

AIREX® Quality Products

Multifunctional training products for fitness, health care and rehabilitation

Tangibly better

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.

For more training materials and exercise programs, please visit www.my-airex.com/training or on [instagram.com/airex/](https://www.instagram.com/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.



Physio & Rehabilitation - My Space, My Health.

AIREX® mats are designed as a movement therapy aid for both institutional and home use. A product lying on the floor serves as a base for a person during medically indicated and prescribed exercises to improve motor skills and balance or postural control and/or for the therapeutic movement treatment of muscle weakness in the limbs and trunk as a result of a neurological or orthopedic disease.



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.



Schools & Associations - My Space, My Team.

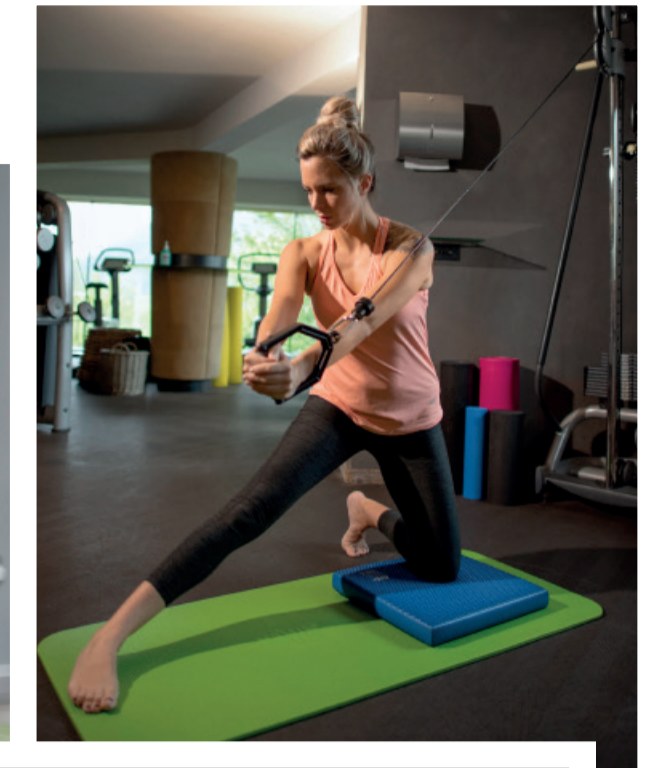
AIREX® products are suitable for all age groups and movement requirements. They play just as important role in school and association sports as in women's gymnastics.

NOTE:

Talc is an integral part of the manufacturing process and is used as a release agent (non-stick agent) when foaming all AIREX® mats. After the internal cleaning of the mats, a very thin residual layer remains on the underside, which should be wiped off with a damp cloth or, if necessary, also with soap before the mat is used for the first time.



My Space, My Time.



Mat exercise program



Comfortable
Soft, supple and insulating cushioning.



Cushioning
Yielding and supportive, protection against injuries.



Durable
Hard-wearing material for many years of use.



Hygienic
Simple to clean. Antimicrobial finishing.



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



Water & dirt repellent
Closed cell foam. No penetration of water or dirt.



Non-slip
Surface structure and special foam technology prevent slipping.



Multi-purpose
Versatile application. Indoors, outdoors and in water.



CE-compliant
High-quality materials, strict quality controls.



Medical device Class I

REF	MAT TYPE	COLOR
Corona 200	ca. 200x100x1,5 cm	<input type="checkbox"/> Slate <input type="checkbox"/> Blue <input type="checkbox"/> Red
Corona 185	ca. 185x60x1,5 cm	<input type="checkbox"/> Slate <input type="checkbox"/> Blue <input type="checkbox"/> Red
Coronella 200	ca. 200x60x1,5 cm	<input type="checkbox"/> Slate <input type="checkbox"/> Blue <input type="checkbox"/> Red
Coronella 185	ca. 185x60x1,5 cm	<input type="checkbox"/> Slate <input type="checkbox"/> Blue <input type="checkbox"/> Red
Coronella 120	ca. 120x60x1,5 cm	<input type="checkbox"/> Blue

