



Manual and Maintenance Instructions TOGU Ski Trainer

With the Ski Trainer 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 Ski Trainer so that you will be able to enjoy using the product for as long as possible.

The new Ski Trainer is a dynamic and versatile training and therapy tool. You can use both sides – 2 in 1, ideal to clean and store through easy store and easy clean.

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.

Equipment details:

Your Ski Trainer is manufactured from high quality RUTON. This guarantees that the product will be long lasting. Please do not try to fold the Ski Trainer.

Maintenance of Ski Trainer:

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 Ski Trainer is made. The Ski Trainer is water-resistant. You should, nevertheless, ensure that the Ski Trainer is dry before you use it, since it may slip if the surface on which it rests is wet.

Temperature-Resistance:

Ski Trainer is resistant to ultra-violet light and resistant to heat, within certain limits. The Ski Trainer 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 Ski Trainer material becomes. The Ski Trainer is also resistant to cold. It is quite possible to store away the Ski Trainer at temperatures of down to -10°C. It should be noted, however, that the colder the temperature becomes the harder the material becomes.

Using the Ski Trainer:

The Ski Trainer can be used on almost any kind of surface. The design of the Ski Trainer ensures a sure and safe surface contact. You should, however avoid using the Ski Trainer on stony ground (graveled, pebbled) or on asphalt. Although it is water-resistant the Ski Trainer 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 Ski Trainer.

Weight limit for the Ski Trainer:

The Ski Trainer can carry weights of up to 200 kg. It should be noted, however, that if the Ski Trainer is being subjected to such upper weight-levels then the air pressure should be adjusted more often because otherwise the material can become fatigued more quickly.

Inflation tips for the Ski Trainer:

The Ski Trainer has a 2-chamber system. Each of the two chambers 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. You can also use any basketball or volleyball needle without back-pressure valve. Moisten the needle before use and make sure that you introduce the needle straight into the valve. To ensure the continued flexibility of the Ski Trainer you must take extra care that you do not pump in too much air. The stepping-surface of the Ski Trainer should not bulge outwards because if it does so the effectiveness of the training will be greatly reduced (see sketch). When used a lot, the Ski Trainer may lose some air pressure. In that case just inflate it again (like described above).

