



Your Brand for Health and Fitness

Selection



since 1956

Dynair® Ballkissen® Senso®

The Original!



2 in 1



NEW!



30 cm Ø

33 cm Ø

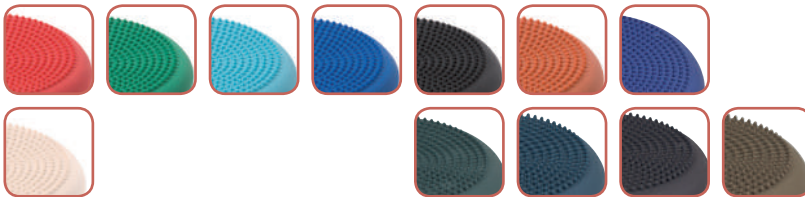
36 cm Ø

39 cm Ø



Available in 4 sizes!
NEW: Ø 30cm

MADE IN GERMANY
30-Jahre-Garantie



Airgo® Active Seat Cushion



1



2

3

NEW!

MADE IN GERMANY
30-Jahre-Garantie

Dynair Ballkissen Senso

It has proven itself millions of times: The Original Dynair Ballkissen Senso - made in Germany - is an air-filled seat cushion for active-dynamic sitting. It is also a tool for sensorimotor and proprioceptive training and therapy. As a simple and space-saving alternative to the large exercise ball, it is used for many different exercises while sitting, standing or lying. Dynamic sitting and exercising is facilitated through the air charge and the particular, premium material. Minimal movements are constantly and directly transmitted to the body. This can incidentally activate the deeper back muscles and the sensorimotor system. The training of balance on the Dynair Ballkissen is also strength training. You do not only train your ability to balance, you also train the muscles and fascia that provide flexibility and stability to the joints.

The Dynair Ballkissen can be used everywhere - at home, in the office or while traveling.

It allows for training without spending additional time. The aim is a better balance, a healthy, strong back and a stable body center. One side has a velvety smooth surface, the other features soft Senso knobs.

The Dynair Ballkissen is available in four different sizes and numerous colors.

Colours:	Size ca. Ø:
red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, yellow	30 cm
red, green, turquoise, blue, black, terra, blue-purple, pink, pearl, sea-grass, misty-mountain, aubergine, basalt	33 cm, 36 cm, 39 cm
Max. load:	ca. 200 kg (ca. 300 kg for ca. 39 cm Ø)
Specials:	AGR-Certificate

Airgo Active Seat Cushion

The Airgo Active seat cushion - made in Germany - is a supple air-filled cushion for moving and healthy sitting. It keeps by small delicate movements that are incidentally performed without extra time effort, the spine and intervertebral discs in motion while sitting. 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.

- 1) Airgo Active Seat Cushion
- 2) Airgo Active Seat Cushion with basic cover
- 3) Airgo Active Seat Cushion Comfort

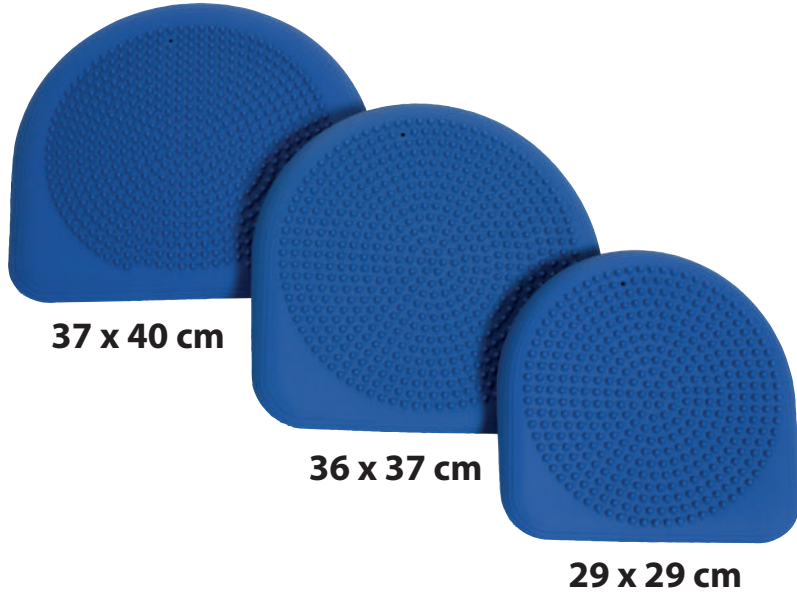
Colour	silver, or silver with black cover (basic. or comfort)
Size:	40 x 28 cm
Max. load:	ca. 200 kg
Material:	Ruton

Dynair® Wedge Ballkissen®

The Original!



2 in 1



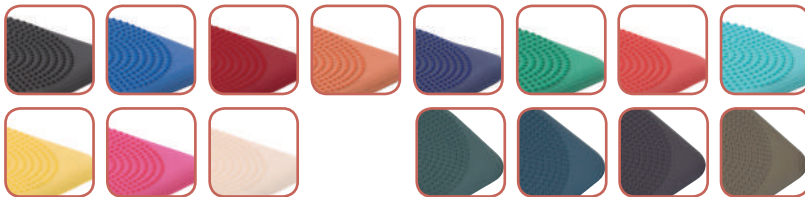
37 x 40 cm

36 x 37 cm

29 x 29 cm

Available in 3 sizes!

