

AIREX[®]



Stay active!

Mats and Balance Products

Setting the standard for function and comfort

I am an AIREX mat. I am versatile.
Lying flat. Slip-proof. Always fresh and clean.
A cold floor has no effect on me.
I insulate superbly. My surface feels soft and warm.
I easily endure years of training.
Anyone who knows me, won't want to part with me again.



 **made in switzerland**

AIREX

Quality made in Switzerland



**Fitness
Prevention**

Page 14

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.

Gymnastics
Fitness
Aerobics



**Physiotherapy
Rehabilitation**

Page 16

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.

Physiotherapy
Rehabilitation
Pregnancy gymnastics
Hydrotherapy



**Pilates
Yoga**

Page 18

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 pad for all whole-body training techniques.

Pilates
Yoga

» AIREX products offer countless possibilities to improve fitness. «



Club sport
School sport

Page 20

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.

- Club sport
- School sport
- Gymnastics
- Nursery schools



BeBalanced!

Page 22

BeBalanced! training in pure form

The BeBalanced! line from AIREX opens totally new possibilities to achieve the maximum training effect with a minimum expenditure of energy.

- Balance training
- Coordination training
- Reaction training
- Stability training
- Functional training



Functional Training

Page 24

More functionality in your training

Functional training support effective and innovative training aimed at the entire body, for any target group. The exercises boost the strength, elasticity, balance, and stability of the user.

- Functional training
- Balance training
- Coordination training
- Reaction training
- Stability training

AIREX and quality

Robust and unsurpassed

As the global market leader, AIREX is in a responsible position. Fitness, holistic training methods and rehabilitation call for first-class quality. This is expressed in the sum of our product benefits.

Experienced and innovative

The wide range of experience, the know-how of the market leader and Swiss premium quality are tangibly integrated into the development of all AIREX products. In addition, valuable support is provided by doctors, physiotherapists, fitness specialists, high-performance athletes and leisure sports organisations.

The depth and interplay of the product features make the quality of AIREX products unique. Customer experiences regularly confirm the frequently copied but unrivaled standard, affirming our efforts.





Comfortable

Soft, supple and cushioning insulating.



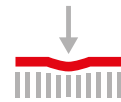
Hygienic

Simple to clean, antimicrobial finishing. Sanitized® Protection.



Slip-proof

Surface structure and special foam technology prevent slipping.



Absorbing

Yielding and supportive, protection against injuries.



Multifunctional

Versatile application. Indoors, outdoors and in water.



Flat placement

No tripping thanks to flat placement on the floor.



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 and quality

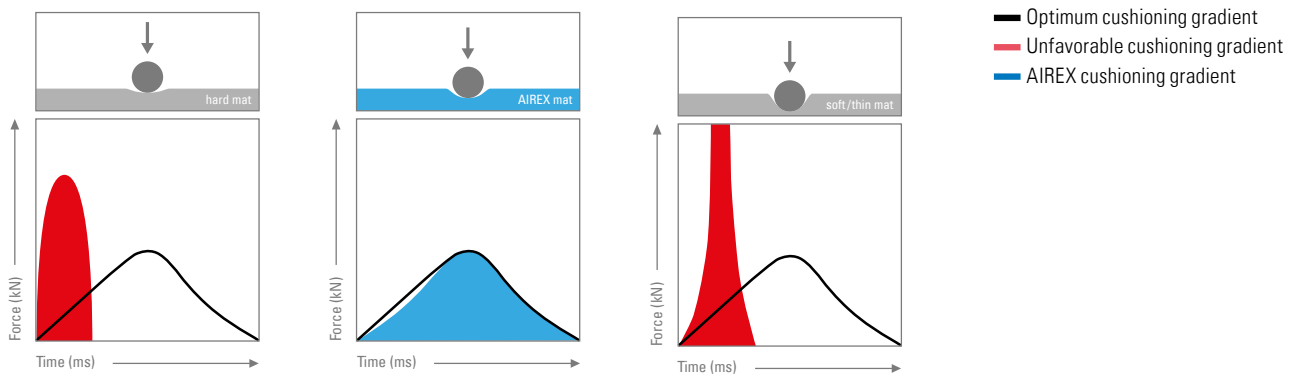
Outstanding and affirmed

Airex AG sets high quality standards worldwide as a specialist for application-specific foam materials. We pursue the continuous further development of our products and quality assurance is very important in our production and development efforts.

