



Die Marke für Gesundheit Fitness und Sport

Manual and Maintenance Instructions Dynair® Ballkissen (XL) / Dynair® Senso Ballkissen (XL)

Congratulations on your purchase of the Dynair® Ballkissen.

With the Dynair® Ballkissen you have chosen a TOGU brand product made in Germany. It was produced as a sports device in compliance with valid EU norms and contains no forbidden phthalates and no heavy metals.

Take your seat and bring yourself automatically in a good and pleasant position!

The space saving alternative to a big gymnastic ball. An instable base for back training, gymnastics, therapy and rehabilitation as well as for a back friendly, dynamic sitting. Training along the way without any additional time effort. Trains muscles of the spine. Can optimize upright posture. The Ball cushion can be used as a seat contact surface according to medical indications.

Equipment:

Both sides with smooth and velvety surface: Dynair® Ballkissen /Dynair Ballcushion® XL „Senso-version“: one side smooth and velvety, the other side with gentle Senso-knobs

Equipment details:

The Dynair® Ballkissen is made of high quality Ruton and features a needle valve.

Diameter: 33 cm and 36 cm

Load: ca. 200 kg

Temperature resistance:

The Dynair® Ballkissen is resistant against ultraviolet rays and heat. It can be used in temperatures up to 45°C. Please do not store it permanently exposed to direct sunlight (e.g. near a window). The material becomes softer with increasing heat, therefore accelerating the building up of the saddle effect.

This tool also resists below freezing temperatures, however it should not be stored in temperatures below -10°C permanently.

Care:

Use any mild standard detergents and disinfectants. Dissolvers as well as acidic or corrosive cleansers can harm the material. The Dynair® Ballkissen is waterproof.

How to inflate:

The Dynair® Ballkissen comes with the right air charge at delivery.

You should take care that the surface is always one level (planar).

If the need arises you can still regulate the air charge with a needle pump (e.g. the TOGU pump or any other regular Soccer Ball pump).

Please pull up the valve between thumb and index finger, in order to avoid puncturing the lower part of the Ballcushion with the needle.

Storage:

Please always store your Dynair® Ballkissen in a horizontal position.

Exercises available at: www.togu.de

