

AIREX® ONLINE CONVENTION

SCHEDULE 09. AUGUST 2020

8:00 am CEST	Start: 8:00 am German time! (CEST)		
14:00 - 14:15	WELCOME		JUTTA & PAUL
14:15 - 14:45	SENSORIMOTOR COORDINATION TRAINING WITH UNSTABLE GROUNDS (BALANCE-PAD INTRODUCTION)	THEORY	JUTTA & PAUL
14:45 - 15:30	FUNCTIONAL TRAINING	PRACTICE	JUTTA & PAUL
15.30 - 15.45	SHORT BREAK		
15:45 - 16:15	ALL ABOUT A HEALTHY BACK CAUSES AND THERAPEUTIC APPLICATIONS	THEORY	PAUL
16:15 - 17:00	HEALTHY BACK - GROUP FITNESS CLASS	PRACTICE	JUTTA & PAUL
17:00 - 17:30	BREAK		
17:30- 18:15	PILATES - THE SECRET OF THE MAIN FOCUS IN PILATES TRAINING AND PRACTICAL TIPS & EXERCISES	THEORY & PRACTICE	JUTTA
18:15 - 19:30	YOGA MOVE	PRACTICE	PAUL
19:30 - 20:00	AIREX PRODUCT INTRODUCTION MATS & BALANCE-PAD'S	THEORY	JUTTA & PAUL

CLASS /WORKSHOP DESCRIPTIONS

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Sensorimotor coordination training with unstable grounds (Balance-pad Introduction):

Sensorimotor coordination training is the future in fitness and therapy. You will learn all the necessary background knowledge for a successful implementation.

Functional Training

A great functional training class, that works for groups and individual applications. A powerful course with a large selection of exercises awaits you

All about a Healthy Back - Causes and therapeutic applications

How can you counteract the most common causes of back pain problems?

The segmental stabilization is not a question of muscular strength, but of neural response. You learn how to recruiting the most important muscles of an intelligent and a very easy way.

Only those who know the causes of back problems can correct and treat them! Learn one of the best possibilities of therapeutic applications.

Healthy Back - Group Fitness Class

In connection with the Balance-pad products, health-conscious back training can be optimally implemented according to the latest scientific findings and with important sensomotoric aspects.

A hot topic in Group Fitness!

Pilates

Jutta will explain where the real main focus in Pilates training should be. She will explain a great way to achieve the goals in Pilates training and show effective ways to train the deep core muscles. A great combination of knowledge based theory and practical implementation for your classes or training with clients.

You will be surprised how pleasant and yet effective training can be

Equipment: Mat, Balance-pad Elite or without

YOGA move

Contemporary yoga for beginners and advanced people. This program consists of 4 phases:

1. Breathing meditation, 2. Preparation, 3. Exercise sequence, 4. Relaxation. Simple exercises with a big impact for your body and mind. Please try it, you'll like it!