

# BeBalanced!®

# AIREX®

Professional exercise line



## UPGRADE YOUR RUNNING ...WALKING ...HIKING

### Physical balance

- Improve your natural pronation
- Strengthen your foot musculature
- Support your ankles
- Help prevent injuries

### Like a workout on clouds

- Skin-friendly and warm
- Soft and cushioning
- Relax while moving
- A vacation for your feet

### High fun factor

- Activating and stimulating
- Multiple applications
- Creative and individual
- Group or individual fitness



### Characteristics of the AIREX® Balance products



**Comfortable**  
Soft and supple with insulating cushioning.



**Multifunctional**  
Versatile application. Indoors, outdoors and in water.



**Hygienic**  
Simple to clean, antimicrobial Sanitized® finishing.



**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.



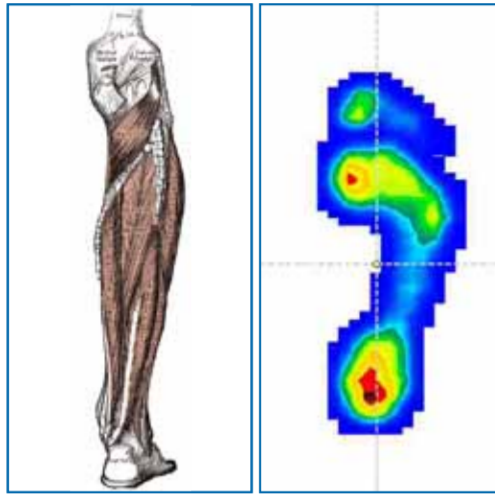
## AIREX® BeBalanced!® Training Program

made in switzerland

www.bebalanced.net

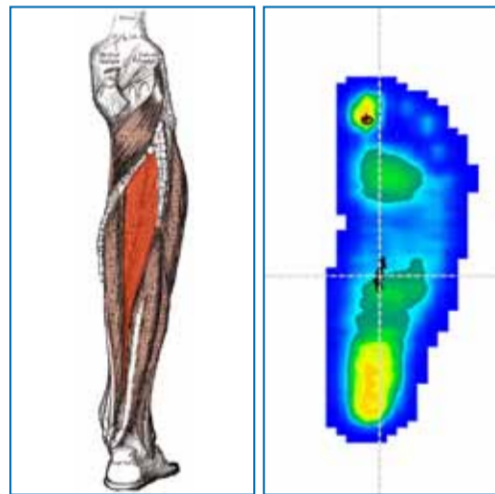
### Sound Foot

The human foot is highly individual in terms of length, width and soft tissue formation. It consists of 26 bones, numerous foot muscles, tendons and an exterior and interior ligament complex. One of the key characteristics of the sound foot is the distribution of pressure over two large, even main regions under the heel and forefoot. Pressure under the metatarsophalangeal joints 1-3 is higher than under the metatarsophalangeal joints 4/5 (see pressure graphic). Another key characteristic of the sound foot is a well-defined longitudinal arch. It should be the goal of every runner to stabilize or restore this ideal state, mainly as a preventive but also as a therapeutic measure.



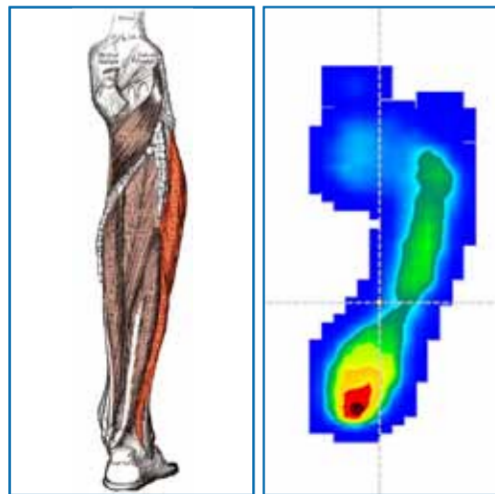
### Flat Foot (Overpronation)

The main characteristic of a flat foot (Pes planus) is the collapse of the longitudinal arch. This leads to overpronation of the foot. In extreme cases, a flat foot can also encompass tilting of the heel towards the inside edge of the foot and tilting of the forefoot, also towards the inside edge of the foot. The entire foot is always in (more or less) full contact with the ground, so that the footprint appears large. Severe flat foot can lead to excessive strain on the Tibialis posterior tendon. This is indicated by pain on the inside of the ankle and can lead to a functional deficit up to a rupture of the Tibialis posterior tendon (the longitudinal arch is no longer activated when standing on the toes, standing on the toes becomes impossible).



