

# AIREX®

## Mats and Balance Products

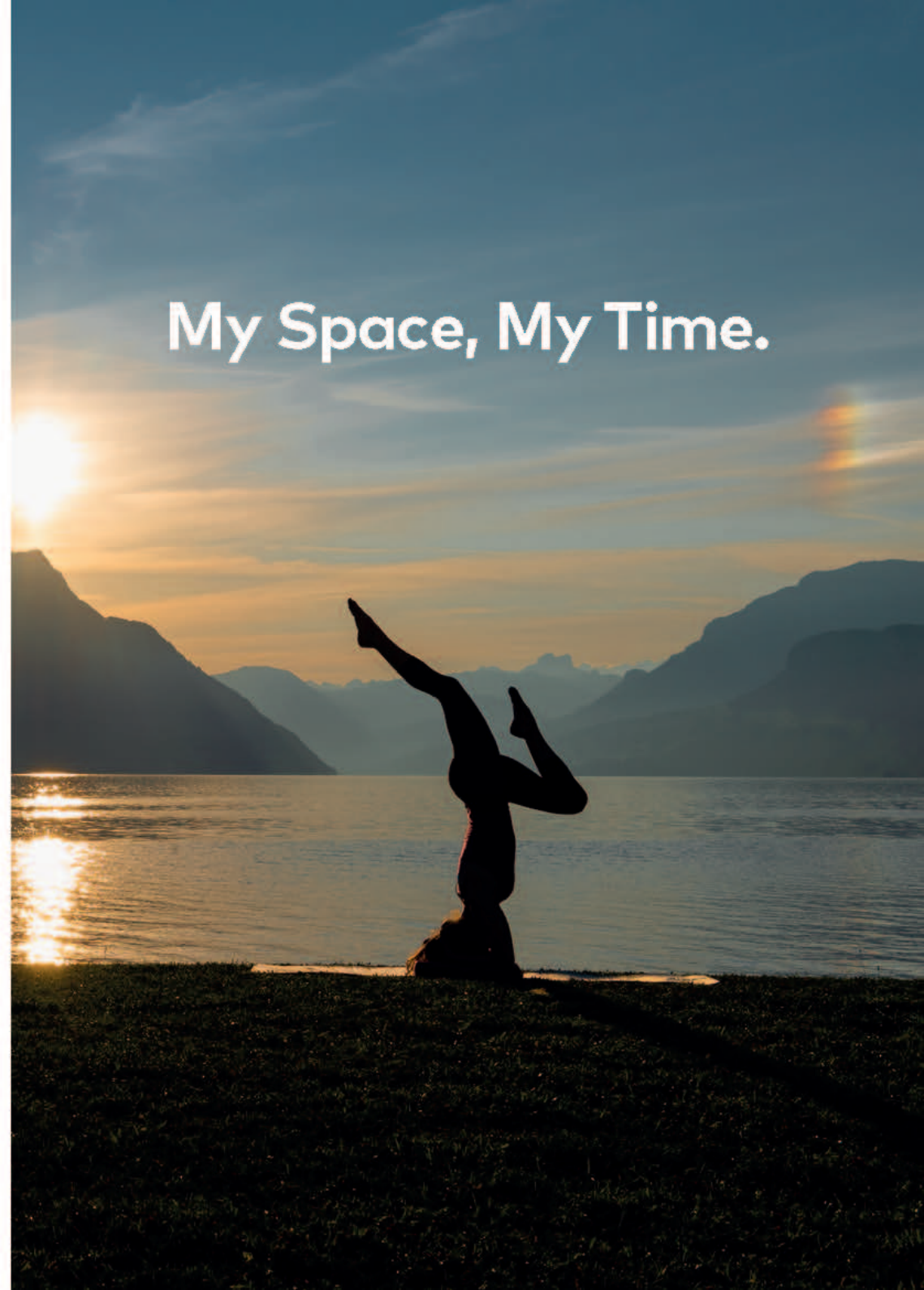
The highest quality Swiss made products  
with a lifetime satisfaction guarantee.



**My Space, My Time.**

[www.my-airex.com](http://www.my-airex.com)

My Space, My Time.





There's my time in my day, that's that part of the day that I dedicate to me.

I put all the stresses, worries, naggings of the day aside, and get into my zone, this zone is my space, where I get better, stronger and strive to be my own best.

My own best is what I wish for me, what I feel I need and strive to achieve. I want to be that best version of me for me, on my own terms, in my own space.

In my own space, I space out the negatives and attract the positives.

This is my space, my life, for the great ultimate feeling.

My space, my time.

My space, my place of strength.

My space, my time to get stronger.

My space, my time to prepare for the day.

My space, my time to wind down from the day.

My space of focus and motivation.

My safe place where I heal and get better.

My safe place where I get ready for the game.

My safe place where I get ready for life.

My space for the ultimate great feeling.

The Swiss-made products that are proud of its origin, dating back to 1952.

Our products are of highest quality and guarantee a lifetime satisfaction, made for your own good for good.

