



Balance-pad Comparison

Which pad suits which training goal?

	Balance-pad Solid	Balance-pad	Balance-pad Elite	Balance-pad Cloud
	Solid = stable & robust	EP = smooth & comfortable	Elite = structured & grippy	Cloud = soft & challenging
				
Approximate Size	18 x 16 x 2 in 46 x 41 x 5 cm	20 x 16 x 2.25 in 48 x 40 x 6 cm	20 x 16 x 2.5 in 48 x 40 x 6 cm	20 x 16 x 2.5 in 48 x 40 x 6 cm
Fitness level	Entry	Entry-Advanced	Entry-Advanced	Advanced / Sports
Reha level	Entry Rehab	Entry Physio	Entry Physio	Advanced / Sports
Stability	Most stable	Medium	Medium	Most unstable
Surface	Waffle texture	Smooth	Waffle texture	Waffle texture
Barefoot Training	Secure grip	Very comfortable	More grip & stimulation	Intense & challenging
Ideal for	golden agers, early therapy	Classic balance & coordination training	Balance with grip & sole stimulation	Challenging balance & sports training
	● blue 30-1912	● blue 30-1910 ● lava 30-1910LAV	● lava 30-1915LAV ● blue 30-1915 ● pink 30-1915PNK ● kiwi 30-1915KIW	● ruby red 32-1395



6 Exercises for Balance, Stability & Coordination

Discover your balance training – from controlled entry to athletic challenge.

01 • STABILISE

Single Leg Stand

Level 1 • Entry

Stand upright on the AIREX® Balance-pad. Slowly lift one foot and hold the position.

Focus: Balance • Stability • Coordination

02 • CONTROL

Weight Shifting

Level 2 • Beginner

Slowly shift your body weight from one side to the other. Keep your upper body and movements controlled.

Focus: Balance • Body Control • Stability

03 • STRENGTHEN

Squat

Level 2–3 • Intermediate

Stand with both feet on the AIREX® Balance-pad. Bend your knees in a controlled manner and straighten up again.

Focus: Leg Strength • Stability • Coordination

04 • CHALLENGE

Single Leg Squat

Level 3 • Intermediate

Stabilise yourself on one leg and perform a controlled squat.

Focus: Single Leg Stability • Coordination • Body Control

05 • COORDINATE

Lunge

Level 3–4 • Intermediate

Place one foot on the AIREX® Balance-pad and perform a controlled lunge.

Focus: Balance • Leg Strength • Coordination

06 • PUSH LIMITS

Dynamic Balance

Level 4–5 • Sports

Combine your balance with controlled movements of your arms or upper body.

Focus: Dynamic Stability • Coordination • Body Control

My Space, My Balance.

You can find more exercises in the AIREX® Academy app or in the product inserts.