

AIREX® QUALITY PRODUCTS

MULTIFUNCTIONAL TRAINING PRODUCTS FOR FITNESS,
HEALTH CARE AND REHABILITATION



Made-to-measure training

Fitness, prevention and integrated training methods call for first-class quality. This quality expresses itself in the numerous advantages of the AIREX® products.



Harmony of body and soul

The extra supple Pilates and Yoga mats from AIREX® offer the highest level of comfort. This makes them the perfect pad for all whole-body training techniques.



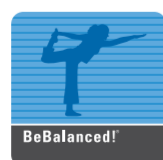
Successful recipes for bodywork

AIREX® products play an important role in physiotherapy and rehabilitation. Developed according to the latest findings, AIREX® mats and balance products assist therapists in successfully rehabilitating their clients.



Sport and fun with safety

AIREX® products provide the best conditions to actively prevent the risk of injury in school and club sporting activities. Fun and fitness are included.



Like a workout on clouds

The BeBalanced!® line from AIREX® opens totally new possibilities to achieve a maximum training effect with a minimum expenditure of energy.

Experienced and innovative

AIREX® is the clear leader in the foam technology field. The Balance-pad Elite benefits from 50 years of experience and the unique know-how of the industry leader. From proven materials to the no-frills design, it is manufactured with proven Swiss quality. It was developed with valuable support from medical professionals, physiotherapists, fitness specialists, athletes and popular sports organisations.

Noticeably better

The skin-friendly Balance-pad Elite is soft, cushioning and warm to the touch. When you step on it, the material gently yields to your weight. The feet, hands or other parts of the body are cushioned by the comforting foam. This makes exercises extremely easy on joints, tendons and muscles for efficient training.

Unique material

The innovative closed-cell foam used in AIREX® products was developed over the course of many years. Our secret: Millions of tiny air bubbles incorporated in the durable material. An invitation to train barefoot. And you suddenly feel ... so light!

Timely and sustainable

The AIREX® BeBalanced!® product line facilitates efficient training based on the latest physiological insights. AIREX® BeBalanced!® programs improve body posture, proprioception, coordination and the ability to react, and also strengthen the heart and boost circulation. They promote a sustainable balance between the body, mind and soul while enhancing your endurance. BeBalanced!® – a modern exercise program. Upgrade your life!

We also offer a comprehensive range of gymnastic mats and products for aquatic fitness. AIREX® gymnastic mats are multi-purpose mats for indoor and outdoor applications and available in a range of colours and sizes. For more information, please contact your local AIREX® distributor or visit our website www.bebalanced.net.



AIREX®

Manufactured by:
Airex AG
5643 Sins, Switzerland
www.airex-mats.com
www.bebalanced.net

made in switzerland



BeBalanced!®

AIREX®
Professional exercise line



Physical balance

- Improved coordination
- Enhanced ability to react
- Optimized posture
- Relaxing

Like a workout on clouds

- Skin-friendly and warm
- Soft and cushioning
- Relax while moving
- A vacation for your feet

High fun factor

- Activating and stimulating
- Multiple applications
- Creative and individual
- Group or individual fitness



Characteristics of the AIREX® Balance products



Comfortable
Soft and supple with insulating cushioning.



Multifunctional
Versatile application. Indoors, outdoors and in water.



Hygienic
Simple to clean, antimicrobial finishing.



Long life span
Hard-wearing material for many years of use.



Water repellent
Closed-cell foam. No penetration of water or dirt.



Conforms to CE
High-quality materials, strict quality controls.

BeBalanced!® Total Body Training

made in switzerland

www.airex-mats.com

www.bebalanced.net



Warm-up: Marching on the AIREX® Balance-pad Elite

1. Wide squats

Basic position: Legs spread far apart, one foot is on the Balance-pad, hands rest on thighs, breastbone is lifted up, shoulders far down, neck is stretched.

Exercise: Bend and straighten legs, the body weight rests more on the heels, push bottom to the back.

Repeat 16 times for each side.



2. Split level squats

Basic position: In step-position, front foot on the AIREX® Balance-pad Elite and slightly turned to the outside, heel of the rear foot is in the air, both knees are slightly bent, arms stretched sideways for balance.

Exercise: Bend and straighten legs, front knee stays behind the tip of the foot and leans towards the middle toe, rear knee bends down towards the floor.

