

TOGU®

Trainings chart

Fitness

JUMPER.



	Start Position	End Position	Start Position	End Position	Start Position	End Position	Start Position	End Position	Start Position	End Position
Jumper Glutes/Legs										
Jumper Cardio										
Jumper Core										
Jumper Back										
Jumper Abs										
Stretch/Relaxation										

Physio

Start Position

End Position



Start Position

End Position



Start Position

End Position



Better Grip Oberfläche - nimmt Schweiß auf
Better Grip material - sweat absorbent

beidseitig verwendbar - rutschfest auf allen Unterlagen
both sides to use - don't slip away even on glossy surfaces

integriertes Easy-Store-System
Integrated Easy-Store-System

