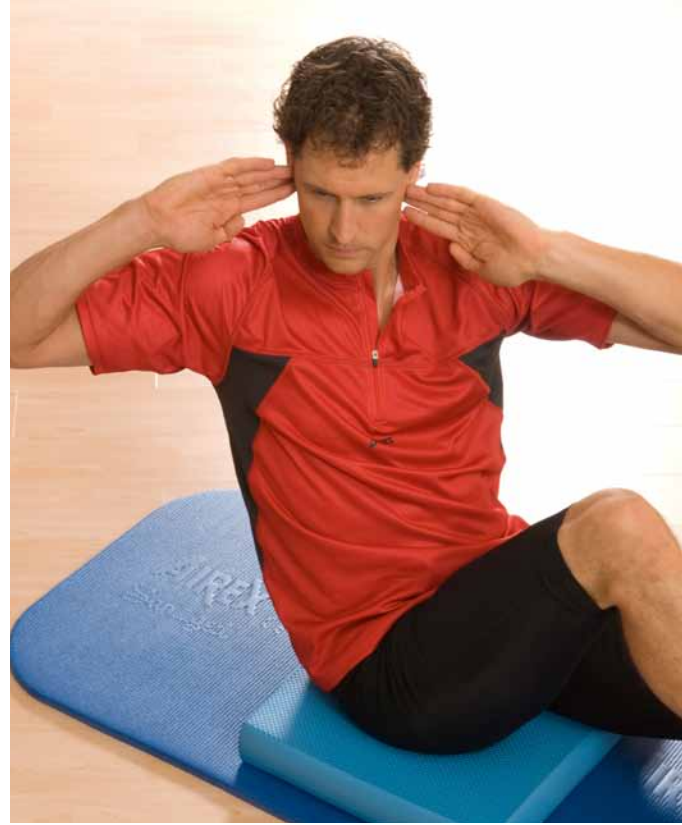


**AIREX®**



*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.  
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

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### **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.

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Gymnastics  
Fitness  
Aerobics

---



**Physiotherapy  
Rehabilitation**

Page 16

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### **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.

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Physiotherapy  
Rehabilitation  
Pregnancy gymnastics  
Hydrotherapy

---



**Pilates  
Yoga**

Page 18

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### **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.

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Pilates  
Yoga

---

» AIREX products offer countless possibilities to improve fitness. «



Club sport  
School sport

Page 20

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**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.

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Club sport  
School sport  
Gymnastics  
Nursery schools

---



BeBalanced!

Page 22

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**Functional 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.

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Balance training  
Coordination training  
Reaction training  
Stability training  
Functional 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.



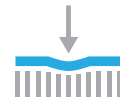
**Hygienic**

Simple to clean, antimicrobial finishing.



