

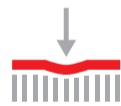
# AIREX®



## Gymnastic mat with exercise program



**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.

### MAT TYPE

### COLOR

Coronella 200  
approx. 200x60x1.5 cm

Charcoal  Terra  Platinum

Coronella 185  
approx. 185x60x1.5 cm

Red  Green  Blue

YogaPilates 190  
approx. 190x60x0.8 cm

Purple  Anthracite

### MAT TYPE

### COLOR

Fitline 140  
approx. 140x60x1.0 cm

Charcoal  Pink  Kiwi  Waterblue

Fitline 180  
approx. 180x60x1.0 cm

Charcoal  Pink  Kiwi  Waterblue

Fitness 120  
approx. 120x60x1.5 cm

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.

### 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!

#### 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 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 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 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 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

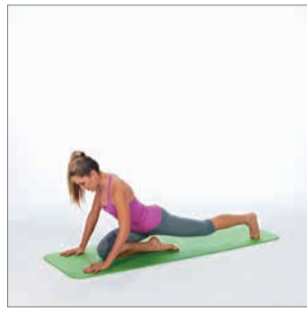
Lift the extended arm or leg off the floor

#### Recommended intensity

8 – 15 repetitions and three series per side

### Exercise 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 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 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

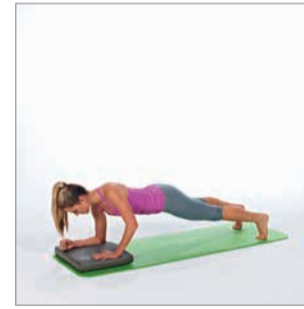
Extend the arms forward, switch sides in one motion without support of the hands, move the upper body back and forth over the leg in front

#### Recommended intensity

3 repetitions per side, 10 seconds

### Exercise 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

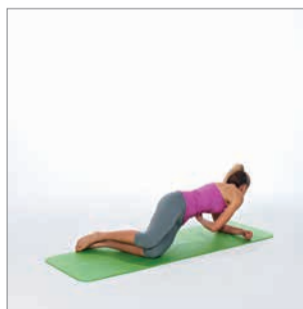
Perform the exercise on the Balance-pad

#### Recommended intensity

6 – 10 repetitions

### Exercise 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 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

# 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](http://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.

## AIREX®

Manufactured by:  
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