Tangibly better

The innovative, closed-cell foam of the AIREX mats was developed over many years of work. The extremely hard-wearing material is supportive on the one hand and warm, soft and absorbing on the other hand. Joints, tendons and muscles can thereby be trained extremely gently and efficiently.

AIREX mats provide optimum cushioning and perfect support while training



Hard mat

The impacting energy is dissipated very quickly. The damping action is perceived to be unpleasantly hard and can strain the joints, tendons and muscles over time.

AIREX mat

Not too hard, not too soft. The AIREX foam is perfectly adapted to the individual applications. The energy is absorbed gently and evenly.

Too soft/thin mat

The foam is too soft to absorb the impacting energy. Hard knocks are unavoidable, and can lead to unpleasant strain of the spine and joints.

Integrated Sanitized® hygiene function

The innovative AIREX material meets elevated hygiene needs with its antibacterial active ingredient. The integrated Sanitized® hygiene function reliably and permanently protects the material against bacteria, odors, and the formation of mold. Not only the appearance but also the material itself is preserved. Unattractive mold stains do not develop in the first place and the service life is increased.



Superbly back-friendly

More and more people are suffering from back pain. The "Aktion Gesunder Rücken e.V." (AGR) (Back Health Promotion Association) awards the AGR seal of approval, evaluated as "Very good" by "ÖKOTEST" magazine, for back-friendly everyday products.

All AIREX mats and Balance products bear this AGR seal of approval. The products are tested and recommended by "Forum Gesunder Rücken – besser leben e.V." (Healthy Back Forum – Better Living) and the "Bundesverband der deutschen Rückenschulen (BdR) e.V.



Responsible production

Airex AG as a producer is certified according to ISO 9001, ISO 14001 and OHSAS 18001. AIREX products are produced in compliance with the CE requirements according to Directive 93/43/EEC for class 1 medical devices. All substances of content are REACH compatible and therefore meet all current legal requirements.



AIREX and mats

The perfect mat

AIREX is synonymous with high-quality training and rehabilitation equipment. The mats are a must for every physiotherapy practice and many fitness studios. Private individuals frequently have them for life.

The original since 1960

Everyone recognizes the AIREX mats with the typical horizontal stripes – the original for more than 50 years and the clear number one amongst all therapeutic, sports and leisure mats. Thanks to their versatility, they form an excellent base for all types of fitness exercises. The portfolio includes mats for fitness and prevention, physiotherapy and rehabilitation, school and club sports as well as Pilates.

AIREX mats are complemented by the yoga mats under the new sister brand CALYANA developed by Airex AG.

A worthwhile investment

AIREX mats set themselves apart with excellent resistance to ageing indoors, outdoors and even in water. In professional facilities they stand up to extreme strain, for example in group fitness courses held several times a day. They do their duty for more than 20 years in some physiotherapy practices. Privately owned mats are often enjoyed for life with the same quality and unchanging positive features.

Systematic training

Total recuperation for the body, mind and soul is the best way to compensate for our increasingly sedentary everyday lives at work, at home or in school. The same applies to sports that put stress on just one side of the body. The AIREX training programs offer a tremendous compensating potential for all users and age groups.

Visit www.my-airex.com to download the programs for training on AIREX mats free of charge in PDF format. Additional training programs are available on DVD or in book form.

You will find an overview of the available mats on pages 28 and 29.



Your benefits

- Gentle, efficient training
- Especially durable and long-lasting
- Recommended by physiotherapists and fitness trainers
- AGR quality seal for back-friendly products
- Made in Switzerland

Product characteristics

- Skin-friendly, warm and comfortable
- Multiple applications
- Anti-slip and lying flat
- Water-repellent and easy to clean
- 100% hygienic thanks to AIREX hygiene protection



Unique material

The secret of the AIREX Balance products lies in their special material, a material which positively invites barefoot training: It yields gently to pressure, hands and feet dive softly into the pleasantly warm foam, which is comprised of millions of tiny air bubbles. The yielding of the foam activates and sensitizes your whole body in a unique way.

You will find an overview of the available Balance products on pages 28 and 29.

AIREX und Balance products

More effective training

The AIREX Balance products are suitable for functional training for body posture, perception, balance and coordination as well as endurance. BeBalanced! is what we call the extensive and varied training program with these products, because it helps you retain or restore your physical and mental balance.