MADE IN GERMANY
30-Jahre-Garantie



Dynair® Comfort Wedge Ballkissen®



2 in 1



MADE IN GERMANY
30-Jahre-Garantie

Dynair Wedge Ballkissen

The Dynair Wedge Ballkissen is an ergonomically shaped and air-filled seat cushion for active and dynamic sitting.

It is particularly suitable for long periods of sitting, for example in the office, and the perfect combination of the original Dynair Ballkissen and a wedge pillow in one product.

The air filling creates many small, fine movements that are transmitted to the back muscles and the spine through constant balancing. The back muscles are thus activated while sitting. The back is effectively and simply relieved. The intervertebral discs are gently kept moving and the posture can be constantly varied while sitting.

Concentration and attention, for example on a busy and long day of work or school, can be sustained longer.

In addition, the even pressure distribution provides a better, vein-optimized support of the thighs.

Can be used on both sides, the softly nubby side additionally allows a foot and back massage and ensures air circulation while sitting.

Eu Patentno. 1616506

Colours:	Size ca.:
red, green, blue, turquoise, pink, pearl, yellow	29 x 29 cm
black, blue, dark-red, terra, dark-blue, pink, pearl, sea-grass, misty-mountain, aubergine, basalt	36 x 37 cm;
	37 x 40 cm
Max. load:	ca. 200 kg (ca. 300 kg for 37 x 40 cm)

Dynair Comfort Wedge Ballkissen

Comfortable and dynamic sitting with balance effect. Ergonomically shaped adjustable air cushion. Strengthens back muscles and promotes upright posture. The optimized weight distribution on the thighs helps the veins.

Ideal combination of the original Dynair Ballkissen and wedge cushion in one product. Perfect to use on the office chair, at school and at home.

Eu Patentno. 1616506

Colour:	blue, anthracite
Size:	ca. 36 x 37 cm
Max. load:	ca. 150 kg
Material:	foamed Ruton, with needle valve

Dynair® Extreme



Dynair Extreme

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

Colours:	purple, anthracite
Size:	ca. 80 cm
Max. load:	ca. 200 kg
Specials:	AGR-Certificate; also suitable for children

Dynair® Ballkissen® Cardo®



Dynair Ballkissen Cardo

Smooth, adjustable air cushion. Allows controlled dynamic sitting due to its square shape. Well suited for starting back training. 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.

Colour:	black, blue, dark-red, terra, dark-blue
Size:	ca. 36 cm
Max. Load:	ca. 200 kg
Specials:	one side with Senso knobs

Sitzball ABS®



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 material. 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 *******

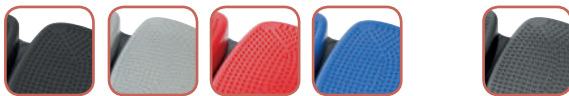
The burst proof fitness ball: Sitzball ABS - the original made in Germany. The special material ABS is latex-free, odorless and very load-bearing. The safety system functions similarly to an airbag system in the car: in the event of damage to the ball by e.g. Sharp edges, needles, glass splitter, scissors, etc., the Crylon safety material prevents the ball-skin from tearing open. The air passes slowly through the hole. A bursting of the ball is excluded and injuries caused by an unexpected fall are avoided. We guarantee this as a manufacturer. Follow the instructions for use.

Available as accessories: ball bowl and Powerball pump

Colour:	blue, silver
Max. Size Ø:	45 cm, 55 cm, 65 cm, 75 cm
Max. load:	500 kg loadable (120 kg ABS guarantee)

Aero-Step® Pro

2 in 1



Balanza® Ballstep® & Balanza® Ballstep® mini



Powerball® Premium ABS®



Aero-Step Pro

The new Aero-Step Pro 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, sensorimotor function and stability will be activated and increased. The Aero-Step Pro can be used in variable standing, kneeling and lying positions. Equipped with many Senso knobs for massage and enhancing blood circulation. Adapted for training, in group fitness or at home. Just like it's precursor Aero-Step XL, the Aero-Step Pro is recommended and certified as an especially back friendly product by AGR.

Colour:	blue, silver-grey, red, black, anthracite (with actisan)
Size:	52 x 40 x 8,5 cm
Max. Load:	ca. 200 kg
Specials:	AGR-Certificate; also available with actisan material

Balanza Ballstep & Balanza Ballstep mini

1

The new **Balanza Ballstep** for more stability and dynamics. With 4 balls attached 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.

2

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

Colour:	birch wood with red balls
Size:	ca. 89 x 43 x 14 cm; Balanza Ballstep Mini: ca. 64 x 33 x 13 cm
Contents:	in a box with instructions and pump

Powerball Premium ABS

Original ABS® safety made in Germany - The airbag for your gym ball.

From 45 cm to 75 cm. Each size in 6 different colours. Effective, dynamic back training. Diverse and easy. Does not roll away when you stand up. Guaranteed safety thanks to the 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.

Colour:	red, green, blue, orange, silver
Max. Size Ø:	45 cm, 55 cm, 65 cm, 75 cm
Max. load:	1000 kg loadable (170 kg - Size 75 cm Ø 120 kg ABS guarantee)

Balanza® Vario



Balanza Vario, Balanza Vario Carbon, Balanza Vario Pro Station

1) Balanza Vario - made in Germany - is the future of sensorimotor training. The new multifunctional training station from TOGU revolutionizes balance and coordination training on dynamic surfaces and is more than just a simple balance board. It offers the unique possibility to create countless variations and levels of difficulty from easy to difficult, from stable to unstable with only one device. 5 connecting adaptors under the balance plate allow the variable attachment of different elements. The elements are partly filled with air and can also be individually adapted and increased by changing the air filling to the requirements of the user.

