

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



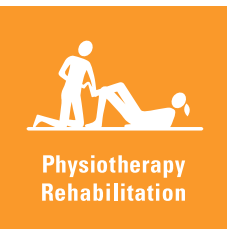
Made-to-measure training

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.



Certified and recommended by
Aktion Gesunder Rücken e.V.



Manufactured by:
Airex AG
5643 Sins, Switzerland

info@my-airex.com
www.my-airex.com

[facebook.com/myairex](https://www.facebook.com/myairex)

Distributor



Gymnastic mat with exercise program



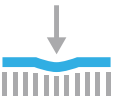
Comfortable
Soft, supple and insulating cushioning.



Hygienic
Simple to clean. Antimicrobial finishing.



Slip-proof
Surface structure and special foam technology prevent slipping.



Absorbing
Yielding and supportive, protection against injuries.



Multifunctional
Versatile application. Indoors, outdoors and in water.



Flat placement
No tripping thanks to flat placement on the floor.



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.

MAT TYPE	COLOR	MAT TYPE	COLOR
Coronella 200 approx. 200x60x1.5 cm	<input type="checkbox"/> Charcoal <input type="checkbox"/> Terra <input type="checkbox"/> Platinum	Fitline 140 approx. 140x60x1.0 cm	<input type="checkbox"/> Charcoal <input type="checkbox"/> Pink <input type="checkbox"/> Kiwi <input type="checkbox"/> Waterblue
Coronella 185 approx. 185x60x1.5 cm	<input type="checkbox"/> Red <input type="checkbox"/> Green <input type="checkbox"/> Blue	Fitline 180 approx. 180x60x1.0 cm	<input type="checkbox"/> Charcoal <input type="checkbox"/> Pink <input type="checkbox"/> Kiwi <input type="checkbox"/> Waterblue
YogaPilates 190 approx. 190x60x0.8 cm	<input type="checkbox"/> Purple <input type="checkbox"/> Anthracite	Fitness 120 approx. 120x60x1.5 cm	<input type="checkbox"/> Blue



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/extensors



- Exercise description
- Upright standing position
 - Lunge to the front and rear, alternating with the same leg, always at a 90-degree angle

Progression
Lunges without setting down the leg, without contact between the knee and floor, with rotation of the upper body

Recommended intensity
6 – 12 repetitions per side

Exercise 3: Hip bridge

Buttocks, legs, back/extensors



- Exercise description
- Lie on your back, feet flat on the floor
 - Raise (extend) the hips to full extension. Actively use the buttock musculature

Progression
Perform the exercise on one leg or extend with power (dynamic)

Recommended intensity
6 – 12 repetitions, 1 – 3 series or 6 – 8 repetitions per side, 1 – 3 series or hold for 15 – 60 seconds, 1 – 3 series

Exercise 2: Half squat

Buttocks, back, legs/extensors



- Exercise description
- Upright standing position
 - With the upper body upright, push the pelvis back and slowly bend the knees to 90 degrees

Progression
Cross your hands behind your neck, practice close to a wall or perform controlled deeper squats

Recommended intensity
8 – 15 repetitions per side

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

Progression
Bring the elbow and knee of the diagonally opposite limbs together underneath the body

Recommended intensity
8 – 15 repetitions and three series per side

Exercise 5: Plank

Back, abdomen, shoulders, hips/core



- Exercise description
- Forearm push-up
 - Push-up on the forearms, stabilise the shoulder and hip axis in parallel
 - Lift the extended arm or leg off the floor

Progression
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/flexibility



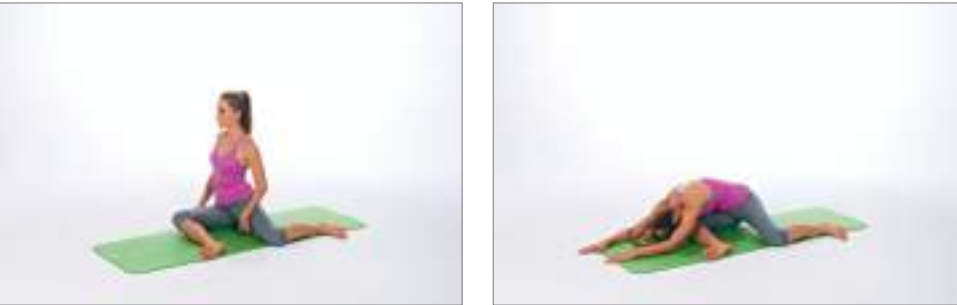
- Exercise description
- Push-up position
 - Pull the leg as far as possible under the body and lie down with the upper body stretched out

Progression
Wander to the left and right with the upper body

Recommended intensity
3 x 20 seconds per side

Exercise 9: Hip mobilisation

Buttocks, hips/flexibility



- Exercise description
- Sit sideways on the buttocks, upper body upright, rear leg angled out
 - Slowly lie down the upper body over the thigh in front

Progression
Extend the arms forward, switch sides in one motion without support of the hands, move the upper body back and forth over the leg in front

Recommended intensity
3 repetitions per side, 10 seconds

Exercise 11: Side plank

Shoulder girdle, torso, hips/core



- Exercise description
- Side plank, upper body in one line, upper leg supported
 - Alternate between extending the upper arm and rolling it up under the body

Progression
Keep the legs extended and only support yourself on the bottom foot

Recommended intensity
10 repetitions and three series per side

Exercise 6: Push-up position

Back, abdomen, shoulders, hips/core



- Exercise description
- Push-up position
 - Push-up on the hands, stabilise the shoulder and hip axis in parallel
 - Lift the extended arm or leg off the floor

Progression
Lift the extended arm or leg off the floor

Recommended intensity
8 – 15 repetitions and three series per side

Exercise 8: Shoulder circle

Shoulder, thoracic spine/flexibility



- Exercise description
- Lie on your side on the floor, legs bent at 90 degrees, arms extended in front of the body
 - The upper arm slowly makes a semicircle with floor contact to the other side

Progression
The hand keeps contact with the floor, elbow extended

Recommended intensity
3 repetitions per side

Exercise 10: Plank to push-up

Shoulder girdle, torso, hips/core



- Exercise description
- Forearm push-up
 - From the forearm push-up, straighten up to the push-up on the hands

Progression
Perform the exercise on the Balance-pad

Recommended intensity
6 – 10 repetitions

Exercise 12: Roll-up

Abdomen, hips/core



- Exercise description
- Lying on the back
 - In one motion, roll up the upper and lower body as far as possible while angling the legs

Progression
Extend the arms upwards, straighten the torso as far as possible

Recommended intensity
10 repetitions and three series