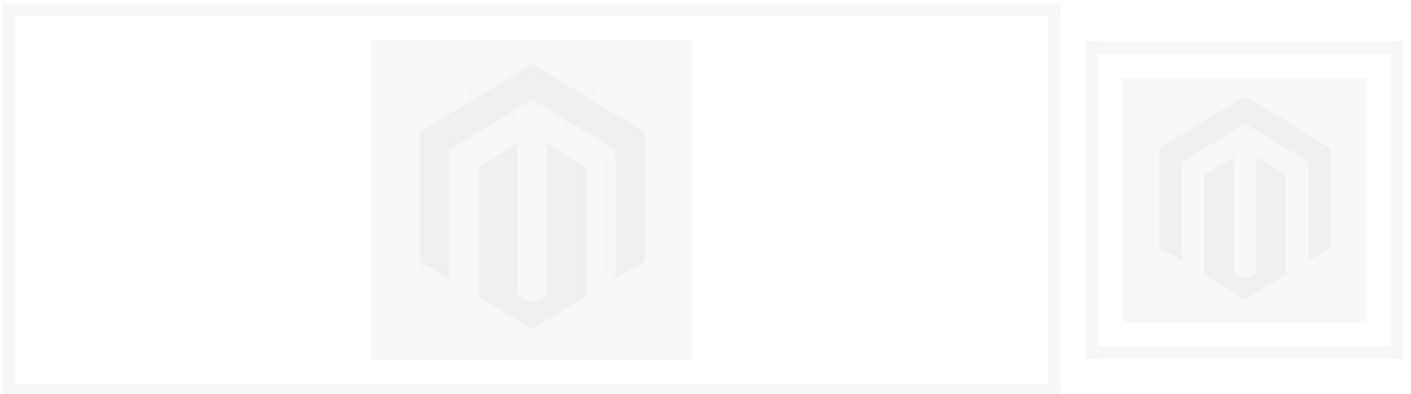


AIREX Balance Beam

£128.51

Product Images



Short Description

With the great success of the popular Airex Balance Pad, the Airex Balance Beam has been introduced as a great rehabilitation and balance tool. It has also been manufactured from the same sanitized treated foam for hygiene. This balance beam has been designed to improve your proprioception and dynamic stability when walking, lunging or stepping along it. It's easily stored, it's easily carried and any one can use. It comes in blue and is 1.6m long, 24cm wide and 6cm high.

Why Buy the Airex Balance Beam?

Useful for post surgery as a rehabilitation tool, or for sports training, it is commonly used for improving basic functional movements and balance. Great after knee, ankle, hip surgery.

Description

Balance Beam from AIREX

Perfect for both core work and proprioception and dynamic stability through rehab or otherwise, this AIREX balance beam has proven to be a worthy performer. Using a sanitized foam that gently yields when weight applied, this activates and sensitises your body to maintain balance. All of this activates various muscles and helps you to work on your dynamic stability.

The Balance Beam from AIREX can be used whether you want to walk, lunge or step along the beam as part

of your exercise. As a functional training product, the AIREX beam will help with your body posture, balance and coordination. Manufactured to a very high standard, the sanitized treated foam is the same that is found on the AIREX Balance Pad Elite.

Additional Information

SKU	ABB
Weight	1.000000
Equipment Usage	Home & Commercial Use