



**BeBalanced!**  
TOTAL BODY TRAINING



von Manuela Böhme



# BeBalanced!

## TOTAL BODY TRAINING

As a therapy and training device, the AIREX® Balance-pad Elite covers a large spectrum of possible applications. Thanks to its destabilising characteristics (wobble effect), the AIREX® Balance-pad Elite is suitable for the prevention and rehabilitation of orthopaedic-traumatic disorders and for the development and enhancement of motor skills in recreational and professional sports.

It facilitates simultaneous exercising and training of conditional and coordinative skills, strength, endurance, balance and differentiation skills as well as general and sport-specific proprioceptor training.

If you are undergoing rehabilitation treatment under the care of a physician or physiotherapist due to an orthopaedic-traumatic disorder, we recommend discussing the training programme with your attending physician or therapist in regards to the choice of exercises, repeat count, frequency of training, training intensity and length of breaks.

### Training tips

#### ➤ Pay attention to your posture

A bent spinal column stresses the intervertebral discs through bending stress, causes the body to respond with tension in the stabilising musculature, restricts the internal organs and depresses the mind. An upright spinal column has the opposite effect.

#### ➤ Always assume the following posture in order to complete the exercises:

The legs are always slightly open and the toes point out. The amount of pressure on the ball of the big toe, the ball of the little toe and the heel is even. The knees are relaxed.

The buttocks are relaxed and the pelvic bones pull straight down: The pelvis is tilted.

The ribs pull towards the front, the breast bone pulls up: The chest is lifted up and towards the front.

The shoulders pull back and down: The shoulder girdle is fixed.

The chin pulls back slightly and the head pulls towards the ceiling. There is space between the chin and breast bone.

#### ➤ Train barefoot

When you are wearing shoes, your toes are always bent. Over the long term, incorrect footwear causes foot deformation and makes the feet stiff and inflexible. Shoes also affect the foot reflex zones, which has a negative impact on the organism as a whole.

When we train barefoot, foot rollover is intensified and we perceive different surface characteristics. This strengthens the foot musculature and improves body statics. Training barefoot also provides a gentle foot reflex zone massage which alleviates or prevents pain, especially back pain and headaches.

#### ➤ Take your time

Due to the modern lifestyle defined by technology and progress, physical self-awareness has fallen to a minimum. We need to establish contact with our own body and its functions and responses in order to feel well, safe and secure within ourselves. Take your time and observe yourself when completing the exercises. Enhance your awareness of your own body.

#### ➤ Exercises:

Manuela Böhme, director of the Instituts für Fitnesspädagogik, Hamburg

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### Description of exercises:

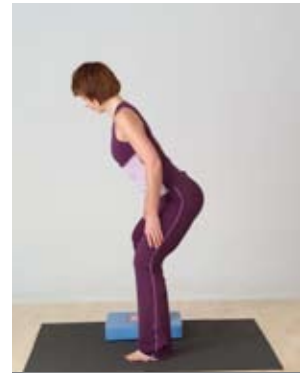
**Warm-up:** marching on the AIREX® Balance-pad Elite

#### 1. Wide squats

Basic position: Legs spread far apart, one foot is on the AIREX® Balance-pad Elite, hands rest on thighs, breastbone is lifted up, shoulders far down, neck is stretched.

Exercise: Bend and straighten legs, the body weight rests more on the heels, push bottom to the back.

Repetitions: Bend and straighten 16 times and then change feet.

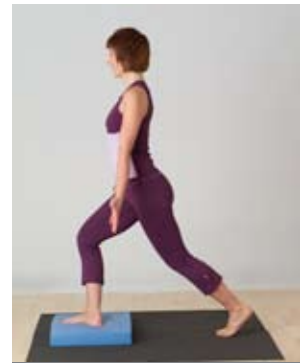


#### 2. Split level squats

Basic position: In step-position, front foot on the AIREX® Balance-pad Elite and slightly turned to the outside, heel of the rear foot is in the air, both knees are slightly bent, arms stretched sideways for balance.

Exercise: Bend and straighten legs, front knee stays behind the tip of the foot and leans towards the middle toe, rear knee bends down towards the floor.

Repetitions: Bend and straighten 16 times and then change feet.



#### 3. Squats with lift step

Basic position: Both feet are on the AIREX® Balance-pad Elite and point slightly outwards, legs slightly spread apart, hands on thighs, breastbone lifted up, shoulders down, neck stretched.

