



Airex Yoga Pilates 190 Gymnastic Mat anthracite - L190 x W60 x D0,8cm



Driven by the high demands of Pilates instructors to develop a Pilates mat with the characteristics that match our unique and famous AIREX® quality, we have developed together with Pilates instructors the AIREX® Pilates 190 mat. This incredibly thin mat (only 0.8 cm) made of high-density material ensures the stability needed to master even the most demanding positions. Thanks to our special AIREX® manufacturing process, the Pilates 190 has the same pronounced cushioning effect as all other AIREX® gymnastic mats. It helps to effectively protect the joints and tendons of exercisers. An absolute must for classic mat training.

CHF 71.90

Full-body training techniques such as Pilates, yoga and body & mind programs always require staying in one position for longer periods of time. The comfortable Airex PilatesYoga 190 offers the perfect base for this.

The reliable stability allows precisely coordinated movement sequences, the length of 190cm opens up the space needed for this. The material is fine, soft and supportive - an exclusive comfort, which actively prevents overloading of hand and foot joints.

The suggestions and wishes of renowned Pilates and yoga experts have been incorporated into the development of the mat. The material is thinner and has a higher bulk density than conventional products. This firm comfort, combined with the soft tones of the mat, creates the basis for harmony and balance.

Size: approx. L190 x W60 x D0.8cm, 1.4kg

Color: anthracite

Indicative price CHF 79.90



Medical purpose:

AIREX® products are designed as movement therapy aids for both institutional and home use. The object lying on the floor serves as a support for a person during medically indicated and prescribed exercises to improve motor skills and balance or postural control and/or for movement therapy treatment of muscle weakness in the limbs and trunk as a result of a neurological or orthopedic disease.

Why are the sizes given only in "approximate"? All AIREX mats are foamed freely. This means they are not produced in molds. The production process is comparable to baking a loaf of bread. The result can therefore be influenced depending on the environmental conditions (temperature, air pressure, etc.), so that the products always vary slightly in length, width and thickness.