Contents: Balanza Vario Board; 4 x Balanza Balls L; 4 x Balanza Balls M; 4 x Balanza Balls S; 4 x Stabilizer pointed; 4 x Stabilizer flat; 1 x Jumper mini adapter; 1x needle pump;

2) Additional available version: Balanza Vario Carbon

Balanza Vario Carbon is equipped with an optimized anti-slip coating and also sets new visual standards.

Optionally there is the possibility to use Balanza Vario in combination with other devices like the Theragym Pro Set and with the TOGU Wall.

3) Balanza Vario Pro Station - made in Germany - is the new multifunctional training station combined with the intelligent wall solution from TOGU that revolutionizes balance and coordination training on dynamic surfaces and is more than just a simple balance board. It offers the unique possibility to create countless variations and levels of difficulty from easy to difficult, from stable to unstable with only one device. In addition to the Balanza® Vario, the scope of supply includes a 200x60 cm TOGU Wall, which can be easily and simply mounted on any solid wall. Thanks to special magnetic mounting plates, the individual elements of the Balanza Vario system can be stored in a space-saving and effective way. Also included in the set is a practical handle.

Balanza Vario Pro Station is the ideal multifunctional solution for sensorimotor training in all fitness gyms and training centres.

Contents: TOGU Wall 200cm x 60cm; 4 magnetic holders; 1 handle; Balanza Vario Board; 4 x Balanza balls L; 4 x Balanza balls M; 4 x Balanza balls S; 4 x Stabilizer pointed; 4 x Stabilizer flat;

1 x Jumper mini adapter; 1x needle pump;

Colour: brown with red balls; Carbon-Version: black with red balls
Size: ca. 80 x 80 cm; height 8,5 - 23 cm; TOGU Wall 200 x 60 cm
Max. load: ca. 100 kg static load; Carbon-Version: ca. 160 kg static load

Ski Trainer

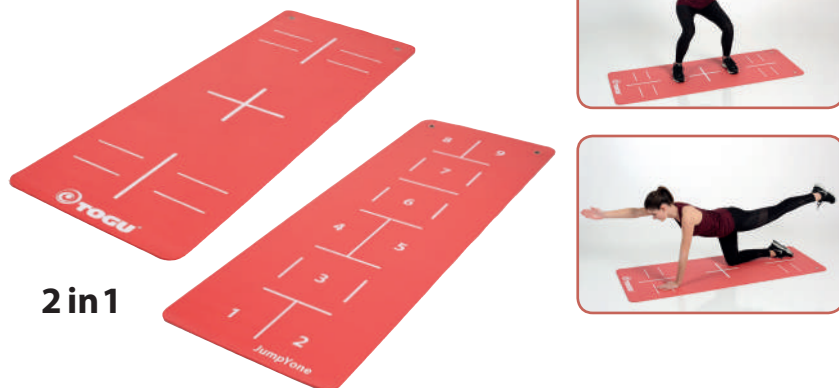


The TOGU Ski Trainer – made in Germany – is a new dynamic and versatile training tool. You can use both sides – 2 in 1 and conduct an extremely space saving balance and coordination training. The TOGU Ski Trainer is approved by skiing professionals and provides with the twin air chamber system a training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

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

Colour: red with black plate
Size: ca. 40 x 40 x 12 cm
Max. load: ca. 200 kg

Gymnastics Mat TOGU® JumpYone®



Gymnastics Mat TOGU JumpYone

The gymnastic mat TOGU® JumpYone® is the ideal training partner for functional training, fitness and health sports. Measuring approx. 180 x 66 x 0,5 cm, the fitness mat can be used for many exercises such as sit-ups, push-ups and yoga units. The mat is printed on both sides with functional markings. Exercises with lots of jumping and running variations are possible. The specific material ensures optimum cushioning and an anti-slip effect. Rolled up, it is easy to transport and space-saving to stow away.

JumpYone® - The innovative movement concept provides motivation and variety: more information on www.togu.de

Colour: red/white
Size: ca. 180 x 66 x 0,5 cm
Specials: printed on both sides (2 in 1)

TOGU® Challenge Disc 2.0

NEW!



TOGU® BalanceSensor Dynair®

NEW!



TOGU® BalanceSensor Powerball®

NEW!



TOGU® Challenge Disc 2.0

The multi-axial patented (EU-Patent Nr. 2081651) platform provides training for all performance levels and ages. The built-in motion sensor transfers measurement data to end-devices using Bluetooth 4.0. The stable base plate and stand plate with anti-slip coating on the surface provide the necessary safety.

Features of the Challenge Disc app

- The Challenge Disc app allows you to perform selective exercises – systematically, efficiently and in a targeted manner
- The app offers innovations in coordination training for fitness enthusiasts, athletes, therapists and trainers
- The first coordination/balance test and training app with Bluetooth 4.0 sensor technology for Win, Mac, Android and iOS
- Scientifically proven standard values and training programmes
- Multi-axial patented (EU-Patent Nr. 2081651) platform provides training for all performance levels and ages

Athletes can train independently with the Challenge Disc. They are motivated without needing a trainer to be present and instructing them. The Challenge Disc App takes over the coaching task and permits targeted coordination training for legs, back and core.

Free download of App and software on www.togu.de.