Essential training

With BeBalanced! exercises, the desire to move contributes towards developing and improving the body's resources: coordination, reaction and stance stability training, sensorimotor exercises to maintain the ability to balance. Balance is essential for any athletic and everyday activity.

Visit www.my-airex.com to find purposeful BeBalanced! training programs for exercises with the AIREX Balance products. Our basic, strength and back programs as well as workouts and special programs for various target groups are available to you as free downloads in the form of videos and PDF manuals. Numerous programs are also available on DVD or in book form.

Your benefits

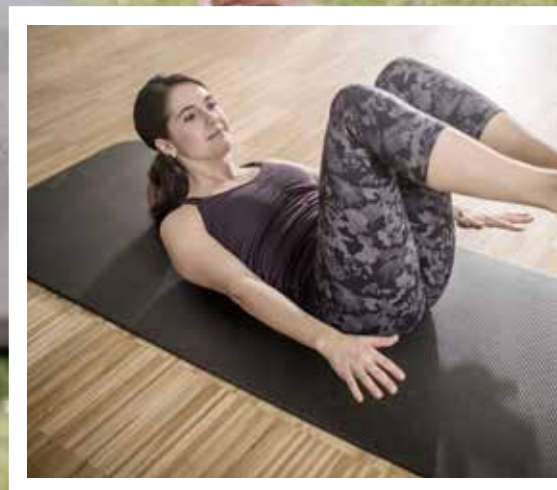
- Accelerated training effect
- Strength, flexibility and coordination training
- Improved posture and awareness
- AGR quality seal for back-friendly products
- Made in Switzerland

Product characteristics

- Skin-friendly, warm and comfortable
- Multiple applications
- Manageable instability
- Water-repellent and easy to clean
- 100% hygienic thanks to AIREX hygiene protection



Fitness
Prevention



AIREX and fitness

Made-to-measure training

AIREX products win over believers through premium quality and a long product life. Thanks to their versatility, they form an excellent base for all types of fitness exercises. Indoors, outdoors or in water.

Simple and versatile

The fitness and wellness markets are undergoing a dynamic transformation. New sports activities and training styles place high demands on today's materials. They must be easy to use and also flexible, pleasant, safe, durable and as versatile as possible. The fitness mats and Balance products of the global market leader AIREX fulfil these criteria.

Placed flat on the floor, the AIREX products are ready and waiting for your fitness session: an ideal base for numerous training programs and exercises. Also there are no limits for the development of new exercises. Promote your well-being in an individual way.

Pleasant and safe

AIREX products provide safe support. Painful falls are prevented, even on slippery gym floors. The fine surfaces of the mats and Balance products feel soothingly soft and pleasantly warm, and the excellent absorption characteristics of the material protect joints, tendons and muscles. You thereby train more efficiently and more willingly. And maybe more often.

Fields of application

Whether gymnastics, fitness or aerobics – the indestructible AIREX products belong where training happens. The supple materials always remain in top form. Soon you will be in top form too.



AIREX und rehabilitation

Successful recipes for bodywork

The extremely low-maintenance and hygienic AIREX products play an important role in today's physiotherapy and rehabilitation markets. Developed according to the latest findings, they form the basis for remarkable therapeutic successes.

Comfortable and supportive

Upgrade your life! This also applies for people who are restricted in their freedom of movement due to accidents and diseases, etc. To regain their physical abilities, they must rely on the best support available.

AIREX is the leading global brand for gymnastic, sport and therapeutic mats and Balance products. AIREX mats allow for safe and comfortable sitting, kneeling and lying down. In water they provide optimum support, assist motor function and give buoyancy during aquatic treatment.

Precise and hygienic

All AIREX products conform to the requirements of the medical device directive CE 93/42/EEC. Their antimicrobial finish guarantees the highest degree of hygiene with the least amount of maintenance. Thanks to AIREX hygiene protection, not even antibiotic-resistant and highly aggressive bacteria stand a chance. The therapeutic quality of AIREX products displays itself in precisely controllable movement sequences, safety and well-being.

Fields of application

Also for pregnancy gymnastics and in hydrotherapy, they are more than just support implements. It doesn't require much, but the best.





