

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 programs, please visit www.my-airex.com/training



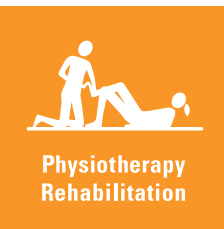
Made-to-measure training

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.



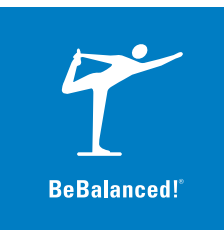
Successful recipes for bodywork

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.



Functional training in pure form

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

Distributor



Fit with a baby belly

Pregnancy exercises

AIREX product attributes



Comfortable
Soft, supple and insulating cushioning.



Absorbing
Yielding and supportive, protection against injuries.



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



Hygienic
Simple to clean. Antimicrobial finishing.



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.

Recommended products

Mat type	Color			Mat type	Color			
Corona 185 approx. 185 x 100 x 1.5 cm	Blue	Red	Green	Coronella 200 approx. 200 x 60 x 1.5 cm	Charcoal	Terra	Platinum	
Corona 200 approx. 200 x 100 x 1.5 cm	Charcoal	Terra	Platinum	Fittline 180 approx. 180 x 60 x 1.0 cm	Charcoal	Pink	Kiwi	Waterblue
Coronella 185 approx. 185 x 60 x 1.5 cm	Blue	Red	Green					



Fit with a baby belly

Pregnancy exercises

Feel good

Controlled movement and exercise during pregnancy is not just allowed but very important. Maintaining a fit body prevents health issues and is an extremely good preparation for birth. Many of the exercises which we have compiled for you are targeted to address issues related to your back and legs which often occur during pregnancy.

Pregnancy is individual

Each pregnancy progresses differently. Therefore, the choice, length and number of exercises should be matched to your individual state of well-being and the phase of your pregnancy. If you are unsure about how much to exercise or feel pain or dizziness from time to time, stop exercising and consult your doctor or midwife to be on the safe side.

Strengthen, but avoid excessive strain

You can gently start the shown exercises right away without a preceding warm-up program. When exercising, avoid excessive strain and holding your breath. For instance, it's better to exercise for shorter periods, but several times daily. The emphasis is on consciously exercising and perceiving your body. Strengthening exercises are only recommended if your overall state of health is good.

Exercise 1: Leg stretching / flexing

Buttocks, legs, feet / flexibility, strength



Exercise description

- Standing upright
- Push the pelvis back while keeping your trunk upright and slightly bend your knees. Then stretch onto your tiptoes and drop down again

Good for

painful legs and feet

Exercise 2: Foot stretching / flexing

Feet / flexibility



Exercise description

- Long sit
- Actively draw the tips of your feet in and then stretch them out again. Actively keep your trunk upright while pulling in

Variation

In a simpler version of the exercise, actively draw in the tips of your feet while lying on your back and stretch them out again

Good for

painful legs and feet

Exercise 3: Hip stretching / flexing

Hips / flexibility



Exercise description

- Knee sitting
- While sitting on your knees, straighten up your hips and reach back to your feet with your arms. Maintain this position as long as it feels good, but for at least five seconds. Then return to your starting position

Good for

problems in the thoracic spin

Exercise 4: Hip rotation / flexing

Hips / flexibility



Exercise description

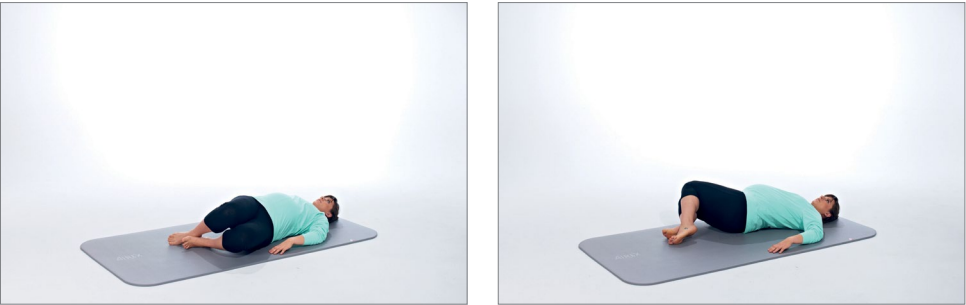
- Side lying position
- While lying on your side, draw your legs up to your body, rotate the hip outward and open your knees. Then stretch out the upper leg, briefly hold and then slowly return to the starting position

Good for

insufficient mobility of the hip and lower back

Exercise 5: Lower body rotation

Trunk / flexibility



Exercise description

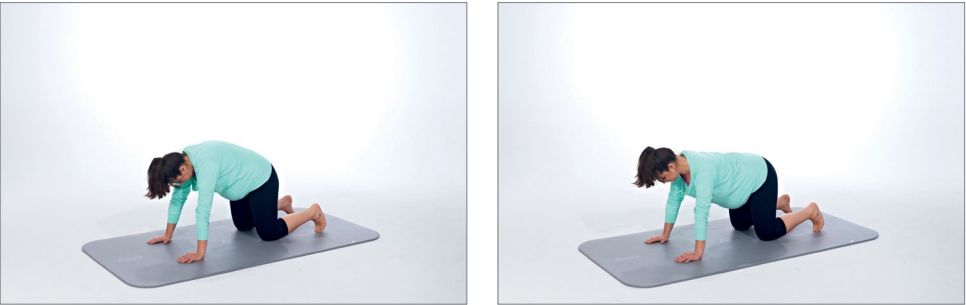
- Lying on back, legs drawn up
- Lay down your legs alternately to the sides