Colour: anthracite/red

Size: ca. 44 cm Ø

TOGU BalanceSensor Dynair

BalanceSensor Dynair enables intelligent, digitally supported coordination and balance training for all performance levels and age groups. The exercises are performed on a special air-filled balance cushion (original Dynair XL by TOGU) with integrated motion sensor. The sensor transmits the measurement data via Bluetooth 4.0 and free app to the end devices (e.g. tablet or smartphone) and displays the results on the screen. The app is available in 11 languages.

Users train independently with BalanceSensor Dynair. They are motivated without a need to be checked or instructed by a trainer. The BalanceSensor App assumes the task of coaching and enables targeted coordination and stabilization training for the entire body. During active-dynamic sitting on the Dynair Ballkissen, the autochthonous, deeper lying muscles of the spine are activated. The training device and the app are easy to use and can be used anywhere, in the office, in the studio, at home or when travelling.

Free download of App and software on www.togu.de.

Colour: black

Size: ca. 36 cm Ø

TOGU BalanceSensor Powerball

BalanceSensor Powerball enables intelligent, digitally supported coordination and balance training for all performance levels and age groups. The exercises are performed on a large gymnastics ball (Original Powerball ABS by TOGU) with an integrated motion sensor. This sensor transmits the measurement data via Bluetooth 4.0 and free app to the end devices (e.g. tablet or smartphone) and displays the results on the screen. The app is available in 11 languages.

Users train independently with BalanceSensor Powerball. They are motivated without a trainer having to check and give instructions. The BalanceSensor App assumes the task of coaching and enables targeted coordination and stabilization training for the entire body. During the active-dynamic movements on the Powerball ABS®, the autochthonous, deeper lying muscles of the spine are activated. The practical training device and app are easy to use and can be used anywhere, in the office, in the studio, at home or when travelling.

BalanceSensor Powerball is available in three different ball sizes (55, 65 and max. 75cm) and six colors.

Free download of App and software on www.togu.de.

Colour: red, silver, anthracite, blue, green, terra; BalanceSensor belt: black

Size Max. ca. Ø: 55 cm, 65 cm, 75 cm

Medicine Ball



Jumper®



MADE IN GERMANY
30-Jahre-Garantie



NEW!



Medicine Ball

The **Medicine ball** – made in Germany by TOGU:

Latex-free weight balls. Slip-proof. For your training of stability, coordination and power more effectiveness is possible by using more tools together.

From 0.5 kg up to 5 kg.

Preserves floors and walls.

Very dynamic and bouncy.

Medicine Ball actisan: Classic medicine ball now available also as self-desinfecting training tool. For hygienic use in group training.

NEW: Fascial Fitness Medicine ball in 2kg in red developed for Fascial Fitness educational concept.

Colour:	ca. Size:	ca. Weight:
red, black (actisan)	21 cm Ø	0,5 kg
blue, black (actisan)	21 cm Ø	0,8 kg
red, black (actisan)	21 cm Ø	1 kg
brown, black (actisan)	28 cm Ø	1,5 kg
brown, red (Fascial Fitness), black (actisan)	28 cm Ø	2 kg
blue, black (actisan)	28 cm Ø	3 kg
green, black (actisan)	34 cm Ø	4 kg
red, black (actisan)	34 cm Ø	5 kg

Jumper

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

Jumping 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.

Colour:	red, blue, black, anthracite (actisan material)
ca. Size:	52 cm Ø x max. 24 cm
Material:	Ruton, fiberglass-strengthened plate
Max. load:	ca. 200 kg

TOGU® Flexvit Mini Band



NEW!



TOGU® Flexvit Multi Band



NEW!



Theragym® Band Latex-Free

NEW!



TOGU Flexvit Mini Band

The TOGU Flexvit Mini fitness band - made in Germany - consists of woven textile combined with rubber. On the skin, the miniband feels exceptionally well because of the innovative material. It is available in three different levels of resistance.

The multiple uses of this new kind of resistance band range from effective simple exercises in everyday life, e.g. for a healthy and strong back, up to sport specific athletic training.

The TOGU Flexvit Mini is easy to stow away and portable as an allround training band. The compact size of the fitnessband and the enormous variety of exercises enable effective training anywhere and in the smallest of spaces - whether indoor, in the park or on the beach. The TOGU Flexvit Mini is durable, made of certified material (OEKO-TEX® STANDARD 100) and hygienic: it is washable up to 60 degrees. Thanks to the special manufacturing technology the TOGU Flexvit Mini has a high robustness and tear resistance. The Mini Band is a compact and versatile training device. Trainers, fitness enthusiasts and professional athletes use the TOGU Flexvit Mini in their training. The miniband can be used to activate, stabilize and strengthen the body. In addition, the miniband is often used as a tool to correct the execution of complex exercises.

Colour: yellow (light), red (medium), anthracite (heavy)

Size: ca. 31 cm x 6 cm

Material: elastic textile

TOGU Flexvit Multi Band

The TOGU Flexvit Multi Band - made in Germany - is an allround training tool and consists of woven textile combined with rubber. On the skin, the TOGU Flexvit Multi feels exceptionally well thanks to its innovative material. The versatile fitness band features a unique material that is durable and even washable (up to 60 degrees). Multiple loops allow a variety of grip and holding positions. This allows you to train individually and functionally and to address almost all muscle groups.