# Space in





# About AIREX®

AIREX® is the world market leader in the field of training and therapy mats. In the early 1960s AIREX® was the first brand to manufacture foam mats, and to undertake the requisite pioneering extrusion works in the mid-1980s. AIREX® products are present in over 50 countries through distribution partners, and exported to another 120 countries all over the world as a proven Swiss quality. AIREX® commitment to tradition is aptly epitomized by more than 60 years of know-how in foam technology and long service life.

## Innovators with more than 60 years of experience

The chemist Dr. Emil Brunner and the inventor Herbert Lindemann headed a special team tasked with developing manufacturing plans for plastic-based foam. The legend has it that Mr. Lindemann arrived in Sins on his bike with just a few personal belongings, but with extensive expertise and brilliant ideas about how to manufacture closed cell foam from PVC.





# AIREX® products

The unrivalled AIREX® products are indispensable companions in the realm of professional and safe training and therapy right from the very start of the process. The AIREX® sports accessories render any practical application more natural, effective, and comfortable.

All AIREX® products have unparalleled quality and unique selling points, visibly distinguished from other products, especially from low-priced lookalikes and knockoffs.

The AIREX® R&D Lab in Switzerland is fully committed to innovation and product optimization in close collaboration with world-renowned universities, clinics, sports scientists, and physicians. For decades AIREX® products have been used for successful applications in hundreds of olympic training camps and performance centers, thousands of fitness studios and clubs, as well as rehabilitation centers and physical therapy facilities all over the globe.

## Quality – Made in Switzerland

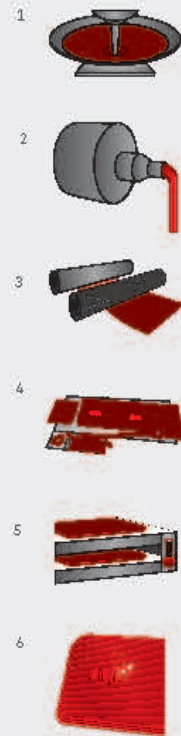
The manufacturing technology for closed cell foams developed by AIREX® – the market leader in foam technology – is one of a kind. The most stringent quality controls exercised on a regular basis demand AIREX® assurance about impeccable all-round products from the AIREX® manufacturing process, and dealers to end consumers.



## A globally unique production technique

All AIREX® products are 100% made in Switzerland compliant with a special manufacturing procedure. The production takes about eight exceptional hours, and could best be described if compared to a one-of-a-kind baking process:

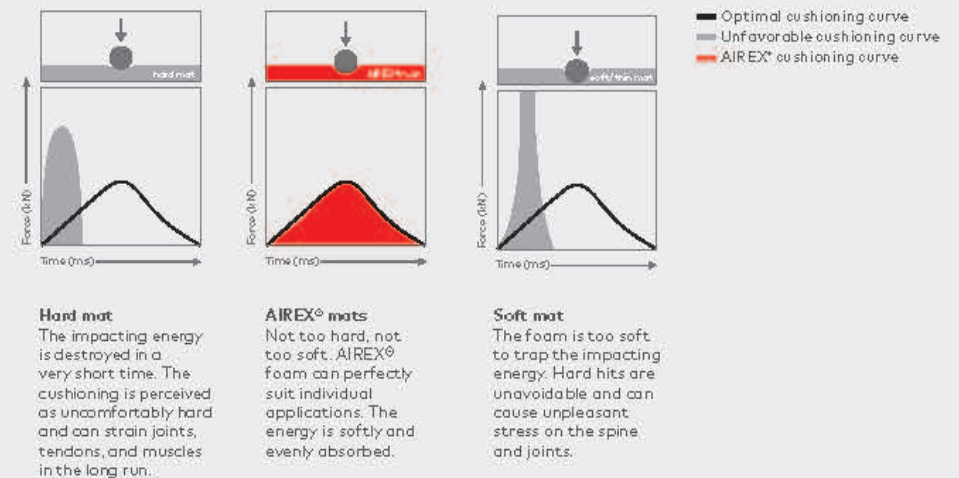
1. The dough is made to a secret recipe in large pots and kneaded into a homogeneous mass.
2. A special process is applied to knead the dough into a solid, porous mass.
3. The mass is rolled out and molded to receive a characteristic shape and grooves.
4. Appropriately sized molded pieces are removed from molds and the remaining dough is fully recycled.
5. The mats are put in the oven to bake, where their original size increases multifold. The resulting pieces coming out of the oven are unique, which is why their masses are always indicated "approximately."
6. The finished products are left to cool, packed and prepared for sale.



As a specialist in application-specific foams, AIREX® sets high quality standards worldwide. Our products are constantly developed and enhanced. Quality assurance has a very high priority in our production and development.

The AIREX® mats' innovative, closed-cell foam was developed over many years. The extremely durable material is supportive and warm, soft and cushioning. Joints are stabilised, tendons strengthened allowing muscles to be trained both extremely gently and efficiently.

The AIREX® mats provide optimal cushioning and support perfect training practices.



# AIREX® Mats product line

The unique foam technology adorning our exceptional AIREX® mats sets new sports accessories standards elevating AIREX® mats to top-class high-tech products.

The extremely durable material of AIREX® mats is pleasantly soft, warm, and has perfect cushioning to protect joints, tendons, and spine. It facilitates training with maximum efficiency – a healthy and effective workout has never been so much fun.

