



TOGU Jumper mini



Jump yourself fit! The innovation from Togu in the mini version: achieve optimal form and stability with a lot of fun and little time. Ideal for personal training, fitness and therapy.

CHF 179.00

The patented Jumper mini (European Patent No. 2092964) is a multifunctional training device - made in Germany-: an air-filled trampoline ball made of resistant ruton on a fiberglass-reinforced base plate.

The material is odorless and very resilient up to 200 kg. The product is latex-free and without prohibited phthalates (according to EU Directive 2005/84/EC). The air filling can be regulated by a valve. The surface is non-slip, as well as the bottom plate. The inwardly curved base plate provides an ingenious trampoline effect and allows stacking without stacking aid without any problems.

Due to its versatility, virtually all muscle groups can be trained, especially the deeper muscles that are important for general fitness. At the same time, balance, coordination and sensorimotor functions are involuntarily improved. The trampoline effect also makes training a lot of fun. Due to its suitability for strengthening the back muscles, the Jumper has been awarded the AGR seal of approval, Aktion gesunder Rücken - besser leben e.V.

Depending on the purpose of the exercise, the Jumper can be used standing, jumping, sitting or lying down. The air filling provides an unstable and at the same time dynamic base. On the jumper you can jump, balance while standing, perform squats. The abdominal muscles can be trained while sitting and the back muscles while lying down. Jumping on the side is also possible without any problems, the jumper is designed to be non-slip. A comprehensive exercise poster with numerous training suggestions is included in delivery.

- ideal pressure distribution through proven Dynair technology
- non-slip on all surfaces
- more stability for foot ankle
- extremely dynamic rebound (trampoline effect)



- better grip surface
- can be used on both sides
- vibration/transfer of the vibrations to the body
- also designed for lateral jumping

Dimensions: 36 x 18cm

Material: ruton with glass fiber reinforced plate

Load capacity approx. 120kg

Color: red with black plate