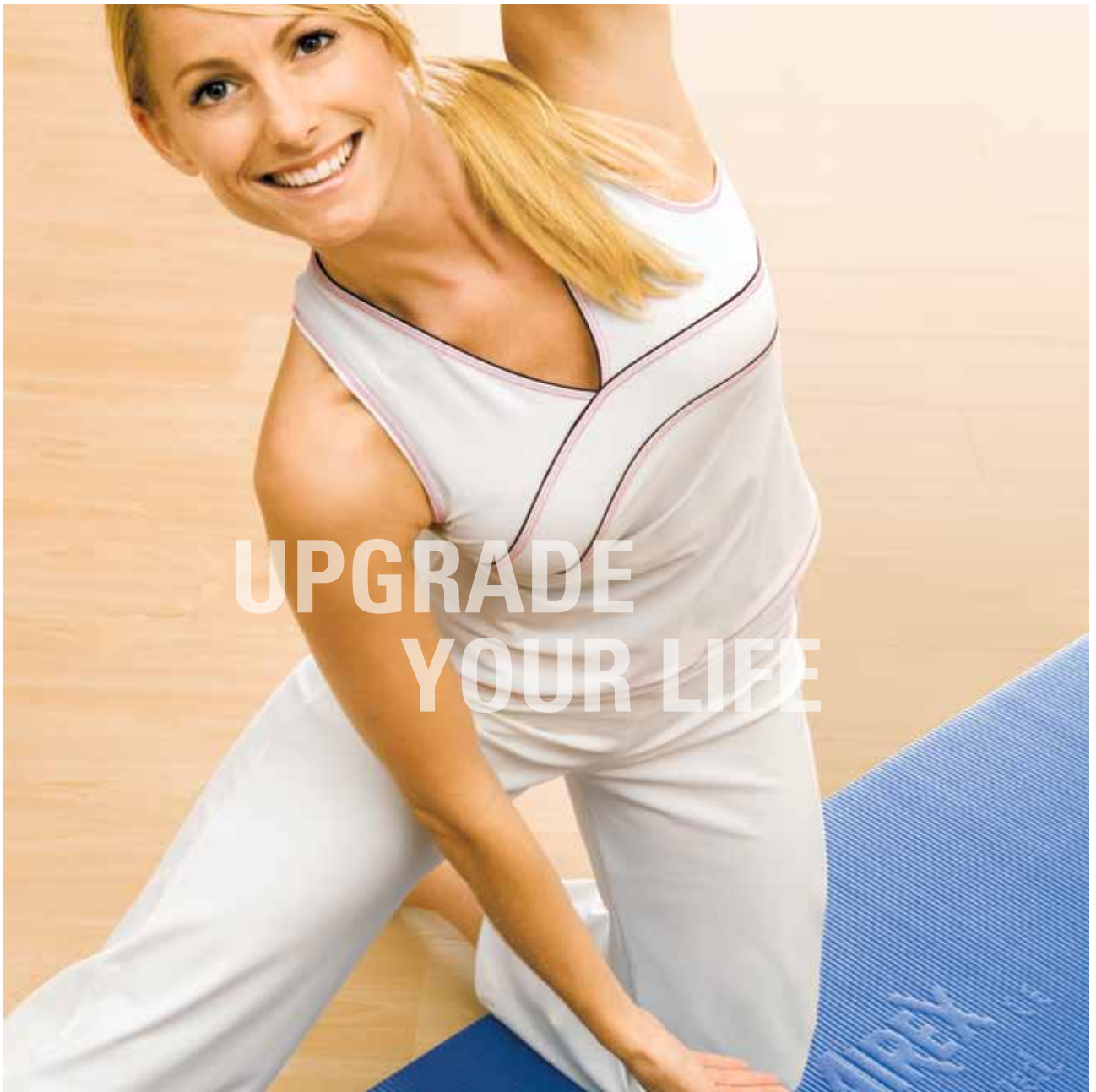




**AIREX**<sup>®</sup>  
MAT EXERCISE PROGRAM



# 20 MINUTES

## FITNESS AND HEALTH FOR YOUR BODY

### Warm-up

Before starting to exercise, a 10-minute warm-up is recommended - e.g. running on the spot, cycling or stepping exercises.