The grooved and slip-resistant upper and lower surface provides desirable safety. It supports and ensures a stable and secure hold even in freely changing positions.

The closed cell foam technology prevents any ingress of water or dirt – hygienically perfect.

The AIREX® R&D Lab in Switzerland and the AIREX® Academy are constantly in contact with thousands of physical therapists and sports scientists worldwide to deliver the training mat of the future today.

## Main features:

- Ultimate comfort: insulating, soft, warm with excellent high damping properties
- Highest security: optimal stretch, flat-lying, robust, non-slip with rounded edges and 90° squared-like
- For indoor & outdoor use: weather-resistant
- Longevity
- Hygienic: sanitized treatment and easy to clean
- Closed cell foam structure

Each and every AIREX® mat made in Switzerland is a unique piece in compliance with the Medical Device Directive 93/42/EEC. It has the AGR seal of approval for back-friendly products, certified and recommended by the Association of German Back Schools e.V.



Water-resistant



Suitable for indoor use



Suitable for outdoor use



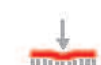
Comfortable



Hygienic



Non-slip



Cushioning



Lies flat



Multi-purpose



Durable



Insulating



Water & dirt repellent



Closed cell foam



Zero waste production



CE-compliant

"A mat is not just another mat. This training tool has its distinctive properties akin to other training accessories, and its own essential quality features. A great mat is recognizable by its comfort, safety, longevity and design. It has to be a source of fun for users to keep them motivated in the long run. In other words, a great mat is sustainable, makes you feel good, and is noticeably better than any other mat. Never before has mat training been so effective and enjoyable at the same time."

Paul Strik, Handmaster, AIREX® Academy



We are innovators with more than 60 years of experience in building state-of-the-art mats that are strong, supportive, and durable. We know that the products resulting from our hard work and commitment will become your lifetime companions.



# AIREX® Balance-pad

## Product Line My Space, My Balance.

### Minimum effort for maximum success

The one of a kind AIREX® Balance products are highly effective. AIREX® Balance-pads can be used for intelligent therapy and as exercise equipment.

The beginners and advanced users are equally in need of varied full body workouts featuring strong appeal and safe performance.

The unique AIREX® foam technology makes it all possible. It sets new sports accessories standards and elevates the Balance-pads product line to the line of top-quality high-tech products.

The products are applicable in rehabilitation, prevention, recreational and competitive sports, as well as in-home and office training.

The AIREX® Balance-pads product line is one of the most effective options for sensorimotor coordination training.

### Function:

The AIREX® Balance-pad and beam destabilizing effect triggers the engagement of deep-seated muscles to regain balance and stability.

It prompts the neural control function, spurring a significant improvement of communication between the nerves and the muscles.

As a result, training on the Balance-pad is far more effective and involves more muscle fibers per exercise than training without a Balance-pad.

The workout with the entire AIREX® Balance-pad product line provides a tremendous joint and spine relief.

### Sporting effect:

- Training of basic motor skills, such as strength, flexibility, endurance, coordination and balance
- Increased muscle action potential = higher efficiency
- Fascia training through "proprioceptive refilement"
- Physical and mental multi-functionality
- Concentration ability enhancement

### Therapeutic effect:

- Proprioception improvement
- Spine stabilization
- Joint stabilization
- Firming of connective tissue
- Sensorimotor function improvement
- Effective regression after pregnancy
- Posture improvement
- Cardiovascular diseases, arthrosis, osteoporosis and herniated discs
- Sensorimotor Coordination Therapy
















### Main features:

- Ultimate comfort and training effects: insulating, soft, warm with optimal destabilizing properties
- For all kinds of therapeutic and training applications
- Physical and mental multi-functionality
- For indoor & outdoor use: weather-resistant
- Longevity
- Hygienic: sanitized treatment and easy to clean
- Closed cell foam structure

Each and every AIREX® Balance-pad is a unique piece in compliance with the Medical Device Directive 93/42/EEC. It has the AGR seal of approval for back-friendly products, certified and recommended by the Association of German Back Schools e.V.



-  Water-resistant
-  Suitable for indoor use
-  Suitable for outdoor use
-  Comfortable
-  Hygienic
-  Multi-purpose
-  Different degrees of hardness
-  Unstable subsurface
-  Insulating
-  Water & dirt repellent
-  Closed cell foam
-  Zero waste production
-  CE-compliant





**AIREX<sup>®</sup>**

My Space, My Strength.