Good for

pain in the lower back (lumbar spine)

Exercise 6: Spine activation

Trunk / flexibility



Exercise description

- Four footed position
- Alternately round up your back and let it drop again. Do not let your back become hollow

Good for

pain in the lower back (lumbar spine) and problems with the thoracic spine

Exercise 7: Trunk relief

Trunk / flexibility



Exercise description

- Four footed position
- Supported on your arms or hands, gently turn down and backwards

Good for

pain in the lower back (lumbar spine) and problems with the thoracic spine

Exercise 8: Hip stretching

Hips / flexibility



Exercise description

- Straddle sitting
- Slowly stretch the legs outwards with your hands while maintaining an upright trunk

Good for

immobile hip joints

Exercise 9: Upper body strengthening

Shoulder girdle / strengthening



Exercise description

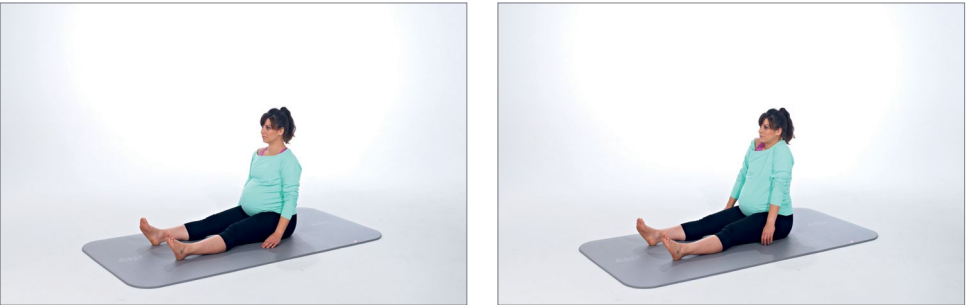
- Straddle sitting
- Alternately perform push and pull movements with your arms at shoulder height

Good for

problems in the thoracic spine

Exercise 10: Shoulder girdle

Shoulder and neck region / relaxation



Exercise description

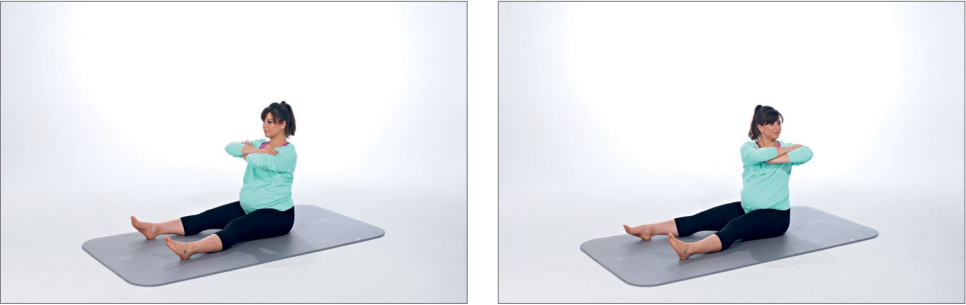
- Long sit
- Alternately pull up your shoulders and consciously let them drop down. Alternatively do circular motions with your shoulders

Good for

tensed neck and problems in the area of the cervical spine (neck area)

Exercise 11: Thoracic spine rotation

Shoulder and neck region / relaxation



Exercise description

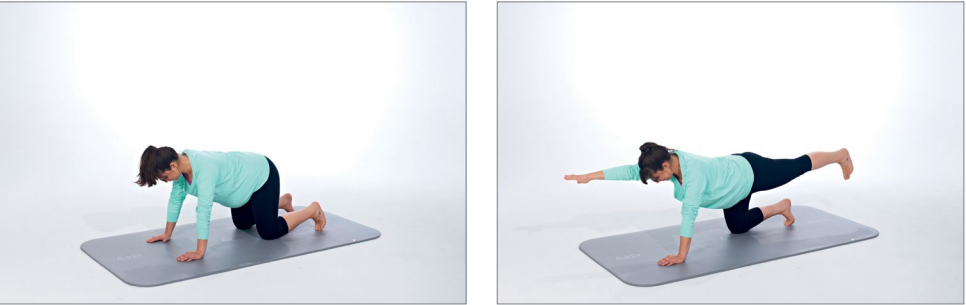
- Long sit
- Alternately rotate your upper body from one side to the other. Hold your arms in front of your chest at shoulder height at the same time

Good for

problems in the thoracic spine

Exercise 12: Diagonal stretching

Extension musculature / strengthening



Exercise description

- Four footed position
- Alternately stretch your arms and legs diagonally and parallel to the floor

Good for

pain in the lower back (lumbar spine)