

TOGU®

Trainings chart

Fitness

JUMPER.



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

Physio

Start Position					
Start Position					
Start Position					
Start Position				<p>Better Grip Oberfläche - nimmt Schweiß auf Better Grip material - sweat absorbent</p>	
Start Position				<p>beidseitig verwendbar - rutschfest auf allen Unterlagen both sides to use - don't slip away even on glossy surfaces</p>	
Start Position				<p>integriertes Easy-Store-System Integrated Easy-Store-System</p>	