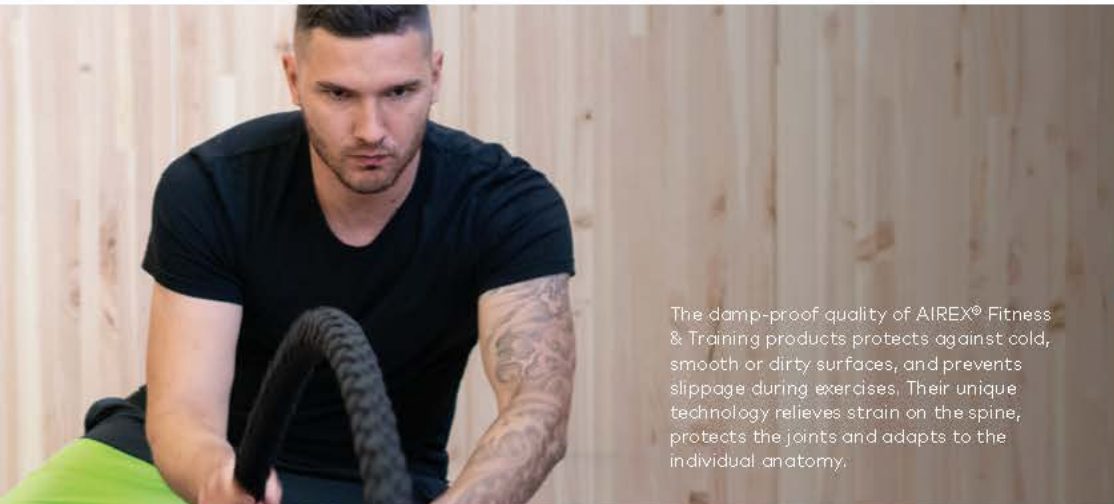
**Fitness & Training**



# AIREX® Fitness & Training

## My Space, My Strength.

The unique AIREX® products are indispensable companions in the realm of comfortable and efficient personal fitness and training.



The damp-proof quality of AIREX® Fitness & Training products protects against cold, smooth or dirty surfaces, and prevents slippage during exercises. Their unique technology relieves strain on the spine, protects the joints and adapts to the individual anatomy.

**“ For fitness, training and stretching surfaces, or functional training. A perfect mat can only really unfold when tailor-made to fit its respective purpose. Buying an exercise mat is an important decision because the mat should bring you every day benefits for many hours a week. The total number of workouts amounts to about 10,000 hours of physical contact with the foam of your mat during your active life.”**

**Paul Uhlir, Headmaster, AIREX® Academy**



### AIREX® Fitline 140/180

The AIREX® Fitline mats are the ultimate choice for sports and training, used by countless top athletes across the world. The Fitline is a classic fitness mat often used for group fitness classes in gyms. As a small, lightweight and trendy training mat, the AIREX® Fitline is also a perfect gymnastics mat at home and “on the go”, and a perfect fit for any sports bag.

Size: approx. 140/180 x 60 x 1 cm  
Weight: 1.2 kg / 1.5 kg



### AIREX® Fitness 120

The AIREX® Fitness 120 is a short version of the best-selling Coronella 185 mat. It has incredibly short, proven length of only 120 cm, especially suitable for group fitness where space is limited. This mat offers high cushioning and has become an essential standard piece of equipment in first-class gyms and sports clubs. It is used by personal trainers. The AIREX® Fitness 120 was developed in collaboration with athletes and therapists to fully meet their requirements.

Size: approx. 120 x 60 x 1.5 cm  
Weight: 1.4 kg



### AIREX® Xtrema

The AIREX® Xtrema is a new breakthrough innovation – the most robust mat in the AIREX® range. Due to its high density foam, the AIREX® Xtrema can be used outdoors on stony ground, gravel roads, and the beach regardless of weather conditions. Owing to its high stiffness, the AIREX® Xtrema is equally suitable for yoga and pilates, but also for professional, functional training.

Size: approx. 178 x 58 x 0,6 cm  
Weight: 1.8 kg





# AIREX® Fitness & Training

## My Space, My Strength.

### AIREX® Balance-pad Cloud

The AIREX® Balance-pad Cloud generates more intense stimuli as it is far more unstable and wobbly than any other predecessor of the AIREX® Balance-pad product line. These features stem from the Cloud's lower density foam composition. The Cloud is an advanced Balance-pad version used by athletes and users able to maintain perfect balance. The waffle-like texture embossed on its either side is a great facilitator of comfortable and non-slip therapy and training applications.

Size: approx. 48 x 40 x 6 cm  
Weight: 0.8 kg



AIREX® Balance-pad Cloud



### AIREX® Balance-pad Elite

The AIREX® Balance-pad Elite is an upgrade of the already proven Balance-pad. It has unique slip-resistant waffle-like texture on its upper and lower side providing pleasant stimulation for receptors in the foot sole during bare foot balance training. The AIREX® Balance-pad Elite, owing to its thickness of 6 cm, has the desirable destabilizing characteristics. Its smooth surface is perfect for barefoot balance training beginners. The yielding foam constantly challenges the body to maintain its balance and stabilize the joints. The exercises on the Balance-pad Elite trigger the engagement of a greater number of deeper muscles than the exercises performed without the Balance-pad.

Size: approx. 50 x 41 x 6 cm  
Weight: 0.7 kg



AIREX® Balance-pad Elite

### AIREX® Balance-pad Mini

The AIREX® Balance-pad Mini was primarily designed to meet functional training requirements, but it is just as perfect for traveling. It is not only an active training tool, but also a good prop for training instructors. It provides a smaller training area fantastic for one-legged and single-handed functional exercises as well as for dynamic training. The AIREX® Balance-pad Mini can be easily fitted into any sports bag or hand luggage for that matter. However, its comfortable, smooth surface is not 100% slip-resistant on smooth floors. Therefore, it is recommended to use it in combination with a supplementary AIREX® mat underneath.

