

The AIREX® Balance products are active devices for therapy and workout produced with the well-known AIREX® soft material. The smooth surface of the Balance Pad is ideal to begin barefoot balance exercises. The width is 6 cm – this gives to the Balance Pad the desired characteristics of instability.

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 Balance Pad. Working out with Balance Pad may improve strength, endurance and balance. As a result of its comfortable, smooth surface, Balance Pad is not entirely non-slip on smooth floors. We recommend to use the Balance Pad on a AIREX® mat.



**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 is suitable for:**  
pilates, fitness, yoga, physiotherapy and rehabilitation, club sport.

**MODELS – DIMENSIONS  
TECHNICAL SPECIFICATIONS**

| Code   | Length | Width | Height | Weight  | Colour |
|--------|--------|-------|--------|---------|--------|
| 144221 | 50 cm  | 41 cm | 6 cm   | 0,68 kg | Blue   |

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