



Die Marke für Gesundheit Fitness und Sport

Instruction for use TOGU Balanza® Serie

Congratulations!

You are now the owner of TOGU Balanza®, a product “made in Germany”. This sports tool was produced in compliance with valid EU norms. It is free of forbidden phthalates and heavy metals.

Warning:

- Avoid storage in direct sunlight or near heat sources, because otherwise TOGU Balanza might deform
- Avoid contact with sharp and pointed objects (e.g. broken glass, pointed rocks in shoe soles) because they can damage TOGU Balanza. Do not throw TOGU Balanza.
- Use sport shoes, regular shoes or be barefoot while training on TOGU Balanza.
- Prior to any use, TOGU Balanza should be checked for damage because otherwise a safe handling is not guaranteed
- TOGU Balanza has to rest on a horizontal, stable and dry ground.

Equipment details:

The TOGU Balanza is made of high grade Rulon with a needle valve and 8 times glued plate made of birch wood.

Balanza

Size: ca. 55 x 35 cm
Load: ca. 150 kg

Balanza Freeride

Size: ca. 100 x 35 cm
Load: ca. 150 kg

Balanza Ballstep

Size: ca. 89 x 43 cm
Load: ca. 150 kg

Balanza Ballstep XXL

Size: ca. 180x60x15 cm
Load: ca. 200 kg

Balanza Physiowippe

Size: ca. 48x48x7 cm
Load: ca. 150 kg

Balanza Circle

Size: ca. 40x7 cm
Load: ca. 150 kg

Care:

Use water or mild standard detergents and disinfectants for cleaning the ball. Dissolvers as well as acidic or corrosive cleansers can harm the material. TOGU Balanza always store dry.

How to inflate:

The air filling of TOGU Balanza can be regulated by using the TOGU ball pump. Available as spare part in retail.

Therefore the TOGU Balanza is equipped with a needle valve.

Please perform changes to the air pressure inside TOGU Balanza (inflation or bleeding) only, when the TOGU Balanza has room temperature and add at the most as much air, as is necessary to make the surface level. Always moisten the needle before carefully inserting into the needle valve.

Please note whilst pumping that the diameter of the ball **shall not** be larger than 14cm (perimeter about 40 cm), otherwise the ball deforms. Recommended diameter of the ball is 11 to 12 cm. Recommended diameter of the smaller balls at Physiowippe and Circle is ca. 5 cm.

Free download of Information and exercises on www.togu.de
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