

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.



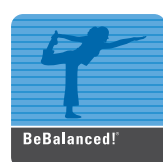
Successful recipes for bodywork

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.

AIREX® gymnastic mats are multi-purpose mats for indoor and outdoor applications and available in a range of colours and sizes. We also offer a special range of AIREX® products for aquatic fitness and balance training.

Tangibly better

The innovative, closed-cell foam of the AIREX® mats was developed over many years of work. The extremely hard-wearing material is on the one hand supportive and on the other hand warm, soft and absorbing. Joints, tendons and muscles can thereby be trained extremely gently and efficiently.

For more information, please contact your local AIREX® distributor or visit our website at www.bebalanced.net.



AIREX®

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

made in switzerland

Distributed by:

AIREX®
Professional exercise line

Characteristics of AIREX® mats

- Comfortable**
Soft, supple and cushioning insulating.
- Absorbing**
Yielding and supportive, protection against injuries.
- Long life span**
Hard-wearing material for many years of use.
- Hygienic**
Simple to clean. Antimicrobial finishing.
- Water repellent**
Closed cell foam. No penetration of water or dirt.
- Multifunctional**
Versatile application. Indoors, outdoors and in water.
- Slip-proof**
Surface structure and special foam technology prevent slipping.
- Flat placement**
No tripping thanks to flat placement on the floor.
- Conforms to CE**
High-quality materials, strict quality controls.

UPGRADE YOUR LIFE



Mat type	Colour
Coronella 200 approx. 200 x 60 x 1.5 cm	<input type="checkbox"/> charcoal <input type="checkbox"/> terra <input type="checkbox"/> platinum
Coronella 185 approx. 185 x 60 x 1.5 cm	<input type="checkbox"/> red <input type="checkbox"/> green <input type="checkbox"/> blue
YogaPilates 190 approx. 190 x 60 x 0.8 cm	<input type="checkbox"/> purple <input type="checkbox"/> anthracite
Fitline 140 approx. 140 x 58 x 1.0 cm	<input type="checkbox"/> waterblue
Fitline 180 approx. 180 x 58 x 1.0 cm	<input type="checkbox"/> waterblue
Fitness 120 approx. 120 x 60 x 1.5 cm	<input type="checkbox"/> blue

Gymnastic mat with exercise program!

made in switzerland

www.airex-mats.com

www.bebalanced.net

20 MINUTES

FITNESS AND HEALTH FOR YOUR BODY



Warm-up

Before starting to exercise, a 10-minute warm-up is recommended – e.g. running on the spot, cycling or stepping exercises.

Exercises

Take care to carry out the movements in a slow and controlled way. Start with a few repeats and slowly increase their number. AIREX® mats are ideal for use of the following exercises.

Cool Down

Enjoy a few moments of relaxation. Lie on your back, legs bent, place hands on your stomach and close your eyes. Breathe in and out deeply and evenly.



Exercise 1

Legs and buttocks

Stand with legs apart, with feet turned slightly outwards, bend the legs slowly and straighten up again. When bending, do not let the knees extend beyond the tips of your toes and when straightening, do not fully straighten the knees.

Repeat 10 – 20 times



Exercise 2

Chest muscles

Sit cross-legged with arms out to the front at right angles to the body. Bring them together at shoulder height and swing them back again.

Repeat 10 – 20 times



Exercise 3

Back muscles

Sit cross-legged, with the arms held straight up at the sides. Pull them forcefully down – against imaginary resistance – until the upper arms are at shoulder height. Regularly alternate leg positions.

Repeat 10 – 20 times



Exercise 4

Arm muscles, upper body and shoulder area

Go down on all fours, raise and cross lower leg over the other, do slow push-ups. Keep back straight.

Repeat 5 – 20 times



Exercise 5

Buttocks, back of the thighs and back muscles

Lie down on your stomach with arms and legs extended and your face to the floor. Slowly raise and lower your right arm and left leg. If the small of your back is too hollow, a small cushion or folded towel can be placed under the abdomen. Change sides.

Repeat 10 – 20 times



Exercise 6

Buttocks, back of the thighs and lower back

Lie on your back with legs parallel, knees up, slowly raise and lower torso. Do not hollow the small of your back.

Repeat 10 – 20 times



Exercise 7

Abdominal rectus muscles

Lie on your back, legs parallel, knees up, hands behind your head. Slowly raise the upper body until your shoulder blades are no longer touching the floor. Stay in that position for 4 seconds then slowly roll back down. Do not pull on the head, do not make jerky movements and keep the legs still.

Repeat 10 – 20 times



Exercise 8

Oblique stomach muscles

Lie on your back, right leg bent. Place your left foot on your right thigh and your right hand behind your head. Move your right elbow to your left knee and slowly lower your upper body again. Do not pull on the head or make jerky movements. Change sides.

Repeat 10 – 20 times for each side



Exercise 9

Outer thighs

Lie on your side, stretch out the lower arm and lay your head on it. Bend the legs slightly and slowly raise and lower the upper leg in parallel. Change sides.

Repeat 10 – 20 times for each side



Exercise 10

Inner thighs

Lie on your side, stretch out the lower arm and lay your head on it. Slightly bend the upper leg and place it in front of the lower one. Raise and lower the lower leg, keeping the inside of the thigh facing upwards. Change sides.

Repeat 10 – 20 times for each side



Exercise 11

Leg stretches

Lie on your back, bend your right leg and stretch your left leg up. Hold the backs of your thighs with your hands, relax your shoulders and slowly draw your leg up to your chest. Carefully breathe in and out, taking deep and regular breaths. If necessary, use a folded towel for back support. Change sides.

20 – 30 seconds for each leg



Exercise 12

Thigh stretches

Lie on your side, legs slightly bent. Draw up the heel of your upper leg parallel to the buttocks. Carefully breathe in and out, taking deep and regular breaths. Change sides.

20 – 30 seconds for each leg



Exercise 13

Front abdominal wall and chest muscle stretches

Lie on your back, draw up both knees and slowly move them to the right, keeping your shoulders on the ground and turning your head to the left. Carefully breathe in and out, taking deep and regular breaths. Slowly change to the other side.

20 – 30 seconds for each side