

BALANCE-PAD

The balance pad made of especially soft AIREX® foam and millions of air bubbles forms an unstable surface during training. Control functions in the brain are activated thanks to the resulting “wobble effect” and the deep musculature is exercised.



Size: approx. 50 x 41 x 6 cm

Transport weight: approx. 0.77 kg

Key features of the balance pad:



Hygienic

Easy to clean. Antibacterial coating.



Water-repellent

Closed-cell foam. Does not allow water or dirt to penetrate.



Multi-functional

Wide range of applications. Indoor, outdoor, and underwater.

Whether due to spending entire days sitting at less-than-ergonomic workplaces, excess amounts of stress, or the demands of everyday life, many modern people quickly lose their sense of balance. Anyone who spends most of the day sitting needs to restore both their physical and mental balance. That's why we developed the AIREX® balance pad balance trainers. The balance pad is a compact balance trainer for use in any situation, even as a little break from the demands of the workday. Find the right balance with the AIREX® balance pad balance trainer.

The AIREX® balance pad balance trainer lets you turn almost any everyday situation into a training session. You don't need anything more than a balance pad made of high-quality foam developed by AIREX®. The softly yielding foam of the balance trainer challenges both your body and mind to find its balance. The unstable surface of the AIREX® balance pad creates a "wobble effect" that activates the muscles in an effort to restore your sense of balance. At the same time, the AIREX® balance pad trains your brain's control functions and, thanks to the necessary concentration, distracts you from any stressful thoughts or other preoccupations.

- Create balance in your everyday life with the AIREX® balance pad balance trainer
- The balance pad trains your coordination and conditions your muscles at the same time
- Comprehensive fitness accessories to support you in your daily exercises
- The AIREX® balance pad balance trainers are the best foundation for your training.
- Train your body and mind simultaneously with the AIREX® balance pad.

AIREX® balance pad: the proven balance trainer

The constant dialogue and exchanges of ideas with doctors, physical therapists, top performance athletes, and fitness organizations together with years of research has resulted in BeBalanced!, a series of balance trainers which offers the perfect introduction to barefoot balance training. In addition to the regular AIREX® balance pad, other BeBalanced! products include the AIREX® Elite balance pad, the AIREX® Mini balance pad, and the AIREX® X-Large balance pad, all of which are ideal balance training equipment. They challenge the stability function of your muscles and consistently improve your ability to coordinate your muscles and their condition.

Active and healthy with the AIREX® balance pad

The AIREX® balance pad has been a favorite balance training device used by physical therapists and athletes for years. Certified Swiss quality and over 60 years of expertise in the development of gymnastics mats and balance trainers have made AIREX® the world's market leader. Fitness trainers around the world rely on the AIREX® balance pad and other AIREX® balance trainers because we have the right product for every application, such as the AIREX® balance beam balance trainer, modeled on the balance beam used in gymnastics, but offering a safe way to practice balancing. This beam effectively activates and strengthens important muscle groups.

- The AIREX® balance pad balance trainer promotes your ability to coordinate your muscles and their condition.
- Train your body and mind simultaneously with the AIREX® balance pad.
- Trust the professionals: Physical therapists have been using AIREX® balance pad balance trainers for years. Many know the AIREX® balance pad from physical therapy, for which it was originally developed and has been widely adopted. Like many other therapy devices, the balance pad has also found its way into preventive training, as its advantages for a holistic, demanding functional training cannot be denied.

The soft foam of the balance pad gives way, constantly challenging the body to offset the instability by stabilizing the joints and thus maintain its balance. Training with the balance pad can combine conditioning and coordination abilities such as strength, endurance, differentiation, and balance.

The most effective training is done barefoot, without stabilizing shoes. This makes training with the balance pad purely functional training.