AIREX® QUALITY PRODUCTS
MULTIFUNCTIONAL TRAINING PRODUCTS FOR FITNESS, HEALTH CARE AND REHABILITATION

Experienced and innovative
AIREX® is the clear leader in the foam technology field. The Balance-pad Elite benefits from 50 years of expertise and the unique know-how of the industry leader. From proven materials to the no-hills 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.

Characteristics of the AIREX® Balance products

- Comfortable: Soft and insulating with cushioning.
- Multifunctional: Ideal for rehabilitation, balance, and general exercise.
- Hygienic: Antimicrobial and easy to clean.
- 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.
- Versatile: Indoors, outdoors and in water.

Like a workout on clouds
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.

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

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High fun factor
- Activating and stimulating
- Multiple applications
- Creative and individual
- Group or individual fitness

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

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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 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 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 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.

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: Lift both legs, the weight is mostly borne by the heels, push bottom to the back, when straightening (risi
   ng), 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, palm on the floor, pull shoulders away from ears, stretch neck, lift breed bone up and to the front.
   Exercise: Move arm 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.

5. Thoracic spine rotation
   Basic position: Rest on all fours, pull shoulders away from ears, stretch neck, lift breast bone 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.

6. Press-up
   Basic position: Lie on the AIREX® Balance-pad Elite, palms touch each other, fingers pull to the back close to the body.
   Exercise: Lift the shoulder blades, hands on the floor, pull shoulders away from ears, stretch neck, lift breast bone up and to the front.
   Repeat 16 times for each side.

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, 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 both arms up over your head, palms point at another, lift head and simultaneously look at hands.
   Repeat 16 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.

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 another, lift head and simultaneously look at hands.
    More difficult: Close eyes.
    Repeat 16 times.

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: Lift both arms up over your head, palms point at another, lift head and simultaneously look at hands.
    Repeat 16 times.

13. Stretching and hip exercise
    Basic position: From resting on all fours, move one bent leg forward, hands on bottom.
    Exercise: Push bottom towards front heel and simultaneously pull down.
    Repeat 16 times.

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.
    More difficult: Close eyes.

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, knees point to the outside.
    More difficult: Close eyes.

Consult your doctor in the case of health problems. These exercises are not suitable for pregnant women.