REF	MAT TYPE	COLOR
Fitline Studio	ca. 100x50x1,0 cm	<input type="checkbox"/> Slate
Fitline 140	ca. 140x60x1,0 cm	<input type="checkbox"/> Slate <input type="checkbox"/> Purple <input type="checkbox"/> Kiwi <input type="checkbox"/> Water blue
Fitline 180	ca. 180x60x1,0 cm	<input type="checkbox"/> Slate <input type="checkbox"/> Purple <input type="checkbox"/> Kiwi <input type="checkbox"/> Water blue
Fitline 200	ca. 200x80x1,0 cm	<input type="checkbox"/> Slate <input type="checkbox"/> Water blue
Xtrema	ca. 178 x58 x0,6 cm	<input type="checkbox"/> Anthracite
Pilates 190	ca. 190x60x0,8 cm	<input type="checkbox"/> Anthracite



Certified and recommended by Aktion Gesunder Rücken e.V.



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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!

Note!
For even more intensive and effective training on the mat, AIREX® Balance-pads can be built into the exercises. (see exercise 10)

**NEW!
Training App**



SCAN ME

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

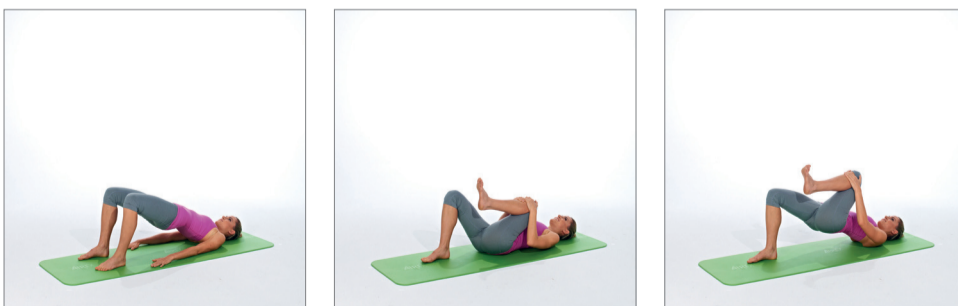
- Upright standing position
- With the upper body upright, push the pelvis back and slowly bend the knees to 90 degrees

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

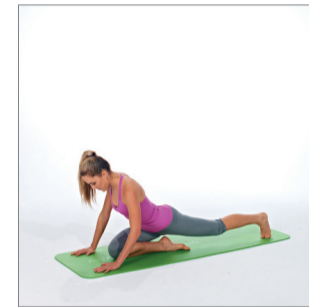
Exercise 7: Glute stretch

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

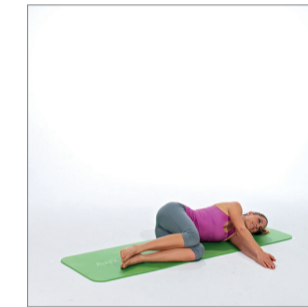


Progression
Wander to the left and right with the upper body

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



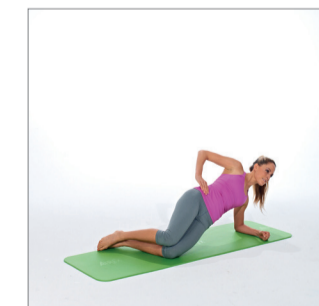
Progression
Perform the exercise on the Balance-pad

Recommended intensity
6 – 10 repetitions



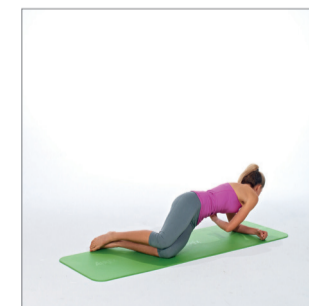
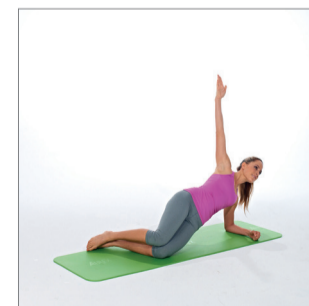
Exercise 11: Side plank

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

