



## BeBalanced! MEETS BodyART™



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## **BeBalanced! meets BodyART™**

### **What is the AIREX<sup>®</sup> Balance-pad?**

The Balance-pad is a special foam pillow consisting of over 90% air. It was developed in 1996 by the company Airex AG in Switzerland.

### ***What is so special about the AIREX<sup>®</sup> Balance-pad?***

When attempting to achieve balance, the body requires all the different groups of muscles to interact perfectly. This ability to coordinate determines how quickly someone copes successfully with new situations.

The Balance-pad enables you to achieve familiar training moves more effectively. The enhanced ability to keep your balance enables movements to be mastered more effectively and situations to be mastered more quickly – life becomes less of an effort, more elegant and more fun.

Less pain and more enjoyment lead to more motivation and less fear of new challenges. Physical and mental equilibrium are the basis for physical and mental fitness, and for every type of performance enhancement.

The Balance-pad is at the forefront of new developments and can be used for core training (stabilising and strengthening the core of the body) as well as proprioceptive training (sensitisation and economisation of muscle activity).

### ***The benefits at a glance***

- Unique stimulation of the sensorimotor system
- Multifunctional
- Easy to store
- Naturally soft – consisting of 90% air
- With antibacterial coating
- Cost effective

## ***The benefits of the AIREX<sup>®</sup> Balance-pad***

An aid for efficient toning, back exercise and BodyART™  
Endurance training without impact stress  
Unique stimulation of the sensorimotor system  
Balance and posture training  
Fluid, linked movements relevant to daily life  
Compensatory exercises for the feet  
More economical movements through improved fine motor skills  
Mental harmonisation  
(flowing movements / music in 3/4 or 4/4 time)  
Vascular exercises

## **Technique**

### ***Posture***

Good posture is the foundation for every safe and effective technique. We also want to convey positive images to the customer. We show them what correct posture looks like, and tell them what they can do. We do not talk about prohibitions and restrictions, but point out options to them: We train with them!

Good physiological posture is especially important in BeBalanced! training, to achieve the stability required to work on the pad:

- Feet in basic position (ankle, knee and hip joint in one vertical line)
- Weight is distributed equally between the 3 points of the feet
- Knee above the centre of the foot
- Neutral pelvis posture and physiological posture of the spine
- Tense up the torso (lower belly)
- Close the costal arches
- Lift the breast bone forward and up  
(increasing the distance between the breastbone and the navel)
- Shoulders back, arms loose (thumbs / forefingers to the front)
- Head in neutral position and neck straight



In the **BodyART training principle**, the focus is on the person as a functional unit. One's inner attitude reflects external posture, and consequently the energy that is transferred into daily life. BodyART combines elements from yoga, kinesiatics, Japanese DO IN, some new positions and classic breathing techniques – to create a synergy of training and relaxation. The ultimate goal of BodyART training is to guarantee the correct operation of the complete body by strengthening its functions and stabilising the entire apparatus of movement.

**By means of carefully selected, coordinated exercises and positions**, the body breaks down acquired patterns of movement and positively counteracts poor posture. Each exercise is deliberately conducted with breathing and concentration, slowly enough for the body to have sufficient space to counteract negative loads or excessively rapid, unconscious movements.

**In contrast to classic power training**, the emphasis is not on the individual muscle but on the human body in its entirety. All the exercises and positions are whole-body exercises, which exploit (train) several muscles in the body at the same time. Many positions in BodyART require enhanced balance and equilibrium techniques. In this way the attention is focussed on the body's core.

This has the advantage that the person doing the training concentrates consciously on his/her own body, and does not allow him/herself to be distracted by external surroundings. This guarantees correct breathing, and increases the supply of oxygen to the brain and muscles. The consequence of this is that the body is simultaneously relaxed during training as a result of increased awareness and the conscious application of breathing.

**In their leisure time**, people who are aware of their bodies are increasingly looking for opportunities for relaxation, stress reduction and peace – in other words a way to rediscover themselves and to bring body and mind into harmony.

Many people take the time to visit a gym in order to improve their physical fitness, or to balance or dissipate the energy they invest in their working lives. Of course many also train to achieve a beautiful body, following examples from advertising, the media and our personal ideals. But achieving a beautiful body and a positive attitude takes not just your body but also your soul.

The solution is a workout that does not aim to train individual muscle groups, but views the individual as a combination of body, mind and soul. BodyART.

**At the centre of these training and relaxation methods** stands the principle of ying and yang. In training this would mean breathing in, breathing out, tensing and relaxing. All the exercises (activities) are interconnected and self-contained, without beginning and without end. This is an essential component of the BodyART training principle. Every exercise and every position fits together like a jigsaw puzzle and is interconnected. In a sequence of several training positions, you begin at a starting point and at the end of the training unit you return to this departure point.