Physiotherapy
Rehabilitation





Pilates
Yoga



AIREX and Pilates/yoga

Harmony of body and soul

Pilates and yoga bring body and soul into harmony. AIREX Pilates 190 and the yoga mats under our new CALYANA brand are ideal here. You will feel it immediately: The suggestions and wishes of reputable Pilates and yoga experts were incorporated into the development of the mats.

AIREX Pilates 190

A mat for the highest sense of well-being – firm and supple. The foam material is thinner and denser than conventional products. This firm comfort, combined with the soft color tones of the mat, create the basis for harmony and equilibrium.

Nothing disturbs the tranquillity of the AIREX Pilates 190. The reliable stability allows precisely harmonized movement sequences. The extended length of 190 cm adds to its versatility. The material is fine, soft and supportive – exclusive comfort, which guards against the overloading of hand and foot joints.

CALYANA yoga mats

The portfolio of AIREX mats is complemented by the yoga mats under the new sister brand CALYANA. These were developed by Airex AG especially for yoga requirements. They provide a lightweight, firmer base with perfect grip and optimum cushioning.

For detailed information on the CALYANA yoga line, visit www.calyana-yoga.com.

Fields of application

AIREX mats are available in a wide range of colors, shapes and degrees of hardness. They bring a new quality to activities such as Pilates and yoga: maximum wellbeing and great freedom of movement. Anyone who appreciates the comfort of a thicker mat cannot go wrong with the AIREX Coronella for Pilates.



calyana 
by AIREX

AIREX and club/school sports

Sport and fun with safety

Teachers and trainers in school or club sports place a high value on their protégés not injuring themselves. AIREX products provide the best prerequisites for this – fun and fitness included.

Reconstructive and long-lasting

Upgrade your life! That is also the motto for school and club sports. Sports promote healthy growth and improve fitness. If only there was no risk of injury...

The durable AIREX gymnastic mats and Balance products make a valuable contribution towards safety in movement, sports and games. No need to miss out on fun – a deciding motivational factor for children. Further plus points are the ecological and economic advantages that result from the long product life and environmental friendliness of the AIREX products. Gentle for the joints and the environment – a trend-setting solution!

Flexible and low maintenance

With their excellent cushioning characteristics, AIREX products provide yielding softness and at the same time secure support. The AIREX Olympia and AIREX Diana gymnastics mats are reinforced with tear-proof foil to withstand high operational demands indoors as well as outdoors. They also require very little maintenance.

Fields of application

AIREX products are suitable for all age categories and movement requirements. They are a necessity in school and club sports as well as in women's gymnastics, exercises for seniors and general gymnastics. Their value for kindergartens and play groups lies in the double function of the mats: good for burning off steam and great for resting.





Club sport
School sport





AIREX and BeBalanced!

Training in pure form

The AIREX BeBalanced! concept is an integrated, sensory-motor training concept with optimum integration of all BeBalanced! products into the training program.

Training success with BeBalanced!

Using the Balance-pad Elite or XLage is ideal for improving proprioception, sensory-motor function, and coordination. Also, using the Balance-beam is meaningful not only in rehabilitation but also enriches personal motion sequences for everyone, thereby harboring tremendous health benefits. The special characteristics of the BeBalanced! products are the secret to training success. A mix of balance, stability, and coordination enhances (back) health, improves posture, and boosts overall performance in sports. The BeBalanced! concept is suitable for a wide variety of target groups. This means it can be used to work on individual capabilities both in therapy and in competitive sports. The comprehensive training programs included with every product support the targeted improvement of performance with a high level of training success.

Improve health during your training

Balance and equilibrium – the foundation for a coordinated and well-balanced physical state. Although forces are acting on it, the body optimally compensates for them. Stability and balance are the foundation for a healthy life and reduced susceptibility to injuries. That is why the special coordinative ability of maintaining your balance should be actively and effectively integrated into training. Balance for humans primarily means being erect against the force of gravity and maintaining the upright position with the utmost stability, both at rest and in motion.

BeBalanced! and health

- Training parts of the body that have been neglected due to a lack of exercise and excessive sitting.
- Minimizing excessive strain on other areas, such as the eyes or the shoulder and neck musculature.
- Relieving tension, alleviating muscle pain, and counteracting the decrease in posture control.
- Exercising the deep musculature in order to avoid excess strain on the large muscles.
- Preventing injuries and falls by maintaining equilibrium and balance.
- Even a few minutes of quality training time improve sensory-motor perception.