Exercise: Bend both legs, the weight is mostly borne by the heels, push bottom to the back, when straightening (rising), lift the right knee first, then bend both legs again and then lift the left knee when rising.

Repetitions: 16 times for each knee.



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### 4. Opposite arm / leg

Basic position: Rest on all fours, left knee on the AIREX® Balance-pad Elite, right hand on the floor, stretch right leg to the back, stretch left arm to the front, thumb points to the ceiling, pull shoulders away from ears, stretch neck, lift breastbone up and to the front.

Exercise: Lift lower arm and leg simultaneously.

More strenuous: keep left lower-leg lifted during the exercise.

Repetitions: 16 times for each side.



### 5. Thoracic spine rotation

Basic position: Rest on all fours, both knees on the AIREX® Balance-pad Elite, hands on the floor, pull shoulders away from ears, stretch neck, lift breastbone up and to the front.

Exercise: Move arms to the side and simultaneously lift to the back, the thumb points to the ceiling, i.e. the back, the head and thoracic spine rotate with the same motion, look into the hand, lower part of the body does not move.

Repetitions: 16 times for each side.



### 6. Press-up

Basic position: Rest on all fours, hands on the AIREX® Balance-pad Elite, pull shoulders away from ears, stretch neck, lift breastbone up and to the front, elbows slightly bent, stretch one leg after the other to the back, draw up toes, middle of the body remains stable.

Exercise: Bend and straighten arms, elbows pull to the back close to the body.

Repetitions: 16 times with a break after 8.



### 7. Side press-up

Basic position: Lie on the side, forearm on the AIREX® Balance-pad Elite, bottom leg at a 90° angle, top leg stretched long, tip of the foot points to the front, thighs are lying exactly on top of one another.

Exercise: Lift and lower bottom and upper part of the body.

Repetitions: 16 times for each side.



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### 8. Side lift

Basic position: Lie on one side, lower costal arch is parallel to the edge of the AIREX® Balance-pad Elite, hands behind head, one elbow touches the floor, both legs are stretched long and rest exactly on top of one another, the tips of the feet point to the front.

Exercise: Lift and lower top leg.

More strenuous: Stretch both legs long and lift and lower simultaneously.

Repetitions: 16 times for each side.



### 9. Crunches

Basic position: Lie on the AIREX® Balance-pad Elite on your back, move the AIREX® Balance pad Elite to be underneath your lower ribs so that the upper part of the body is lower than the pelvis, open legs, rest heels on floor, tips of the feet point outwards, place hands behind the head, upper part of the body lies on the floor.

Exercise: Lift and lower upper part of body.

Repetitions: 32 times.



### 10. Bilateral arm-leg balance

Basic position: Lying on your stomach, AIREX® Balance-pad Elite lying at chest level, arms extended to the front, legs open, toes point out slightly.

Exercise: Lift and lower upper part of body.

Repetitions: 16 times.



### Cool down / Stretching

#### 11. Balance exercises while resting on knees

Basic position: kneel on the AIREX® Balance-pad Elite

Exercise: Lift both arms up over your head, palms point at one another, lift head and simultaneously look at hands.

More difficult: Close eyes.



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### 12. Stretching the back of the legs

Basic position: From resting on all fours, move one leg forward, between the hands, knee is bent, back and neck are stretched.

Exercise: Bottom pushes up, upper part of body pushes down and forwards.



### 13. Stretching and hip exercise

Basic position: From resting on all fours, move one bent leg forwards, hands on bottom.

Exercise: Push bottom towards front heel and simultaneously pull down.



### 14. Calf and chest stretch

Basic position: Stand on the AIREX® Balance-pad Elite in step position, the front leg is bent, the whole foot rests on the AIREX® Balance-pad Elite, the rear foot only rests partially on the AIREX® Balance-pad Elite so that the heel is lower than the ball.

Exercise: Lift arms to the side slightly above shoulders, spread fingers apart, palms point up to the ceiling, thumbs point to the back, tips of the fingers pull towards the floor.



### 15. Balance exercise while standing

Basic position: Stand on the AIREX® Balance-pad Elite, palms touch each other (prayer position).

Exercise: Slowly lift one foot from the AIREX® Balance-pad Elite, place sole of the foot onto the ankle of the other foot, knee points to the outside.

More difficult: Close eyes.



**Further information about AIREX® Gymnastic mats and Balance-products, BeBalanced! exercise tips and distributor list see:**

[www.bebalanced.net](http://www.bebalanced.net)

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