Improve your coordination and flexibility and strengthen your back with simple and effective exercises in everyday life up to the sport-specific athletic training. The TOGU Flexvit Multi is easy to stow away and portable as an allround training band. The compact size of the multi-band and the enormous variety of exercises enable effective training anywhere and in the smallest of spaces - whether indoor, in the park or on the beach. The TOGU Flexvit Multi is durable, made of certified material (OEKO-TEX® STANDARD 100) and hygienic: the practical fitnessband is washable up to 60 degrees.

The fitness band for every size and age: The TOGU Flexvit Multi is available in a one size fits all design. You can create different resistances by using all the grip and holding options. Thus, it is ideal for many users and training goals.

Colour: grey

Size: ca. 240 cm x 3 cm

Material: elastic textile

Theragym Band Latex-Free

Theragym Band LATEXFREE is an ideal fitness band for functional exercises with resistance. A small exercise device which has a big effect and which is easy to store. Use the elastic band made of special latex-free material to stretch and strengthen your whole body.

Small, super versatile at a high quality. The practical training companion for on the go. Train your muscles in between: whether at home, in the gym or in the office.

Colour: yellow (light), green (middle), blue (heavy), black (very heavy)

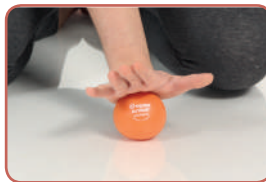
Size: 120 cm x

Material: synthetic rubber

Actiball®



Actiball® Relax



Bodybone®



Actiball

The Actiball - made in Germany - is an air-filled and at the same time hard massage ball, which is used as a regeneration tool, to promote blood circulation and for self-massage. With a diameter of approx. 9 cm, it is light and space-saving at the same time. During the massage using your own body weight, adhesions and tensions in the fascia tissue and muscles can be released. The knobs enable an even more intense effect. The blood circulation of the whole body can be promoted. The Actiball is used for fascia massage and training. The material Ruton is especially tempered, robust and easy to clean, odourless and 100% recyclable.

Colours:	black
Size:	ca. 9 cm Ø
Material:	Ruton

Actiball Relax

The Actiball® Relax - made in Germany - improve your flexibility and mobility with little time effort and simple exercises. The regular application, which is easy to integrate into everyday life, enables regeneration and relaxation of your muscles. In this way you ensure a lasting solution to tensions, better blood circulation and increase your well-being. All Actiball Relax have an absorbing effect due to the air filling. This makes it possible to roll over joints more painlessly. The massage effect is smoother compared to totally hard balls due to the medium tempered material. The handy size makes it suitable for everyday use, e.g. when travelling, in the office or at home.

Actiball® Relax are available individually with 6, 8 or 12 cm diameter as well as a set of 3. The three different sizes complement each other ideally in the application, since they massage more or less selective upon range of application.

Colour:	orange
Size:	ca. 6 cm Ø (Size S); ca. 8 cm Ø (Size M); ca. 12 cm Ø (Size L)
Max. Load:	up to ca. 150 kg

Bodybone

With the Bodybone - Made in Germany - targeted tensions and blockages in the entire spine area can be released and mobilized. The small role with the special weight filling provides for more relaxation and well-being. Due to its special shape, the device can be used for trigger point and foot reflex zone massage. It can also be used as an additional weight in back, abdomen and extremities training. The material Ruton is odourless, extremely durable (100% recyclable) and easy to clean.

Colour:	silver-grey, red
Material Bodybone:	Ruton with special weight-filling
Size:	ca. 15 x 6,5 cm / ca. 430 g
Max. load:	ca. 200 kg (ca. 220 lbs)

TOGU® Blackroll®



Actiroll® Wave



TOGU Blackroll

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

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

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

You can find more Blackroll articles on www.togu.de and in our order manual.

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

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

Actiroll Wave

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

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

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

Application: at home and training

Inflate and deflate:

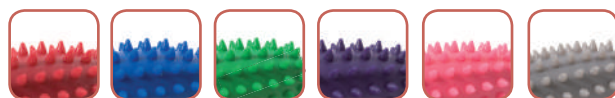
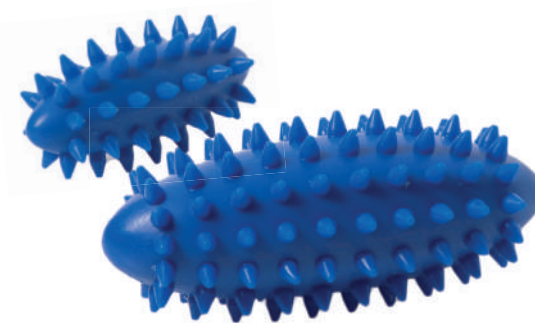
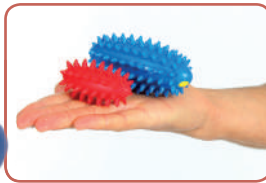
To de- or inflate the Actiroll please use the attached original TOGU ball pump for needle valves (Art.nr. 904400). Important: Moisten the needle and insert the needle straight and carefully into the valve.

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

TOGU Spiky Massage Ball



Knobbed ball long



TOGU Spiky Massage Ball

The TOGU spiky massage ball made in Germany is mainly used for self massage as well as for external massage. The knobs of the ball generate stimuli while rolling over the different body areas. They activate and mobilize body and spirit. The knobbed ball is available in different sizes (6cm, 8cm, 9cm and 10cm) and colours. The TOGU spiky massage balls can be used ideally for the whole body massage of the individual reflex zones. The aim is to improve the blood circulation and loosen up the muscles before and after sport or a long working day. The air-filled massage device is the ideal device for gripping and strengthening exercises and is suitable for reflex zone massage. The durable material Ruton is odourless, skin-friendly, latex-free and 100% recyclable. The massage ball is equipped with a needle valve. This makes it easy to adjust the size to your individual needs with an optional ball pump.

