

AIREX BALANCE PAD

The Airex balance pad is a great tool to use when beginning a balance and stability program. The pad's surface provides the same degree of instability at the edges as at the center. Use the Airex to change the demand of step ups and step downs or to create a more challenging environment for floor exercises. To ensure safety, use the Airex on a non-slip surface. Also consider the Airex Balance Beam or Area for your training and rehabilitation needs.



ISO ABS

- Support your body weight with one arm on the pad, positioning yourself so that your side faces the floor and feet are stacked.
- Hold for 10 seconds, rest, and repeat to opposite side.

CRAWLS

- Start these in a push up position with one or both feet on the floor and the Airex situated to the left or right of the hands.
- Move the outside hand over the near hand and onto the Airex.
- Reverse the movement and repeat.



Variations:

- Try placing the pad in different positions around the hands.
- Start in a hands offset position.
- Move your feet as you crawl.



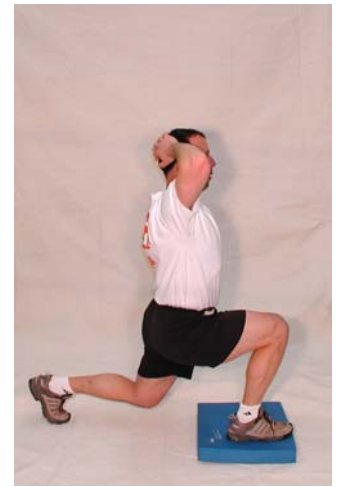
OBLIQUE PUSH UPS

- Perform these with hands on opposite corners of the pad and feet stacked out to one side.
- *Variation:* Try performing push ups with one hand on the pad and the other on the floor.



LUNGE ON OR OFF

- Stand with both feet either on or off the Airex.
- Lunge forward, onto or off the pad.
- Stabilize and return to the upright or starting position.
- Try these laterally, to the rear or as crossovers.



SINGLE LEG EXCURSION

- Stand on the pad on one foot.
- Extend your free leg in front of your torso as far out as possible and hold for 10 seconds.
- Repeat with free leg to the side and rear.
- This exercise can be done in sets and reps or administered as a test to assess rehabilitation progress.



STEP DOWN

- Stand on a step or box, Airex positioned on the floor or on a step below.
- Step down to the pad and then reverse direction or, depending on your set up, continue to another step.
- Change the height of the box, the speed of the movement or add dumbbells to vary this exercise.



STEP UP

- Place the pad on a step or box and step onto it.
- Reverse direction and repeat.
- Change the height of the box, the speed of the movement or add dumbbells to vary this exercise.

SINGLE LEG SQUAT

- Stand on the pad on one foot, holding a med ball or dumbbells in front of you at waist level.
- Squat to a below parallel position while extending the med ball forward.
- Return to the upright position and repeat to both sides.
- Practice this movement on a stable surface first and then try it on a box or step.

