

The AIREX® Balance Beam was developed particularly for balance training exercises. This cushion has a trapezoidal shape and is used in physical therapy to restore feet and gait functions. The muscles of the abdomen and of the back may be strengthened lying on the Balance Beam.

The material of this product has the same characteristics of instability of the other Balance product. The yielding foam the pad is made of, causes a constant challenge to the body in maintaining balance and stabilising the joints. The exercises are more intense than without the AIREX® Balance Beam.

We advise to use the Balance Beam on an AIREX® mat, especially when lying down or during lateral lifting exercises.



### Three tips for your AIREX® products

1. Use the products barefoot or in socks (no sneakers)
2. If your products get dirty, clean them with ordinary soapy water. Disinfection is not going to be necessary thanks to integrated Sanitized protection!
3. Let the AIREX® products air dry thoroughly if they get wet (they can also be used outdoors)



**NOTICE:** As a result of the peculiar manufacturing process, the dimensions of the mat may be slightly different from the ones here described. The main difference may occur in the length of the product.

**AIREX® BALANCE PAD XL is suitable for:**  
pilates, fitness, yoga, physiotherapy and rehabilitation, club sport.

## MODELS – DIMENSIONS TECHNICAL SPECIFICATIONS

Code	Length	Width	Height	Weight	Colour
144241	160 cm	24 cm	6 cm	0,99 kg	Blue

### FISIOTECH SRL

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