The ball has a pleasant surface. The user-friendly and versatile handling makes the massage ball suitable for use at home or in groups, e.g. health, back, senior citizens or general fitness courses.

Available individually or as a set of 2.

In the following sizes available: 6 cm, 8 cm, 9 cm and 10 cm.

Colours:	Size ca. Ø:
orange,	6 cm
yellow, apple, amethyst	8 cm
red, pink	9 cm
blue, amethyst	10 cm

Material: Ruton

Knobbed ball long

The air-filled knobbed ball in a long ergonomic version. As ideal handy tool for mobilization, enhancing blood circulation, self-massage and relaxation. For use at home and en route. Smooth Senso knobs stimulating the perception. The knobbed ball long is the ideal Senso Walking Trainer.

Colours:	Size ca. :
red, blue, green, blue-purple, pink, silver	7 x 4 cm
red, blue, green, blue-purple, pink, silver	11 x 5 cm

Material: Ruton

Max. load: ca. 150 kg

TOGU® Brasil® set of 2



1



2



MADE IN GERMANY
30-Jahre-Garantie

TOGU Brasil set of 2

1) The TOGU Brasil - made in Germany - with an 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. 200 g each. Ergonomically designed, can be re-shaped thanks to air filling.

2) TOGU Brasil Aqua 2er Set: The Brasil deep muscle trainers are now equipped with additional bracelets. Therefore the Brasil trainers are not lost during aqua gymnastics.

Colour: green

Size/Weight: 2 x ca. 200 g, ca. 11 x 5 cm

Bodyroll & Bodyroll Senso in a set of 2

The Bodyroll and Bodyroll Senso – made in Germany – as air-filled and easy to use massage tool can improve blood circulation. The massage roll for the entire body. Soft, gentle knobs. The small tools offer a wide contact surface. Massage can be done with a partner or on your own, putting more or less pressure on the Bodyroll. The elastic form will adapt comfortably to your body and ensures a evenly spread massage. Roll – enjoy. Simple and effective.

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

- 1) Bodyroll
- 2) Bodyroll Senso

Colour: red, blue, amethyst (Bodyroll); red, blue, black (Bodyroll Senso)

Size: 13 x 6 cm

Material: Ruton

Max. load: ca. 150 kg

Senso Ball & Senso Ball Mini

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

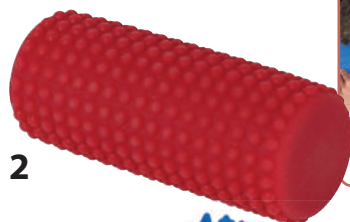
The Senso Ball is available in four different sizes: 9 cm, 11 cm, 23 cm and 28 cm. The mini sizes in 9 and 11 cm diameter are also particularly suitable for young children, as the ball is easy to grip and hold.

Colours:	Size ca. Ø:
blue, red	9 cm
blue, red	11 cm
blue, red, amethyst	23 cm
blue, red	28 cm

Material: Ruton

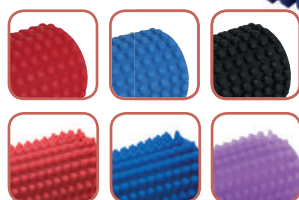
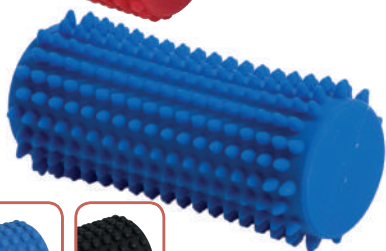
Max. load: approx. 200 kg

Bodyroll & Bodyroll Senso®



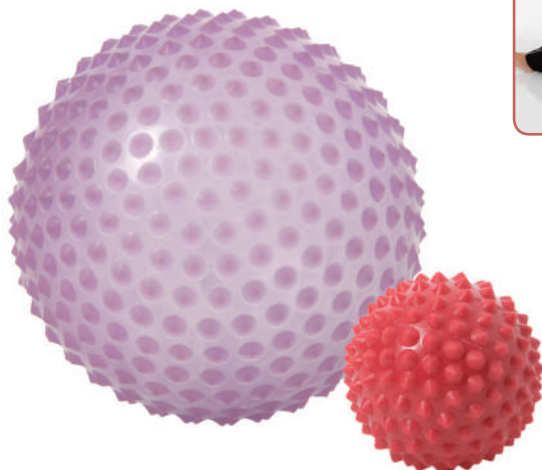
2

1



MADE IN GERMANY
30-Jahre-Garantie

Senso® Ball & Senso® Ball Mini



Pilates Foamroller Premium

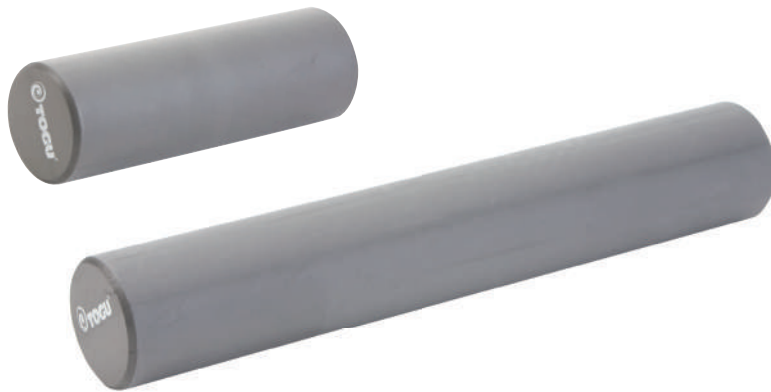


Pilates Foamroller Premium

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.