» There is nothing better than prevention and rehabilitation in your BeBalanced! training. «

Frank Thömmes, certified sports scientist,
PERFORM SPORTS®, Munich, Germany

AIREX and Functional Training

More functionality in your training

The BeBalanced! products from AIREX support effective and innovative functional training aimed at the entire body, for any target group.

Functional training

Functional training has become a permanent part of the training model today. More and more competitive athletes, therapists, and recreational athletes are using this varied form of training to boost their performance and enhance their wellbeing.

The functional training exercises and programs are based on the latest scientific insights and are the result of more than 20 years of experience along with numerous training units. The AIREX BeBalanced! product line is particularly well suited for meeting the requirements of this special form of training. Functional training is not merely a trend. It is the logical consequence of the latest insights in the fields of training science and rehabilitation. The training methodology combined with the premium quality and long service life of the AIREX products is the way of the future in the field of preventive and rehabilitative performance enhancement. Fundamentally, function refers to the meaning or purpose. Purposeful training is therefore carried out. The AIREX products are particularly well suited for purposeful training since they are slip-resistant, durable, flexible in application, and feature a comfortable, warming surface.

Your definition of training perfection

Functional training consists primarily of exercises where the athlete stands with the feet on the floor and trains with his or her own body weight. The exercises boost the strength, elasticity, balance, and stability of the user. They also minimize the susceptibility to injuries.

Precisely this unstable situation is made possible by the BeBalanced! products. Thanks to the unique, closed-cell, special foam surface of the AIREX products, training is defined by a substrate that is supportive on the one hand and warm, soft, and cushioning on the other hand. This makes the training highly effective and the exercises extremely easy on joints, tendons, and muscles.

“Functional training programs intentionally put the athlete into an unstable situation. The athlete has to respond and restore stability with purposeful movements.”

Gambetta and Gray (2002)





Functional
Training





AIREX and orderliness

Well looked after is out of the way

Life needs order. Whether it's our aesthetic mat rack or practical wall bracket – AIREX storage systems keep the promise made by the name.

Well-conceived and space-saving

The AIREX storage systems are equally well-conceived and shapely. The systems manufactured of high-quality stainless steel are available in two models:

- The robust mat rack is recommended for gymnasiums and other large rooms. It is hard to believe how many mats and Balance products can be stored in such a small area!
- For limited space availability, a solid wall bracket is the right choice.

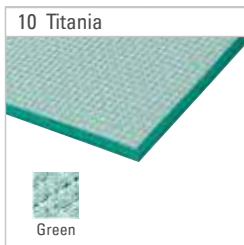
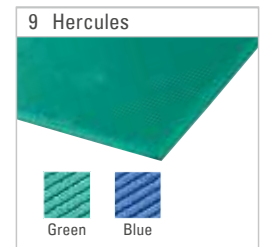
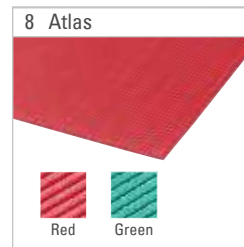
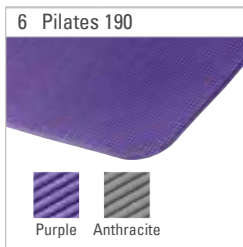
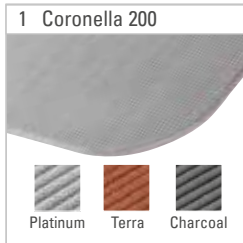
The AIREX mats can be fitted with special eyelets to hang them up. Wall brackets for hanging over are available for mats without eyelets.