Size: approx. 41 x 25 x 6 cm  
Weight: 0.37 kg



AIREX® Balance-pad Mini







**AIREX<sup>®</sup>**

My Space, My Peace.

# Yoga & Pilates



# AIREX® Yoga & Pilates

## My Space, My Peace.

Yoga and pilates have many things in common, but these two training concepts have different applications. They adapt movement and breathing individually and optimally to suit the needs of their respective practitioners.



"The AIREX® Pilates 190, Xtrema, and Calyana mats lines are suitable for this purpose. These mats were designed to accommodate the compelling professional options and wishes of famous Pilates and Yoga teachers."

Paul Mir, Headmaster, AIREX® Academy



### AIREX® Pilates 190

Propelled by highly demanding requirements of Pilates instructors to develop a Pilates mat with the attributes assigned to our unique and famous AIREX® quality, we designed the AIREX® Pilates 190 mat together with Pilates instructors. This unbelievably thin mat (only 0.8 cm) made from high density material ensures stability required to master even the most demanding positions. Owing to our special AIREX® manufacturing process, the Pilates 190 has a distinctive cushioning effect equal to all other AIREX® gymnastics mats. It helps to effectively protect the users' joints and tendons. A must-have for classic mat training.

Size: approx. 190 x 60 x 0,8 cm  
Weight: 1.4 kg



### AIREX® Calyana

Calyana – a premium yoga mat from the AIREX® Yoga & Pilates line – was designed in collaboration with highly skilled and prominent yoga teachers. Calyana offers maximum safety, fun and longevity, allowing you to enjoy your time and sync up your body, mind and soul. The superior quality of Calyana yoga mats puts them on the list of the best yoga mats worldwide. A wonderful yoga tool for all Yoga practitioners.

Size: approx. 185 x 66 x 0,68/0,45 cm  
Weight: 2,35 kg / 1.7 kg



DESIGNED IN SWITZERLAND, MADE IN GERMANY.



AIREX® Calyana Professional

### AIREX® Xtrema

The AIREX® Xtrema is a new breakthrough innovation – the most robust mat in the AIREX® range. Due to its high density foam, the AIREX® Xtrema can be used outdoors on stony ground, gravel roads, and the beach regardless of weather conditions. Owing to its high stiffness, the AIREX® Xtrema is equally suitable for yoga and pilates, but also for professional, functional training.

Size: approx. 178 x 58 x 0,6 cm  
Weight: 1.8 kg





# AIREX® Yoga & Pilates

My Space, My Peace.



Although Yoga and pilates continuously develop new trends, their goal remains the same – to get your body and mind in sync. And a good mat can perfectly serve this purpose.

In my space, my peace, a good Yoga and pilates mat delivers the required high rigidity, slip resistance and a good grip, especially during sweat-inducing exercises.

Additional benefits are:

- Grounding
- Anti-slip
- Stronghold
- 100% outdoor proofed (wind, saltwater, sun)



A person is performing a balance exercise on a black Airex mat. They are wearing a white long-sleeved shirt, grey sweatpants, and white sneakers. The mat is placed on a blue mat on a grey floor. The background is a light-colored wood-paneled wall. The text 'AIREX' is overlaid on the image in a large, white, bold font.

**AIREX**<sup>®</sup>

My Space, My Health.

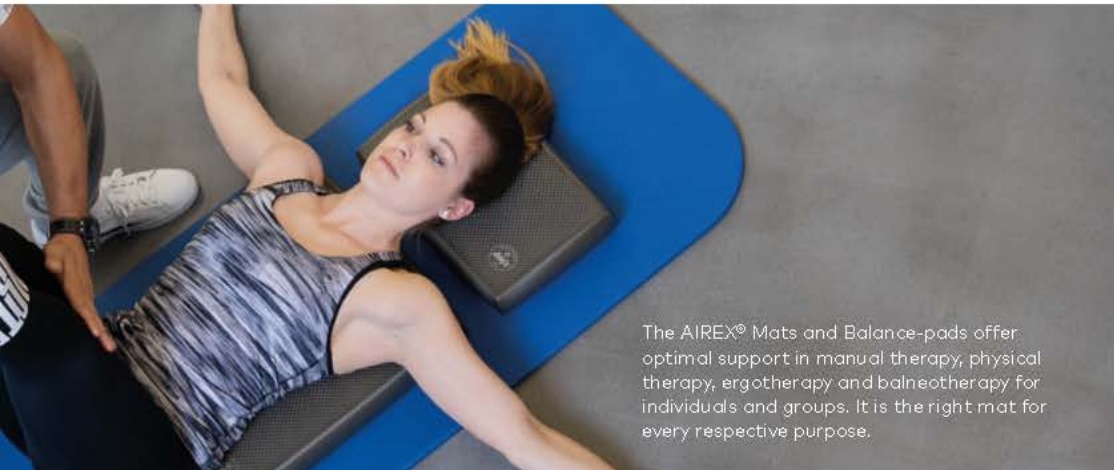
**Physio & Rehabilitation**



# AIREX® Physio & Rehabilitation

## My Space, My Health.

The high level of responsibility associated with therapy requires the highest quality. The therapeutic success and hygiene guide the application of unique AIREX® products in clinics, rehabilitation centers, and private practices.