### Exercises

Take care to carry out the movements in a slow and controlled way. Start with a few repeats and slowly increase their number. AIREX® mats are ideal for use of the following exercises.

### Cool Down

Enjoy a few moments of relaxation. Lie on your back, legs bent, place hands on your stomach and close your eyes. Breathe in and out deeply and evenly.

### Exercise 1

#### Legs and buttocks

Stand with legs apart, with feet turned slightly outwards, bend the legs slowly and straighten up again. When bending, do not let the knees extend beyond the tips of your toes and when straightening, do not fully straighten the knees.

Repeat 10 - 20 times



### Exercise 2

#### Chest muscles

Sit cross-legged with arms out to the front at right angles to the body. Bring them together at shoulder height and swing them back again.

Repeat 10 - 20 times



# 20 MINUTES

## FITNESS AND HEALTH FOR YOUR BODY

### Exercise 3

#### Back muscles

Sit cross-legged, with the arms held straight up at the sides. Pull them forcefull down - against imaginary resistance - until the upper arms are at shoulder height. Regularly alternate leg positions.

Repeat 10 - 20 times



### Exercise 4

#### Arm muscles, upper body and shoulder area

Go down on all fours, raise and cross lower leg over the other, do slow push-ups. Keep back straight.

Repeat 5 - 20 times



### Exercise 5

#### Buttocks, back of the thighs and back muscles

Lie down on your stomach with arms and legs extended and your face to the floor. Slowly raise and lower your right arm and left leg. If the small of your back is too hollow, a small cushion or folded towel can be placed under the abdomen. Change sides.

Repeat 10 - 20 times for each side



# 20 MINUTES

## FITNESS AND HEALTH FOR YOUR BODY

### Exercise 6

#### Buttocks, back of the thighs and lower back

Lie on your back with legs parallel, knees up, slowly raise and lower torso. Do not hollow the small of your back.

Repeat 10 - 20 times



### Exercise 7

#### Abdominal rectus muscles

Lie on your back, legs parallel, knees up, hands behind your head. Slowly raise the upper body until your shoulder blades are no longer touching the floor. Stay in that position for 4 seconds then slowly roll back down. Do not pull on the head, do not make jerky movements and keep the legs still.

Repeat 10 - 20 times



### Exercise 8

#### Oblique stomach muscles

Lie on your back, right leg bent. Place your left foot on your right thigh and your right hand behind your head. Move your right elbow to your left knee and slowly lower your upper body again. Do not pull on the head or make jerky movements. Change sides.

Repeat 10 - 20 times for each side



# 20 MINUTES

## FITNESS AND HEALTH FOR YOUR BODY

### Exercise 9

#### Outer thighs

Lie on your side, stretch out the lower arm and lay your head on it. Bend the legs slightly and slowly raise and lower the upper leg in parallel. Change sides.

Repeat 10 - 20 times for each side



### Exercise 10

#### Inner thighs

Lie on your side, stretch out the lower arm and lay your head on it. Slightly bend the upper leg and place it in front of the lower one. Raise and lower the lower leg, keeping the inside of the thigh facing upwards. Change sides.

Repeat 10 - 20 times for each side



### Exercise 11

#### Leg stretches

Lie on your back, bend your right leg and stretch your left leg up. Hold the backs of your thighs with your hands, relax your shoulders and slowly draw your leg up to your chest. Carefully breathe in and out, taking deep and regular breaths. If necessary, use a folded towel for back support. Change sides.

20 - 30 seconds for each leg



# 20 MINUTES

## FITNESS AND HEALTH FOR YOUR BODY

### Exercise 12

#### Thigh stretches

Lie on your side, legs slightly bent. Draw up the heel of your upper leg parallel to the buttocks. Carefully breathe in and out, taking deep and regular breaths. Change sides.

20 - 30 seconds for each leg



### Exercise 13

#### Front abdominal wall and chest muscle stretches

Lie on your back, draw up both knees and slowly move them to the right, keeping your shoulders on the ground and turning your head to the left. Carefully breathe in and out, taking deep and regular breaths. Slowly change to the other side.

20 - 30 seconds for each side



**For further information about AIREX® Gymnastic mats and Balance products, exercise tips and distributor list please see:**

[www.bebalanced.net](http://www.bebalanced.net)

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