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

OS Roller Premium



OS Roller Premium

To use in Functional Training and Personal Training. Variable exercises possible. Consists of heavy-duty EVA foam material. Available in 45 und 90 cm length. Non-slip surface.

Colour:	anthracite
Size:	45 x 15 cm Ø; 90 x 15 cm Ø
Material:	EVA (0,038 g/cm ³)
Max. load:	ca. 150 kg

Multiroll® functional & Multiroll „Mein Yoga“



Multiroll functional & Multiroll „Mein Yoga“

To set an intensively training stimulus. Length 80 cm, diameter 18 cm. Air filled, adaptable by valve. Instable roll for functional training. Variable exercises possible. Applicable in gym, at home or on the road.

Also available as „Multiroll Mein Yoga“

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

The exercise programs are available online for free.

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



Anti-Stress Ball in sales display



Redondo® Ball



Anti-Stress Ball in sales display

Pleasant soft anti-stress ball - made in Germany - for squeezing, working and strengthening the entire finger and hand musculature. Due to the soft material a perfect pressure distribution is created in the entire finger and hand musculature. Also ideally suited for targeted use in health-oriented training. With needle valve for individual pressure and size adjustment.

Available both as a complete sales display box incl. 12 balls in assorted colour-assorted or as a single ball in bulk.

Colour:	blue, ruby-red, anthracite
Size:	display: ca. 32,5 x 24 x 8 cm; Anti-Stress Ball ca. 6,5 cm Ø
Material:	foamed Ruten

Redondo Ball

The Redondo Ball - made in Germany - is an air-filled small gymnastic ball made of soft, foamed and at the same time odourless material. The foldable ball is versatile in training, fitness and Pilates. The air filling can be regulated individually. The softball can be inflated easily and quickly without a pump. After use, the Redondo Ball can be quickly deflated, folded and transported. As an uncomplicated and space-saving alternative to the large ball, it is used as a dynamic base for Pilates as well as back and fitness training in sitting, standing, kneeling and lying exercise positions. It is also loadable up to 120 kg (static load) for lying exercises. Due to the pleasantly soft and grippy surface it is also well suited for gripping and catching exercises. The light soft ball can be used for indoor throwing exercises. An exercise poster is included.

The Redondo Ball is available in several sizes (approx. 18, 22, 26 cm) and as Touch version with light nobs. It is ideally applicable in combination with many other training devices. The durable material Ruten is 100% recyclable, odourless and latex-free.

Soft and yet robust. The „foldable“ ball for MindBody, Pilates, Wellness and Fitness.

Colours:	Size ca. Ø:
anthracite	18 cm
blue	22 cm
ruby-red	26 cm

Material:	foamed Ruten
Max load:	ca. 120 kg during lying exercises

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!

Redondo® Ball Plus



Colour:	green, antracite (actisan)
Size ca. Ø:	38 cm
Material:	foamed Ruten
Max. load:	ca. 150 kg

Jacaranda®



TOGU® Toning® Ball



Pendel® Ball ABS®



2 in 1



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 time challenges many of our body senses.

Develop your flexibility, strength and coordination with just one work out.

Colour:	yellow
Size:	ca. 14 cm Ø
Weight:	ca. 400 g
Specials:	stainless steel balls inside

TOGU Toning Ball

The Toning Ball - made in Germany - is designed to meet the requirements of Pilates programmes and is ideal as an additional weight for many exercises, especially yoga and fitness exercises. The weight is centered in the middle of the palm of the hand, which relieves the joints. Increase the training effect and especially strengthen your arms, shoulders and upper body with the new TOGU Toning Balls.

Colour:	Weight ca.:
yellow	0,5 kg / 1,1 lbs
orange	1 kg / 2,2 lbs
red	1,5 kg / 3,3 lbs
black	2 kg / 4,4 lbs
Size:	ca. 10 cm Ø

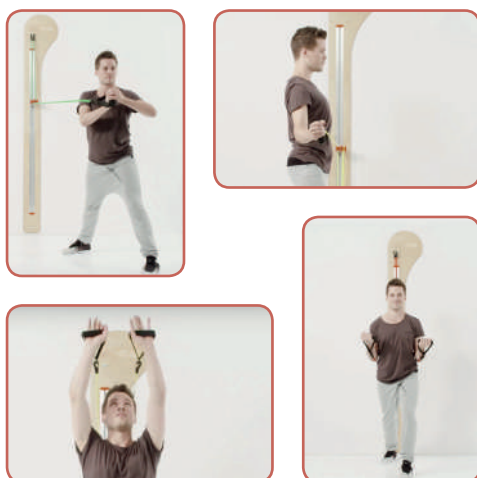
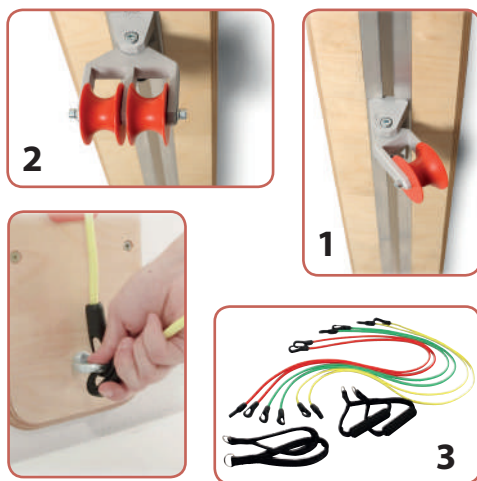
Pendel Ball ABS

Try the Pendel Ball and be surprised. Just lay on it and feel better.