The AIREX® Mats and Balance-pads offer optimal support in manual therapy, physical therapy, ergotherapy and balneotherapy for individuals and groups. It is the right mat for every respective purpose.



**"Unique AIREX® therapy products enable safe and comfortable sitting, kneeling, standing, and lying. They provide the optimal stimuli, support sensorimotor abilities, and thus offer highly professional support."**

Paul Uhlig, Headmaster, AIREX® Academy

All AIREX® products meet the requirements of the Medical Device Directive 93/42/EEC without exception. Their antibacterial finish guarantees maximum hygiene with minimum maintenance. The integrated Sanitized® hygiene protection keeps even the most aggressive MRSA bacteria in check.

### AIREX® Corona

The AIREX® Corona has been our most popular exercise mat for years. It delivers outstanding workout features. The AIREX® Corona fulfills all the key requirements expected from a perfect exercise mat by health professionals. No wonder that Corona has become No. #1 mat for physical therapy and personal training.

It provides enough space for all types of exercises, and is so comfortable that the user is motivated to reach new heights. Corona has top-class wearing comfort, skin feel and hygienic properties.

**"Sports scientists and physical therapists all over the world have verified the excellent quality of our multi-certified exercise mat."**

Paul Uhlig, Headmaster, AIREX® Academy

The AIREX® Corona training mat is also used in club sports, gyms, therapeutic facilities, at home and in the office. This mat is suitable for outdoor use and can even be used in water.

Size: approx. 185/200 x 100 x 1.5 cm  
Weight: 3.8 kg / 4.1 kg



### AIREX® Coronella

The material developed especially for AIREX® Coronella is exceptionally dimensionally stable and able to withstand even heavy physical loads. This sports mat can be incredibly easily and discretely rolled up and stowed away at any time.

The AIREX® Coronella is a standard piece of equipment in first-class gyms and sports clubs used by personal trainers.

It was designed in collaboration with athletes and therapists to fully meet their requirements.

**"It is a first choice piece of equipment for top-class gyms, personal trainers, sports clubs, Olympic training camps, as well as the German football team clubrooms"**

Paul Uhlig, Headmaster, AIREX® Academy

Size: approx. 185/200 x 60 x 1.5 cm  
Weight: 2.2 kg / 2.4 kg





# AIREX® Physio & Rehabilitation

## My Space, My Health.

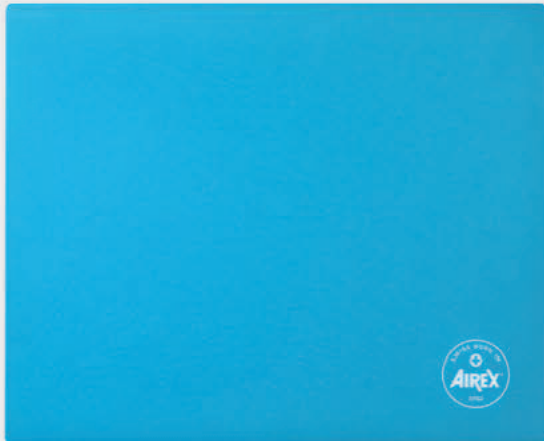
### AIREX® Balance-pad

The AIREX® Balance-pad is an active therapy and training tool made of the famously soft AIREX® foam material. The Balance-pad, with its smooth surface, is perfect for barefoot balance training beginners. This Balance-pad, owing to its thickness of 6 cm, has the desirable destabilizing characteristics. The yielding foam constantly challenges the body to maintain its balance and stabilize the joints. The exercises on this Balance-pad trigger the engagement of a greater number of deeper muscles than the exercises performed without the Balance-pad. The workout on the Balance-pad can purposefully improve both conditional and coordinative abilities, such as strength, endurance, differentiation and balance.

Size: approx. 50 x 41 x 6 cm  
Weight: 0.7 kg



AIREX® Balance-pad



### AIREX® Balance-pad Solid

The AIREX® Balance-pad Solid produces much softer stimuli on account of its higher density. It is not as unstable or wobbly as other AIREX® Balance-pads. It is an optimum aid for seniors and therapists in the very early therapy phase. Due to its extremely robust properties, the AIREX® Balance-pad Solid is particularly useful for functional training as it can just as well be used for training in sneakers. The extensive waffle-like texture embossed on either side facilitates very simple, remarkably slip-resistant and safe therapy and training applications.

Size: approx. 46 x 41 x 5 cm  
Weight: 1.07 kg



AIREX® Balance-pad Solid

### AIREX® Balance-pad XLarge

The AIREX® Balance-pad XLarge is twice the size of the Balance-pad Elite, allowing a completely new perspective of balance training as a result. The advent of the Balance-pad XLarge inaugurated a new range of exercises and their variations making training a more challenging task. On the one hand, it has unique waffle-like, slip-resistant texture on its upper and lower side, but on the other it provides pleasant stimulation for the receptors in the foot sole during bare foot balance training. The Balance-pad XLarge, owing to its thickness of 6 cm, has the desirable destabilizing characteristics. The AIREX® Balance-pad XLarge is especially designed for office use.

