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>------</td>
</tr>
<tr>
<td>Pendel Ball light with actisan</td>
<td>15,56</td>
</tr>
<tr>
<td>Pendel Roll Wave</td>
<td>49</td>
</tr>
<tr>
<td>Pilates Ball Power Pilates</td>
<td>78</td>
</tr>
<tr>
<td>Pilates Balance Ball</td>
<td>78</td>
</tr>
<tr>
<td>Pilates Circle Premium</td>
<td>79</td>
</tr>
<tr>
<td>Pilates Foamroller Premium</td>
<td>79</td>
</tr>
<tr>
<td>Pilates Multiroll</td>
<td>79</td>
</tr>
<tr>
<td>Posturedro</td>
<td>32</td>
</tr>
<tr>
<td>Powerball ABS</td>
<td>56,72</td>
</tr>
<tr>
<td>Powerball ABS marble</td>
<td>56,72</td>
</tr>
<tr>
<td>Powerball Premium ABS</td>
<td>57</td>
</tr>
<tr>
<td>Powerball Premium ABS Maternity</td>
<td>57</td>
</tr>
<tr>
<td>Powerball Challenge ABS</td>
<td>57</td>
</tr>
<tr>
<td>Powerball Extreme ABS</td>
<td>58</td>
</tr>
<tr>
<td>Pump TOGU Ball pump</td>
<td>86</td>
</tr>
<tr>
<td>Pump Powerball</td>
<td>86</td>
</tr>
<tr>
<td>Pump TOGU Double Way Pump</td>
<td>86</td>
</tr>
<tr>
<td>Pumping set for Special Sportballs</td>
<td>87</td>
</tr>
<tr>
<td>Putting Shot</td>
<td>52,75</td>
</tr>
<tr>
<td>R Reaction ball</td>
<td>63</td>
</tr>
<tr>
<td>Redondo Ball</td>
<td>80</td>
</tr>
<tr>
<td>Redondo Ball with actisan</td>
<td>15,80</td>
</tr>
<tr>
<td>Redondo Ball Touch</td>
<td>80</td>
</tr>
<tr>
<td>Redondo „Feel Redondo“ 26 cm</td>
<td>81</td>
</tr>
<tr>
<td>Redondo „Feel Redondo“ Set + DVD</td>
<td>81</td>
</tr>
<tr>
<td>Redondo Ball mini in a set of 2</td>
<td>81</td>
</tr>
<tr>
<td>Redondo Ball Plus</td>
<td>58,81</td>
</tr>
<tr>
<td>Redondo Ball Plus with actisan</td>
<td>15,58,81</td>
</tr>
<tr>
<td>Relax Nex</td>
<td>61,82</td>
</tr>
<tr>
<td>Relax Nex Thermo</td>
<td>61</td>
</tr>
</tbody>
</table>

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