Depending on the level of the participants and the intensity of the training, the training sequence can be repeated or give way to a different set of exercises. This results in enhanced coordination between the two halves of the brain. Body and mind are merged into one entity, a synergy of physical training and mental relaxation.

When BodyART training is carried out regularly, new movement patterns are internalised and the human body breaks down old movement patterns (poor posture), creating a bridge to enhanced body-awareness and increased energy in daily life. Increased awareness takes root, opening up new scope and pushing back physical and mental barriers.

**The AIREX<sup>®</sup> Balance-pad and BodyART training** thus form an ideal combination for making exercises and positions easier or harder. But the utmost attention should always be paid to execution and technique.

## BeBalanced! Lesson

Warm-up: 10 to 15 minutes of individual warm-up

### Exercise 1: Chair (simplified)



#### Dynamic leg and bottom strengthening

Position: Legs shoulder-width  
Technique: Bend and stretch legs  
Number: 8 to 16  
Sets: 2

### Exercise 2: Chair



#### Stabilisation exercise

Position: Legs shoulder-width  
Technique: Hold, tense up the torso  
Holding period: min.10 seconds, or acc. to participant  
Sets: 2

### Exercise 3: Chair with rotation



#### Stabilisation exercise

Position: Legs closed  
Technique: Hold and turn from the thoracic spine  
Holding period: min.10 seconds, or acc. to participant  
Change sides  
Sets: 2



## Exercise 4: Balance



### Balance exercise

Position: Weight on one leg  
Technique: Hold and tense up the torso  
Holding period: min.10 seconds, or acc. to participant  
Change legs  
Sets: 2

## Exercise 5: Balance (more difficult)



### Balance exercise

Position: Weight on one leg  
Technique: Hold and tense up the torso  
Holding period: min.10 seconds, or acc. to participant  
Change legs  
Sets: 2

## Exercise 6: Lung



### Dynamic leg and bottom strengthening

Position: Lunge, rear leg bent  
Technique: Down and up  
Number: 8 to 16  
Back onto the pad and change legs  
Sets: 2

## Exercise 7: Warrior



### Stabilisation exercise

Position: Lunge, rear leg stretched out  
Technique: Hold, tense up the torso  
Holding period: min.10 seconds, or acc. to participant  
Back onto the pad and change legs  
Sets: 2



## Exercise 8: Triangle propped up on one arm



### Stabilisation exercise

Position: Lunge, rear leg stretched out  
Technique: Hold, torso steady  
Holding period: min.10 seconds, or acc. to participant  
Back onto the pad and change legs  
Sets: 2

## Exercise 9: Transition exercise to V-position



## Exercise 10: Dog, inverted V



### Whole body exercise

Position: Climbing with legs back  
Technique: Hold, legs bent, pelvis tilted, back stretched, neck straight  
Holding period: min.10 seconds, or acc. to participant  
Sets: 1

## Exercise 11: Push up



### Dynamic chest and arm strengthening

Position: Hands on pad, knees on floor  
Technique: Elbows beside the body, bend and stretch arms  
Number: 4 to 8  
Sets: 2

## Exercise 12: Hover



### Stabilisation exercise

Position: Forearms on the pad, legs away from the floor  
 Technique: Hold, tense up torso, neck straight  
 Holding period: min.10 seconds, or acc. to participant  
 Sets: 2

## Exercise 13: Back



### Dynamic back strengthening

Position: Bauch auf Pad  
 Position: Stomach on the pad  
 Technique: Raise upper body slightly and lower again, extend the movement idea, arms in external rotation  
 Number: 8 to 16  
 Sets: 2

## Exercise 14: Back



### Dynamic back strengthening

Position: Stomach on the pad  
 Technique: Arm and leg lightly crossed raise, extend the movement idea  
 Number: 8 to 16 (changing sides)  
 Sets: 2

## Exercise 15: Quadruped



### Stabilisation exercise

Position: Hand on floor, knee on pad  
 Technique: Raise arm and leg, extend the movement idea  
 Holding period: min.10 seconds, or acc. to participant (change sides)  
 Sets: 2

## Exercise 16: Stomach



### Dynamic stomach strengthening

Position: Back on pad  
Technique: Activate pelvic floor,  
Raise and lower shoulder and head  
Number: approx. 24 (or acc. to participant)  
Sets: 2

## Exercise 17: T-stand



### Stabilisation exercise

Position: Forearm on Pad  
Technique: Hold, shoulder joint stable,  
raise torso laterally,  
Holding period: min.10 seconds, or acc. to participant  
(change sides)  
Sets: 2

## Cool-down: 10 to 15 minutes individual wind-down

Note: If there are too few Balance-pads available, divide into two groups and swap the pads between the two sets. Keep loosening up the body now and again between sets, and mobilise the shoulder joints and spine.