Size: approx. 98 x 41 x 6 cm  
Weight: 1.4 kg



AIREX® Balance-pad XLarge





# AIREX® Physio & Rehabilitation

## My Space, My Health.

### AIREX® Balance-beam Mini

The AIREX® Balance-beam Mini is a small brother of the Balance Beam developed for balancing and training. Its size allows engagement of all trunk muscles in both abdominal and supine positions. It is also perfect for supporting and intensifying yoga and pilates exercises. The outstanding AIREX® foam technology sets new sports accessories standards and elevates the Balance-beam to the top-rated high-tech product line.

Size: approx. 41 x 24 x 6 cm  
Weight: 0.3 kg



AIREX® Balance-beam Mini



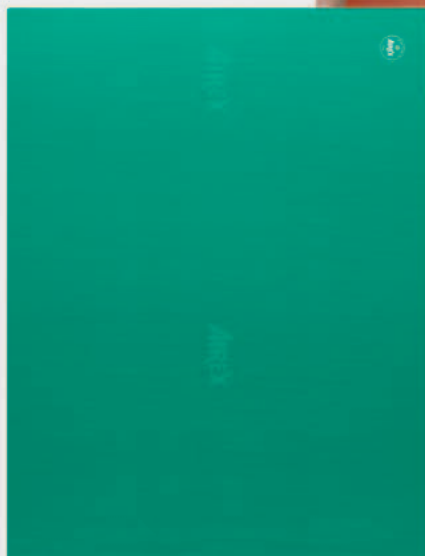
### AIREX® Atlas

The AIREX® Atlas is the largest mat in our product range. This rectangular mat allows an even more extensive cohesion section to be covered with several mats as needed. The properties of the material and 1.5 cm thickness stand equal to the best-selling Corona and Coronella products. It prevents any sinking to the floor, even in case of point loads. In water applications, the AIREX® Atlas offers the optimum support for all conceivable therapy forms, urging for creative water activities.

Size: approx. 200 x 125 x 1.5 cm  
Weight: 5.5 kg



AIREX® Atlas



### AIREX® Fitline Studio

The AIREX® Fitline mats are the ultimate choice for sports and training, used by countless top athletes across the world. The Fitline is a classic fitness mat often used for group fitness classes in gyms. As a small, lightweight and trendy training mat, the AIREX® Fitline is also a perfect gymnastics mat at home and "on the go", and a perfect fit for any sports bag.

Size: approx. 100 x 50 x 1 cm  
Weight: 0.8 kg



### AIREX® Balance-beam

The AIREX® Balance-beam was developed for balancing and training. Its size allows the engagement of all trunk muscles in both abdominal and supine positions. It is also perfect for supporting and intensifying yoga and pilates exercises.

The outstanding AIREX® foam technology sets new sports accessories standards and elevates the Balance-beam line to the top-rated high-tech product line.

Size: approx. 160 x 24 x 6 cm  
Weight: 0.9 kg



AIREX® Balance-beam







**AIREX<sup>®</sup>**

My Space, My Team.

**Schools & Associations**



# AIREX® Schools & Associations

## My Space, My Team.

School and association sports span the broadest range of applications and have the highest demands.

School and association sports, e.g. gymnastics or martial arts, require mats of maximum performance level.

AIREX® products are suitable for all age groups and movement requirements. They play just as important role in school and association sports as in women's gymnastics. The dual function of mats and Balance-pads is invaluable for kindergarten and playgroups. They can be used to play around or to rest – either indoors, outdoors or in the water.



**"The robust AIREX® Mats and Balance-pad products make a valuable contribution to training, sports and play. The AIREX® products superior cushioning properties provide softness as well as secure hold. The AIREX® tear-resistant, film-reinforced Titanla and Diana gymnastics mats can withstand high loads both indoors and outdoors."**

Paul Uhlig, Headmaster, AIREX® Academy

Coaches, trainers and teachers attach great importance to the protection of their protégés from injuries to support healthy growth and sports, and enhance their overall individual performance.

### AIREX® Corona

The AIREX® Corona has been our most popular exercise mat for years. It delivers outstanding workout features. The AIREX® Corona fulfills all the key requirements expected from a perfect exercise mat by health professionals. No wonder that Corona has become No. #1 mat for physical therapy and personal training.

It provides enough space for all types of exercises, and is so comfortable that the user is motivated to reach new heights. Corona has top-class wearing comfort, skin feel and hygienic properties.

**"Sports scientists and physical therapists all over the world have verified the excellent quality of our multi-certified exercise mat."**

Paul Uhlig, Headmaster, AIREX® Academy

The AIREX® Corona training mat is also used in club sports, gyms, therapeutic facilities, at home and in the office. This mat is suitable for outdoor use and can even be used in water.

Size: approx. 185/200 x 100 x 1.5 cm  
Weight: 3.8 kg / 4.1 kg



### AIREX® Coronella

The material developed especially for AIREX® Coronella is exceptionally dimensionally stable and able to withstand even heavy physical loads. This sports mat can be incredibly easily and discretely rolled up and stowed away at any time.

The AIREX® Coronella is a standard piece of equipment in first-class gyms and sports clubs used by personal trainers.

It was designed in collaboration with athletes and therapists to fully meet their requirements.

