



## Manual and Maintenance Instructions Aero-Step® one.

**Congratulations on your purchase of the Aero-Step® one.**

**With the Aero-Step one 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.**

Please read carefully through the following tips and all aspects of the Aero-Step one so that you will be able to enjoy using the product for as long as possible.

The new Aero-Step one is available in two levels. Level 1 in red and level 2 in anthracite. The approved tool, with the twin air chamber system provides training with maximal effect. More intensive training for the deep lying musculature apperception, processing of stimuli and stability will be trained and enhanced. Applicable. Very variable, applicable using on standing, kneeling, or lying down very robust. For using in rehabilitation, fitness or at home.

### **Equipment details:**

Your Aero-Step one is manufactured from high quality RUTON. This guarantees that the product will be long lasting. The material is 100% recyclable.

### **Maintenance of Aero-Step Pro:**

For cleaning you may use any of the mild cleaning and disinfecting substances to be found in most shops. Cleaning substances containing solvents are damaging to the material of which the Aero-Step one is made. The Aero-Step one is waterproof. You should, nevertheless, ensure that the Aero-Step one is dry before you use it, since it may slip if the surface on which it rests is wet.

### **Temperature-Resistance:**

Aero-Step one is resistant to ultra-violet light and resistant to heat, within certain limits. The Aero-Step one can be used problem free in temperatures up to 45°C. It should be noted, however, that the higher the temperature becomes the softer the Aero-Step one material becomes. In summer temperatures you should not place the Aero-Step one directly on an asphalt surface because asphalt stores the heat so much (this is particularly important in Mediterranean countries, in places such as leisure facilities). The Aero-Step one is also resistant to cold. It is quite possible to store away the Aero-Step one at temperatures of down to -10°C. It should be noted, however, that the colder the temperature becomes the harder the material of the Aero-Step one becomes.

### **Using the Aero-Step one:**

The Aero-Step one can be used on almost any kind of surface. The patented design of the Aero-Step one ensures a sure and safe surface contact. You should, however avoid using the Aero-Step one on stony ground (graveled, pebbled) or on asphalt. Although it is waterproof the Aero-Step one is, nevertheless, unsuitable for use in water because it floats. When using the product ensure there are no sharp objects or sharp edges in the immediate vicinity because these can damage the Aero-Step one.

### **Weight limit for the Aero-Step Pro:**

The Aero-Step one can carry weights of up to 150 kg.

### **Inflation tips for the Aero-Step Pro:**

The Aero-Step one is equipped with a needle valve. After longer periods of use it is possible to re-adjust the air pressure yourself. To do this, please use the inflating needle of the TOGU® ball pump. This needle can be used to inflate and to deflate. Moisten the needle before use and make sure that you introduce the needle straight into the valve. To ensure the continued flexibility of the Aero-Step one you must take extra care that you do not pump in too much air. The stepping-surface of the Aero-Step one should not bulge outwards

© TOGU GmbH

Free download of Information and exercises on [www.togu.de](http://www.togu.de)

Service phone +49(0)8051 9038 0