AIREX and CALYANA

The product range

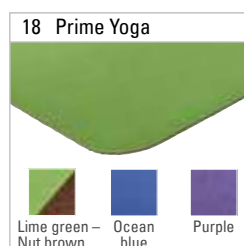
AIREX mats



AIREX Balance products



CALYANA yoga mats



Suitable for



			Fitness Prevention	Physiotherapy Rehabilitation	Pilates Yoga	Club sport School sport	BeBalanced!	Functional Training
1	Coronella 200 approx. 200 x 60 x 1.5 cm / 2.4 kg approx. 78 ⁵ / ₈ x 23 ¹ / ₂ x 5 ⁵ / ₈ inches / 5.3 lbs	 Charcoal Terra Platinum	●	●	●	●	●	
2	Coronella 185 approx. 185 x 60 x 1.5 cm / 2.2 kg approx. 72 ⁷ / ₈ x 23 ¹ / ₂ x 5 ⁵ / ₈ inches / 5 lbs	 Blue Green Red	●	●	●	●	●	
3	Corona 200 approx. 200 x 100 x 1.5 cm / 4.1 kg approx. 78 ⁵ / ₈ x 39 ² / ₅ x 5 ⁵ / ₈ inches / 9 lbs	 Charcoal Terra Platinum	●	●	●	●	●	
4	Corona 185 approx. 185 x 100 x 1.5 cm / 3.8 kg approx. 72 ⁷ / ₈ x 39 ² / ₅ x 5 ⁵ / ₈ inches / 8.4 lbs	 Blue Green Red	●	●	●	●	●	
5	Fitline 140/180 approx. 140/180 x 60 x 1 cm / 1.2 kg/1.5 kg approx. 55/71 x 23 ¹ / ₂ x 3 ³ / ₈ inches / 2.6 lbs/3.3 lbs	 Kiwi Pink Charcoal Waterblue	●		●	●	●	●
6	Pilates 190 approx. 190 x 60 x 0.8 cm / 1.4 kg approx. 74 ⁷ / ₈ x 23 ¹ / ₂ x 1 ¹ / ₅ inches / 3 lbs	 Purple Anthracite	●		●		●	
7	Fitness 120 approx. 120 x 60 x 1.5 cm / 1.4 kg approx. 47 x 23 ¹ / ₂ x 5 ⁵ / ₈ inches / 3 lbs	 Blue	●			●	●	●
8	Atlas approx. 200 x 125 x 1.5 cm / 5.5 kg approx. 78 ⁵ / ₈ x 49 x 5 ⁵ / ₈ inches / 12 lbs	 Green Red	●	●		●	●	
9	Hercules approx. 200 x 100 x 2.5 cm / 6.6 kg approx. 78 ⁵ / ₈ x 39 ² / ₅ x 1 inches / 14.6 lbs	 Blue Green	●	●		●		
10	Titania approx. 200 x 125 x 3.2 cm / 11 kg approx. 78 ⁵ / ₈ x 49 x 1 ¹ / ₅ inches / 24.3 lbs	 Green	●			●		
11	Diana approx. 200 x 125 x 1.5 cm / 7 kg approx. 78 ⁵ / ₈ x 49 x 5 ⁵ / ₈ inches / 15.4 lbs	 Green	●			●	●	
12	Balance-pad approx. 50 x 41 x 6 cm / 0.7 kg approx. 19 ³ / ₈ x 16 x 2 ³ / ₈ inches / 1.5 lbs	 Blue	●	●	●	●	●	
13	Balance-pad Elite approx. 50 x 41 x 6 cm / 0.7 kg approx. 19 ³ / ₈ x 16 x 2 ³ / ₈ inches / 1.5 lbs	 Lava Blue Kiwi Pink	●	●	●	●	●	●
14	Balance-pad Mini approx. 41 x 25 x 6 cm / 0.37 kg approx. 16 x 9 ⁷ / ₈ x 2 ³ / ₈ inches / 0.8 lbs	 Lava	●	●	●	●	●	●
15	Balance-pad XLarge approx. 98 x 41 x 6 cm / 1.4 kg approx. 38 ¹ / ₂ x 16 x 2 ³ / ₈ inches / 3 lbs	 Lava Blue	●	●	●	●	●	●
16	Balance-beam approx. 160 x 24 x 6 cm / 0.9 kg approx. 63 x 9 ² / ₅ x 2 ³ / ₈ inches / 2 lbs	 Blue	●	●	●	●	●	
17	CALYANA Professional Yoga approx. 185 x 66 x 0.68 cm / 2.35 kg approx. 72 ⁷ / ₈ x 26 x 1 ¹ / ₄ inches / 5.2 lbs	 topside flipside Stone grey			●			●
18	CALYANA Prime Yoga approx. 185 x 66 x 0.45 cm / 1.7 kg/1.8 kg approx. 72 ⁷ / ₈ x 26 x 1 ¹ / ₈ inches / 3.7 lbs/4 lbs	 Lime green – Nut brown Oceanblue Purple			●			●











AIREX[®]

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