



## AIREX Balance Pad mini, lava - L25 x W41 x D6cm



The AIREX® Balance-pad Mini was primarily developed for functional training requirements, but is equally suitable for traveling. It is not only an active training device, but also a good support for fitness coaches. With a smaller contact surface, it offers excellent possibilities for one-legged and one-handed functional exercises, as well as for dynamic training. The AIREX® Balance-pad Mini can be easily stowed in any sports bag or hand luggage. It is recommended to use the pad in combination with an additional AIREX® mat underneath so that the comfortable, soft surface is non-slip even on very slippery floors.

**CHF 44.90**

The Balance-pad Mini was developed together with experts from the functional training sector. It is ideal for one-legged or one-handed functional exercises, offers the personal trainer good support when instructing and fits in any sports bag or hand luggage.

The AIREX Balance products are active therapy and training devices made from the well-known, soft AIREX foam to promote mobility, stability and balance. The Balance-pad Mini is the new version of the proven bestseller Balance-pad. The special waffle structure on the top and bottom provides slip resistance and at the same time pleasantly stimulates the foot receptors during barefoot balance training. The 6 cm thickness also gives the Balance-pad Mini the desired destabilizing properties. The foam gives way and the body is constantly challenged to maintain balance and stabilize the joints. This means that more and deeper muscles are used than when performing the same exercises without the Balance-pad Mini. The brain's control function is activated and the receptors in the area of the joints and the fascia system are increasingly stimulated.

Training with the Balance-pad Mini can combine conditional and coordinative skills such as strength, endurance, differentiation and balance. It is mainly used in functional training. The smaller surface is ideal for one-legged and one-handed functional exercises as well as dynamic training. We recommend an AIREX mat as an ideal complementary base, especially for exercises that are performed lying down or in side support, for example. The closed-cell, very soft foam does not absorb moisture or dirt, is very hard-wearing and the antimicrobial hygiene finish keeps even the aggressive cMRSA bacteria at bay.

**The Shark  
Fitness Company**



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Dimensions: L25 x W41 x H6cm

Weight: 350g

Color: lava

**Note:** Please check the surface for slip resistance before using Airex Balance products. We recommend using an Airex mat as a base to increase comfort and safety.