Repeat 16 times for each side.



3. Squats with lift step

Basic position: Both feet are on the AIREX® Balance-pad Elite and point slightly outwards, legs slightly spread apart, hands on thighs, breastbone lifted up, shoulders down, neck stretched.

Exercise: Bend both legs, the weight is mostly borne by the heels, push bottom to the back, when straightening (rising), lift the right knee first, then bend both legs again and then lift the left knee when rising.

Repeat 16 times for each knee.



4. Opposite arm / leg

Basic position: Rest on all fours, right knee on the AIREX® Balance-pad Elite, left hand on the floor, stretch left leg to the back, stretch right arm to the front, thumb points to the ceiling, pull shoulders away from ears, stretch neck, lift breastbone up and to the front.

Exercise: Lift lower arm and leg simultaneously.

Variation: Keep left lower-leg lifted during the exercise.

Repeat 16 times for each side.



5. Thoracic spine rotation

Basic position: Rest on all fours, both knees on the AIREX® Balance-pad Elite, hands on the floor, pull shoulders away from ears, stretch neck, lift breastbone up and to the front.

Exercise: Move arms to the side and simultaneously lift to the back, the thumb points to the ceiling, i.e. the back, the head and thoracic spine rotate with the same motion, look into the hand, lower part of the body does not move.

Repeat 16 times for each side.



6. Press-up

Basic position: Rest on all fours, hands on the AIREX® Balance-pad Elite, pull shoulders away from ears, stretch neck, lift breastbone up and to the front, elbows slightly bent, stretch one leg after the other to the back, draw up toes, middle of the body remains stable.

Exercise: Bend and straighten arms, elbows pull to the back close to the body.

Repeat 16 times with a break after 8.



7. Side press-up

Basic position: Lie on the side, forearm on the AIREX® Balance-pad Elite, bottom leg at a 90° angle, top leg stretched long, tip of the foot points to the front, thighs are lying exactly on top of one another.

Exercise: Lift and lower bottom and upper part of the body.

Repeat 16 times for each side.



8. Side lift

Basic position: Lie on one side, lower costal arch is parallel to the edge of the AIREX® Balance-pad Elite, hands behind head, one elbow touches the floor, both legs are stretched long and rest exactly on top of one another, the tips of the feet point to the front.

Exercise: Lift and lower top leg. Variation: Stretch both legs long and lift and lower simultaneously.

Repeat 16 times for each side.



9. Crunches

Basic position: Lie on the Balance-pad Elite on your back, move the Balance-pad Elite to be underneath your lower ribs so that the upper part of the body is lower than the pelvis, open legs, rest heels on floor, tips of the feet point outwards, place hands behind the head, upper part of the body lies on the floor.

Exercise: Lift and lower upper part of body.

Repeat 32 times.



10. Bilateral arm-leg balance

Basic position: Lying on your stomach, AIREX® Balance-pad Elite lying at chest level, arms extended to the front, legs open, toes point out slightly.

Exercise: Lift and lower upper part of body.

Repeat 16 times.



Cool down / stretching

11. Balance exercise while resting on knees

Basic position: Kneel on the AIREX® Balance-pad Elite.

Exercise: Lift both arms up over your head, palms point at one another, lift head and simultaneously look at hands.

More difficult: Close eyes.



12. Stretching the back of the legs

Basic position: From resting on all fours, move one leg forward, between the hands, knee is bent, back and neck are stretched.

Exercise: Bottom pushes up, upper part of body pushes down and forwards.



13. Stretching and hip exercise

Basic position: From resting on all fours, move one bent leg forwards, hands on bottom.

Exercise: Push bottom towards front heel and simultaneously pull down.



14. Calf and chest stretch

Basic position: Stand on the AIREX® Balance-pad Elite in step position, the front leg is bent, the whole foot rests on the Balance-pad, the rear foot only rests partially on the Balance-pad so that the heel is lower than the ball.

Exercise: Lift arms to the side slightly above shoulders, spread fingers apart, palms point up to the ceiling, thumbs point to the back, tips of the fingers pull towards the floor.



15. Balance exercise while standing

Basic position: Stand on the AIREX® Balance-pad Elite, palms touch each other (prayer position).

Exercise: Slowly lift one foot from the Balance-pad Elite, place sole of the foot onto the ankle of the other foot, knee points to the outside.

More difficult: Close eyes.