



## TOGU Aero Step XL blue



Togu Aero Step XL is a universal training device, suitable for rehabilitation and for fitness and for strengthening the back, improving joint stability, coordination and balance.

CHF 169.00

The Aero-Step XL - made in Germany - is a training device made of high-quality ruton. The material Ruton is odorless and very resilient (approx. 200 kg). The product is latex-free and does not contain any prohibited phthalates (according to EU Directive 2005/84/EC).

The proven training device with the 2-chamber air system enables training with maximum effect. The training is more intensive in depth. Perception, stimulus processing and stability are trained and improved. Very variable and extremely robust. Can be used standing or in prone or supine position. Suitable for rehabilitation, fitness or at home.

The Aero-Step XL enables an improvement of the joint stability. The muscles are tightened and strengthened to the depth. Equipped with over 1000 round knobs, for additional stimulation of the foot reflexology points, there is an additional massage effect and better blood circulation.

The special unstable nature of the AeroStep places increased demands on the coordinative abilities and thus offers new possibilities for a significant increase in performance in sports and therapy. The nubbed surface also strongly stimulates blood circulation.

Whether in standing position for leg axis training or in prone or supine position, the lability, thanks to the air filling makes every known exercise a challenge.

The inserted connecting plate gives the necessary stabilization, so that a good grip on the ground is guaranteed. The air-filled chambers allow very small moments of movement. This means high demand and therefore fast training effects.

Possible applications: Optimal for coordinative and proprioceptive training in physiotherapy, especially in medical training therapy (MTT).



Material: high quality ruton  
Included in delivery are training instructions and air pump  
Dimensions: 51 x 37 x 8cm  
Load capacity approx. 200kg  
Weight: 2,8kg  
Color: blue

Tested and recommended by the Forum: Gesunder Rücken - besser leben e.V. and the Federal Association of German Back Schools (BdR) e.V.

**Expert opinion of Dr. Christos Papadopoulos, rehabilitation and fitness trainer:**

The Aero-Step is an equipment supplement that enables us to work more creatively and efficiently in the area of coordination, strengthening and flexibility training. It replaces bulky utensils used in the past. The uniqueness of the material allows for versatile use, not only indoors, but also (of greater importance in football) for outdoor training, whether barefoot, with running shoes, or with a football boot, thanks to its robust nature, everything is possible. The Aero-Step is an integral part of our exercise repertoire and we can't imagine doing without it. The Aero-Step is a special challenge for the professional soccer player, because in combination with the ball, the Aero-Step gives the usually boring coordination and stability training a special kick and the fun factor is enormously high (motivation).