**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

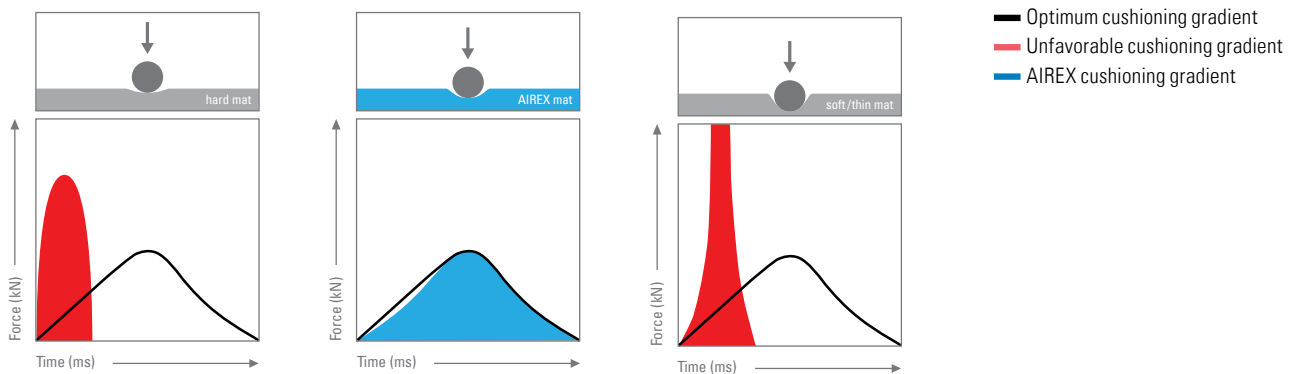
## Outstanding and affirmed

**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.

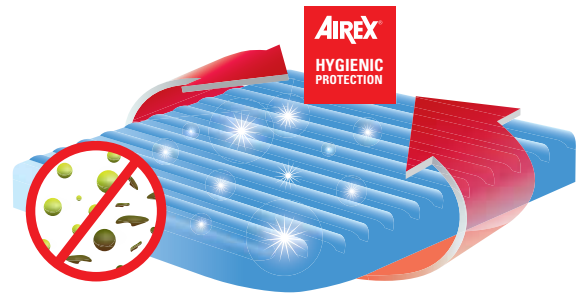
#### Too soft/thin mat

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.



### Effective hygienic protection

In response to increased hygiene needs, a new antibacterial agent was added to the innovative AIREX material. Even antibiotic-resistant and highly aggressive CA-MRSA bacteria, frequently found in hospitals, fitness facilities and child day-care centers, will succumb to this effective hygienic protection. Thanks to the AIREX hygiene formula, pathogenic organisms have no chance with our products.



### 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](http://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 26 and 27.



### 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 26 and 27.

# 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](http://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.

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### **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.

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# 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](http://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





BeBalanced!



# AIREX and BeBalanced!

## Functional training in pure form

**With the BeBalanced! line from AIREX, training on unstable surfaces becomes intensive, functional and varied balance training at the highest level. Achieve maximum training results with minimum effort.**

### **Modern and enduring**

Movement programs continue to develop further. Thanks to innovative training aids and new neuro-physiological findings, training is completely different today than even ten years ago.

The AIREX BeBalanced! product line and the training programs developed especially for it permit functional training for body posture, body awareness, equilibrium and coordination. This is also a sustainable endurance program. To achieve the most effective stimulation of the foot receptors, the BeBalanced! training programs are performed barefoot. BeBalanced!, this is what a modern exercise program looks like.

### **Activating and stimulating**

The destabilizing characteristics of the slip-proof AIREX Balance products activate the control functions of the brain. To maintain the body in balance and to stabilise the joints, the receptors in the area of the feet, joints and fascial system are increasingly sensitized. Therapeutic and training goals can be achieved more quickly.

For example:

- Improvement of intermuscular and intramuscular coordination ability
- Increased ability to respond
- Optimization of body posture and movement sequences
- Training of everyday functions and movement sequences specific to a sport
- Dynamic, goal-oriented strength training
- Recovery of the physiological toe and foot functions
- Reduction of the risk for injuries and falling



» BeBalanced! training is functional training in its pure form. There is nothing better for prevention and rehabilitation. «

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





# 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.

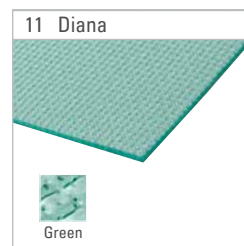
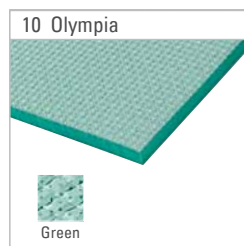
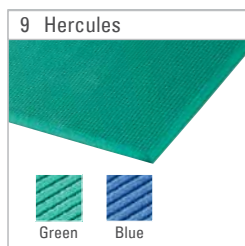
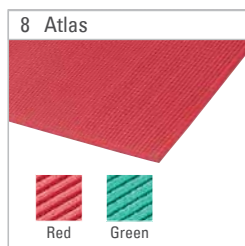
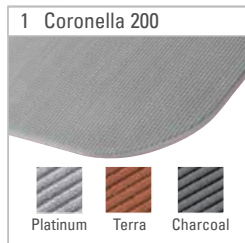
The AIREX mats can be fitted with special eyelets to hang them up. Wall brackets for hanging over are available for mats without eyelets.



# AIREX and CALYANA

## The product range

### AIREX mats



### AIREX Balance products


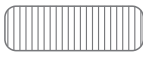


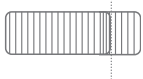


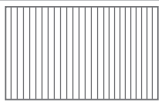

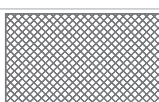
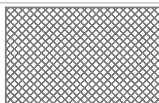






### CALYANA yoga mats



# Suitable for



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



**AIREX**<sup>®</sup>

Airex AG  
Industrie Nord 26  
5643 Sins, Switzerland  
[www.my-airex.com](http://www.my-airex.com)

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