**"It is a first choice piece of equipment for top-class gyms, personal trainers, sports clubs, Olympic training camps, as well as the German football team clubrooms"**

Paul Uhlig, Headmaster, AIREX® Academy

Size: approx. 185/200 x 60 x 1.5 cm  
Weight: 2.2 kg / 2.4 kg





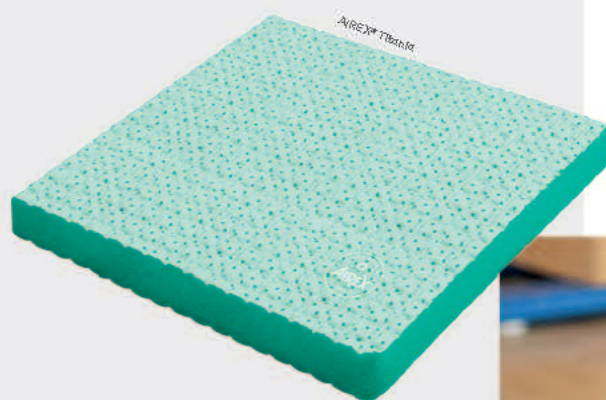
# AIREX® Schools & Associations

## My Space, My Team.

### AIREX® Titania

The AIREX® Titania mat was especially designed for school and club sports. It has the ultimate damping properties due to its thickness of 3.2 cm. The AIREX® Titania mat has special coating for sustainable mat foam protection, resistant to frequent use in sneakers. This mat is extremely robust and durable. Due to its right-angled cut, the AIREX® Titania can be laid seamlessly onto large surfaces.

Size: approx. 200 x 125 x 3.2 cm  
Weight: 11 kg



### AIREX® Hercules

The AIREX® Hercules therapy mat offers a limitless variety of single or group therapeutic exercises. It can deliver great comfort guaranteed by its 2.5 cm thickness. Due to its high buoyancy, the Hercules therapy mat is a preferred hydrotherapy mat for both therapists and patients.

Size: approx. 200 x 100 x 2.5 cm  
Weight: 6.6 kg



AIREX® balance-beam

### AIREX® Balance-beam

The Balance-beam was developed for balancing and training. Due to its dimensions, the entire trunk musculature can be trained in the abdominal and supine position. Also ideal for supporting and intensifying yoga and pilates exercises. The original AIREX® foam technology sets new standards and makes the Balance-beam a high-tech quality product of the highest class.

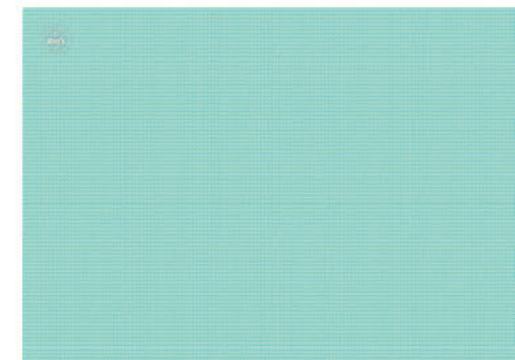
Size: approx. 160 x 24 x 6 cm  
Weight: 0.9 kg



### AIREX® Diana

The AIREX® Diana mat is a favorite mat for school and club sports in particular. This mat has special coating for sustainable mat foam protection, resistant to frequent use. The AIREX® Diana mat is extremely robust and durable. Due to its right-angled cut, the AIREX® Diana can be laid seamlessly onto large gymnastics surfaces.

Size: approx. 200 x 125 x 1.5 cm  
Weight: 7 kg



### AIREX® Balance-pad Elite

The AIREX® Balance-pad Elite is an upgrade of the already proven Balance-pad. It has unique slip-resistant waffle-like texture on its upper and lower side providing pleasant stimulation for receptors in the foot sole during barefoot balance training. The AIREX® Balance-pad Elite, owing to its thickness of 6 cm, has the desirable destabilizing characteristics. Its smooth surface is perfect for barefoot balance training beginners. The yielding foam constantly challenges the body to maintain its balance and stabilize the joints. The exercises on the Balance-pad Elite trigger the engagement of a greater number of deeper muscles than the exercises performed without the Balance-pad.

Size: approx. 50 x 41 x 6 cm  
Weight: 0.7 kg



AIREX® Hercules





It took great strength and sacrifice to reach the Edelweiss flower that only grows on daringly steep rocky slopes and mountaintops. Sacrifice, motivation, setting your own rules and getting ready for the game – these are the challenges we compel you to confront every day, every time you pick up and spread your AIREX® Mat or step onto your AIREX® Balance-pad.





# AIREX® Academy

My Learning Space.



The AIREX® Academy is a training and education institution with over 25 years of knowledge and experience acquired in the fields of fitness, sports, therapy and prevention. It was founded to generate the professional know-how and knowledge underlying the unique AIREX® products. This extensive know-how guarantees the optimum service to our products.



"The AIREX® Academy epitomizes the highest quality standards for learning content and teaching materials. The Academy is an evidence-based institution always striving to do justice to the current scientific developments."

Paul Uhler, Headmaster, AIREX® Academy

As a trained physiotherapist and fitness expert, Paul Uhler has more than 25 years of experience in Balance products management. He has been an active speaker, instructor and global brand ambassador for over 19 years.







# My Space, My Time.



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