AIREX Quality Products
Multifunctional training products for fitness, health care and rehabilitation

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 training materials and exercise programmes, please visit www.my-airex.com/training

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 and CALYANA offer the highest level of comfort. This makes them the perfect base 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 products are recommended by Aktion Gesunder Rücken e.V.

Certified and recommended by Aktion Gesunder Rücken e.V.

Gymnastic mat with exercise program

Comfortable
Soft, supple and insulating cushioning.

Hygienic
Simple to clean. Antimicrobial finishing.

Absorbing
Yielding and supportive, protection against injuries.

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

Multifunctional
Versatile application. Indoors, outdoors and in water.

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

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.

Distributor
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20 Minutes
For your health and good shape

Warm-up
The exercises are designed so that no special warm-up is required. Focus on completing the exercise slowly and correctly with good control at the outset, and pay attention to your body’s self-perception.

Exercises
All exercises are performed slowly and with awareness. Start with fewer repetitions and then increase their number gradually. Quality comes before quantity! Find out what your weakness or weaker side is and then work on that diligently. Vary the choice of exercises and train at least every second day, always selecting different exercises. If you do all the exercises, training twice a week is sufficient.

Exercise 1: Front/rear lunge
Buttocks, legs/antitorsos

Exercise description
• Upright standing position
• Long to the front and rear, alternating with the same leg, always at a 90-degree angle
Recommended intensity
6 – 12 repetitions per side

Exercise 2: Half squat
Buttocks, back, legs/antitorsos

Exercise description
• Upright standing position
• Large to the front and front, alternating, with the same leg, always at a 90-degree angle
Recommended intensity
6 – 12 repetitions per side

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Exercise 3: Hip bridge
Buttocks, legs, back/antitorsos

Exercise description
• Upright standing position
• Long to the front and rear, alternating, with the same leg, always at a 90-degree angle
Recommended intensity
6 – 12 repetitions, 1 – 3 series or 6 – 8 repetitions per side, 1 – 3 series

Exercise 4: Four Point
Back, abdomen/core

Exercise description
• Four Point position
• First raise one arm, then one leg, then diagonally without changing your position
Recommended intensity
6 – 12 repetitions, 1 – 3 series or 6 – 8 repetitions per side, 1 – 3 series

Exercise 5: Plank
Back, abdomen, shoulders, hips/core

Exercise description
• Upright standing position
• Sit in a straight line, head down and back, and upper body back and forth with the leg in the front
Recommended intensity
3 – 20 seconds per side

Exercise 6: Push-up position
Back, abdomen, shoulders, hips/core

Exercise description
• Upright standing position
• Lift the extended arm or leg off the floor
Recommended intensity
8 – 15 repetitions and three series per side

Exercise 7: Glute stretch
Buttocks, hips/plianity

Exercise description
• Sitting position
• Lift the extended arm or leg off the floor
Recommended intensity
3 repetitions per side, 10 seconds

Exercise 8: Shoulder circle
Shoulder, thoracic spine/compatibility

Exercise description
• Sitting position
• Lift the extended arm or leg off the floor
Recommended intensity
3 repetitions per side

Exercise 9: Hip mobilisation
Buttocks, hips/plianity

Exercise description
• Sitting position
• Cross your hands behind your neck, practice clenching a wall or perform controlled deeper squats
Recommended intensity
6 – 15 repetitions per side

Exercise 10: Plank to push-up
Shoulder girdle, torso, hips/core

Exercise description
• Upright standing position
• Lift the extended arm or leg off the floor
Recommended intensity
8 – 15 repetitions and three series per side

Exercise 11: Side plank
Shoulder girdle, torso, hips/core

Exercise description
• Upright standing position
• Sit on your side on the floor, legs bent at 90 degrees
Recommended intensity
6 – 12 repetitions, 1 – 3 series

Exercise 12: Roll-up
Abdomen, hips/core

Exercise description
• Upright standing position
• Let the extended arm and leg off the floor
Recommended intensity
10 repetitions and three series per side

Recommended intensity
6 – 10 repetitions per side

Warm-up
Fitness Prevention
Relaxation
After the last exercise, relax briefly while lying on your back by taking a few breaths, consciously being aware of your breathing rhythm and inhaling from the abdomen. Tension leaves your body as you exhale!

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