

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/)



My Space, My Time.



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.

Intended purpose: 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.

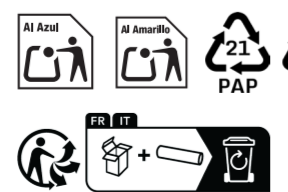
AIREX® products are suitable for all age groups and movement requirements. They play just as important role in school and association sports as in women's gymnastics.

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 before the mat is used for the first time.



Certified and recommended by Aktion Gesunder Rücken e.V.

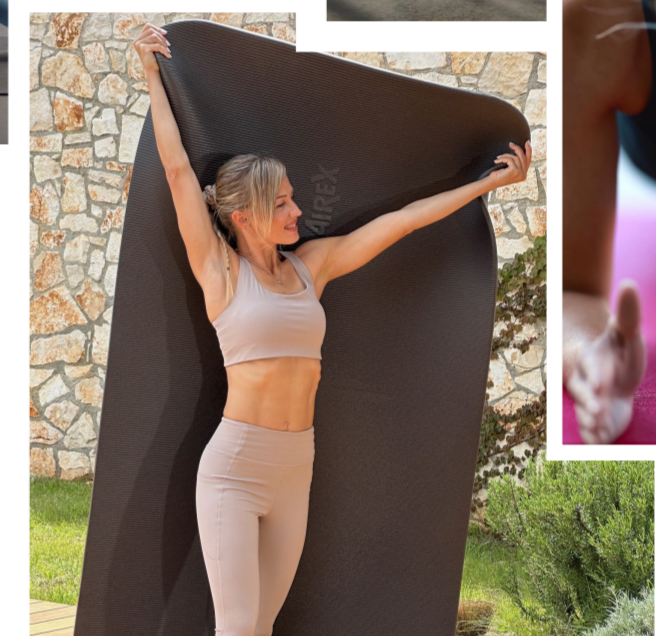


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* The antimicrobial Sanitized® hygiene function integrated in our gym mats protects the material against odors, bacteria and mold. Contains a biocidal product with the active ingredient Folpet. Concentration: 0.1 - 0.2%



Mat exercise program

Programme d'exercices sur tapis / Programma di esercizi su tappetino

| | | |
|--|--|---|
|  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. |



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| MAT TYPE | COLOR | MAT TYPE | COLOR |
|------------------------------------|---|-------------------------------------|--|
| Corona 200 ca. 200x100x1,5 cm | <input type="checkbox"/> Slate <input type="checkbox"/> Blue <input type="checkbox"/> Red | Fitline Studio ca. 100x50x1,0 cm | <input type="checkbox"/> Slate <input type="checkbox"/> Xtrema ca. 178 x58 x0,6 cm <input type="checkbox"/> Anthracite |
| Corona 185 ca. 185x100 x1,5 cm | <input type="checkbox"/> Slate <input type="checkbox"/> Blue <input type="checkbox"/> Red | Fitline 140 ca. 140x60x1,0 cm | <input type="checkbox"/> Slate <input type="checkbox"/> Purple <input type="checkbox"/> Kiwi <input type="checkbox"/> Water blue |
| Coronita 200 ca. 200x80 x1,5 cm | <input type="checkbox"/> Blue | Fitline 180 ca. 180x60x1,0 cm | <input type="checkbox"/> Slate <input type="checkbox"/> Purple <input type="checkbox"/> Kiwi <input type="checkbox"/> Water blue |
| Coronella 200 ca. 200x60x1,5 cm | <input type="checkbox"/> Slate <input type="checkbox"/> Blue <input type="checkbox"/> Red | Fitline 200 ca. 200x80x1,0 cm | <input type="checkbox"/> Slate <input type="checkbox"/> Water blue |
| Coronella 185 ca. 185x60x1,5 cm | <input type="checkbox"/> Slate <input type="checkbox"/> Blue <input type="checkbox"/> Red | Heritage ca. 190x60x0,8 cm | <input type="checkbox"/> Olive <input type="checkbox"/> Pilates 190 ca. 190x60x0,8 cm <input type="checkbox"/> Anthracite |
| Coronella 120 ca. 120x60x1,5 cm | <input type="checkbox"/> 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!

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

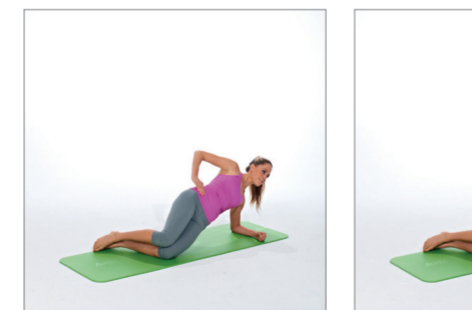
Perform the exercise on the Balance-pad

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