### High Arch (Supination)

The main characteristics of a high arch (Pes cavus) include a high instep and elevated longitudinal arch. In addition, the heel may tilt towards the outside edge of the foot. The high arch exhibits excessive supination and is associated with an elevated risk of ankle sprains (supination trauma). In extreme cases the mid-foot (metatarsus) is twisted so that roll-over only takes place over the outside edge of the foot. Increased pressure on the outside edge of the foot is revealed in the foot impression. The high arch is associated with pain on the outside edge of the foot. This region often develops more callus and the risk of sprains is elevated. Risk: damage to the peroneal tendons.



All exercises are performed in 3 sets of 10 repetitions each, or for 30 to 60 seconds. Pauses are 30 to 60 seconds.



**Exercise 1: Ankle training**  
The foot actively rolls from the ball to the heel and back on the Balance-pad. Actively use the arms during this exercise.



**Exercise 2: Running imitation**  
From a stabilized one-legged stance, make imitation running movements coordinated on opposite sides.



**Exercise 3: Stabilization / orientation**  
From a stabilized one-legged stance, raise one leg and the opposite arm. Then look up at your hand.



**Exercise 4: Diagonal stretch**  
From a one-legged stance, stretch the body diagonally and stabilize.



**Exercise 5: Half knee bend**  
From a standing position, slightly lower and push back the buttocks, slightly lower the torso and stretch out the arms.



**Exercise 1: Elevated toe stance**  
Start by assuming a stable stance on both legs and slowly push into the elevated toe stance. Do not allow the heel to deviate to the inside or outside.



**Exercise 2: Elevated toe stance on the Balance-pad edge**  
Slowly raise the foot into the elevated toe stance and slowly lower it to just above the floor.



**Exercise 3: Outer foot edge**  
Slowly roll the foot onto the outer edge (supination) and hold for 3 seconds.



**Exercise 4: Toe flex**  
With pressure from the metatarsophalangeal joints, push the toes into the Balance-pad and hold for 3 seconds. The metatarsophalangeal joints are pushed in the direction of the heel.



**Exercise 1: Toe lift**  
The heels are on the Balance-pad, the toes on the floor. Put pressure on the heels and lift the toes off the floor.



**Exercise 2: Toe spread with pressure on the ball of the big toe**  
Stable stance on the Balance-pad. Actively push the ball of the big toe into the Balance-pad and hold for 3 seconds while spreading the toes.



**Exercise 3: Inline position**  
Stable stance on the Balance-pad, one foot behind the other. Actively push the ball of the big toe into the Balance-pad and hold for 3 seconds.



**Exercise 4: Heel and toe stance**  
Stand diagonally on the Balance-pad. Lift the tip of the front foot and the heel of the back foot off the Balance-pad.

**Prof. Dr. med. Dr. med. habil. Markus Walther**  
Deputy Medical Director, Head Physician  
Schön Klinik München Harlaching  
Foot surgery  
Ankle Surgery



**Best marathon time 2:50:35 h**



A combination of barefoot training, strengthening the foot musculature and sensorimotor training can counteract complaints that are typical for runners.

The AIREX® Balance-pad combines these three aspects, making it ideal to balance out strain associated with running.

*Markus Walther*

# AIREX® QUALITY PRODUCTS

## MULTIFUNCTIONAL TRAINING PRODUCTS FOR FITNESS, HEALTH CARE AND REHABILITATION



### 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® offer the highest level of comfort. This makes them the perfect pad 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 AIREX® BeBalanced!® line opens totally new possibilities to achieve a maximum training effect with a minimum expenditure of energy.

### Experienced and innovative

AIREX® is the clear leader in the foam technology field. The Balance-pad Elite benefits from 50 years of experience and the unique know-how of the industry leader. From proven materials to the no-frills 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!® programmes 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](http://www.bebalanced.net).



# AIREX®

Manufactured by:  
Airex AG  
5643 Sins, Switzerland  
[www.airexag.ch](http://www.airexag.ch)  
[www.bebalanced.net](http://www.bebalanced.net)

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