Absolutely safe and inflatable tool for training. 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, 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

Colour:	Size: Ø	Seat Height ca.:
purple	ca. 80 cm	55 - 70 cm
Material:	Ruton with plug valve	
Max. load:	ca. 1000 kg (ABS Burst-Proof-Guarantee up to 250 kg)	

TOGU® Tower



TOGU Tower

The **TOGU Tower** - made in Germany - is an individually and continuously height-adjustable retention system for versatile resistance training. The TOGU Tower is attached to a wall of the training 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.

Other TOGU devices such as the Jumper Pro or Aero-Step one can be ideally combined. A space-saving and versatile training is easily possible.

Size: 225 x 35 x 2 cm

Material: birch wood, aluminium

Specials: 2 Version available: TOGU Tower Single (1), or Double (2)

TOGU Wall

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

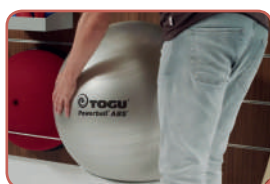
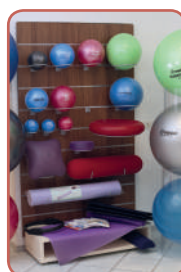
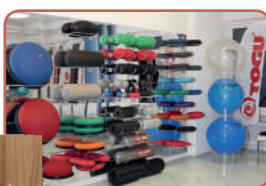
The system can be used in a modular way. One article consists of two single elements each with a size of 2 m (height) x 1m (width) (Walnut optics).

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

TOGU Wall mirror

The new model of TOGU Wall in mirror optics consists of one element of 1.20 m width and 2 m height. It is an intelligent combination of a presentation space and storage aid for all TOGU training tools. The system can be used in a modular way. The optional shelves and brackets can be ordered as a set or individually according to the needs in each training and therapy room. These parts can be attached easily to the wall system. Standard fixing material is included. Individual requirements for the wall fastening must be observed. TOGU Wall is also available as customized product with various colours upon request. The material is very robust, durable and easy to clean.

TOGU® Wall



example of use

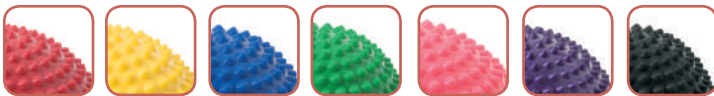
Colour: walnut, mirror

Size: 1,2 m x 2 m x 1 cm; 2 m x 2 m x 1 cm

Specials: 2 Version available: TOGU Wall; TOGU Wall with 18 hangers

Material: MDF

Senso® Balance hedgehog + XL set of 2



Earth ball



Throwing balls



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.

Also available as Geo-Balance Hedgehog with three different geometrical Shapes (circle, triangle and square), two sizes and 6 colours!

Colour: red, yellow, blue, green, pink, purple, black

Size ca.: Ø 16 cm, 18,5 (XL)

Material: Ruton

Max. Load: ca. 150 kg

Earth ball

The highlight with the globe. A special development in collaboration with the German sports federation. Especially for dynamic group actions.

Colour: blue, blue with decor

ca. Size Ø: 100 cm; 200 cm

Material: Ruton

Max. Load: ca. 70 - 80 kg

Throwing balls

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

Find more items for kids, school or kindergarden also online on www.togu.de.

Colour: yellow

Size Ø: 7,5 cm

Weight ca.: 45 g, 65g, 80 g, 150 g, 200 g, 250 g, 300 g, 400 g

Advertising Ball - Custom Branding



Advertising Ball - Custom Branding

Take advantage of our more than 60 years of experience in the production of advertising balls.

Discover our advertising balls and custom branding products: Play balls and training equipment such as the Anti-Stress Ball, Redondo® Pilates Ball or the popular seat and balance cushion Dynair® Ballkissen® for more health and well-being with your logo or individual imprint.

The products are suitable both for use as appealing promotional items and as healthy merchandise products with added value for your employees in workplace health promotion as well as resale item to your customers or club members via your own sales channels.

We manufacture the products in our own production in Prien/Germany individually and according to your specifications. Our service is fast and uncomplicated and offers already starting from low minimum purchase quantities (from 100 pieces). Use our experience and quality products made in Germany, which are latex-free, durable and 100% recyclable. Profit from the extensive colour range and the possibilities to place your design and logo.

Contact us directly at info@togu.de or call us on +49 (0)8051 90380. We offer you personal advice with our many years of experience.

- 1) Uni-Ball in different colours with central logo print
- 2) Ball with football pitches and additional central logo print
- 3) original Redondo Ball with logo print
- 4) original Dynair Ballkissen Senso
- 5) large gymnastic ball with logo
- 6) Anti-stress ball with logo print

More information about our custom branded product offers on www.togu.de

As a PSI member (Member No. 40703), we will be happy to prepare an individual



 **QUALITY**
Made in Germany

TOGU®

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