



Made in Germany since 1956

The Factory



Challenge Disc 2.0



Application:



Benefits

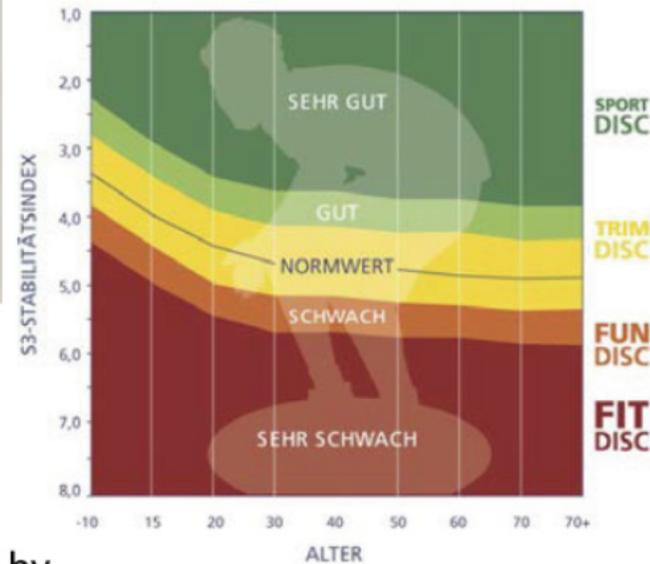
- Well coordinated muscles avoid energy waste
- Strength, endurance, mobility and speed are employed more efficiently
- Increases fitness and performance
- Increases flexibility of joints which decreases the risk of injury for everyday movements and athletic activities





Norm value collection

(Raschner et al., 2008)



- 30 test leaders collected 10.019 valid measurement data
- 4.991 female und 5.028 male data

Norm value diagrams separated by

- ✓ females and males
- ✓ different age groups
- ✓ structured according to the directions of movement

Challenge Disc 2.0

- ✓ N= 434
- ✓ female and male participants
- ✓ 4 age categories

youth	10-14 Jahre
adolescents	15-19 Jahre
young adults	20-29 Jahre
adults	30-50 Jahre



Norm data

NORMDATA Female- non-dominant leg		NORMDATA Female- dominant leg	
Level [Index]	Description	Lev I [Index]	Description
≤1.74	very good	≤1.76	ery good
1.75 - 2.05	good	1.77 - 2.00	good
2.06 - 2.99	norm	2.01 - 2.72	norm
3.00 - 3.30	wea	2.73 - 2.96	weak
≥3.31	very weak	≥2.97	very weak

NORMDATA Male- non-dominant leg		NORMDATA Female- dominant leg	
Level [Index]	Description	Level [Index]	Description
≤1.98	very good	≤2.00	very good
1.99 - 2.31	good	2.01 - 2.30	good
2.32 - 3. 9	norm	2.31 - 3.19	norm
3.30 - 3.62	weak	3.20 - .49	weak
≥3.63	ve y weak	≥3.50	very weak



TEST RESULT

I'd advise you to start
your training on

Level 3

TEST RESULT

Test Person

Name

Moosl

Year of Birth

1975

Gender

male

Coordination/Balance

 Balancing On Both Legs



2.28 *

* standard range: 1.7 - 3.3

SELF-CHECK

PDF

Score

replay



SCORE **2.28**

TOGU Challenge Disc vs. others

TOGU Challenge Disc	Other systems
Scientifically evaluated testing	Results not suited for scientific evaluation
Tests and Training Programs follow a methodical structure	Many games without following a particular training method
Games cover a training period of 10-15 min, which is the recommended time to train sensorimotor functions	Many games that together exceed the max daily recommended training period of 10-15 min. This can lead to an adverse effect in training due to oversteering
Movements 100% synchronized	Last tests showed a slight delay between movement on the board compared to the screen
TV Screen via Apple Box or Google Chromecast	TV only via Tablet
Runs on Tablet, PC or Smartphone	Runs only on device provided the system
Easy to use technology	
Results can be printed or saved as pdf	
The max tilt angle of 12% combined with a low height provides safety	
Reasonable price allows to target a wider range of customers: Physiotherapists, Personal Trainers, Home Users	High price limits the group of potential customers