Instruction For Use_Gymnastics mat

SCAN ME

Instruction for use S50_Gymnastics mat_EN

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Scope of delivery / Etendue de la livraison / Ambito di consegna

1. AIREX® Gymnastics mat
2. Mat exercise program
3. Electronic instructions for use (eIFU) on request

General / Général / Generale

Congratulations on buying a high-quality AIREX® branded product! In order for you to be able to use the advantages of our AIREX® special foams produced under CE-compliant conditions for as long as possible, we ask you to observe these instructions for use.

This instruction manual is part of the purchased product. Among other things, it contains important information for intended use. In order to increase comprehensibility, all AIREX® gymnastic mats are hereinafter referred to as "Mat".
Read the instructions for use, especially the safety instructions, carefully before inserting the "Mat". Failure to follow these instructions for use may result in injury or damage to the "Mat".
The instructions for use are based on the standards and rules in force in the European Union. Please also observe country-specific guidelines and laws abroad.
Keep the instruction manual for further use. If you pass on the "Mat" to third parties, be sure to include this instruction manual.
⚠ This manual can also be requested as a PDF file (eIFU) from our customer service (info@my-airex.com) or from your regional trading partner. Please pay attention to the current status of your PDF viewing software, for example Adobe Acrobat Reader XI.

Scope of these instructions for use / Champ d'application de ce manuel

These instructions for use apply to the following AIREX® gymnastic mats:

Trade name:	Variations:	Trade name:	Variations:
AIREX® Atlas ca. 1250 x 2000 x 15 mm	Water blue / Red	AIREX® Fitline ca. 600 x 1400/1800 x 10 mm	Kiwi / Pink / Slate / Water blue
AIREX® Corona ca. 1000 x 1850/2000 x 15 mm	Slate / Red / Blue	AIREX® Fitline 200 ca. 800 x 2000 x 10 mm	Slate / Water blue
AIREX® Coronella ca. 600 x 1850/2000 x 15 mm	Slate / Red / Blue	AIREX® Hercules ca. 1000 x 2000 x 25 mm	Blue / Water blue
AIREX® Coronita ca. 800 x 2000 x 15 mm	Blue	AIREX® Titania ca. 1250 x 2000 x 32 mm	Water blue
AIREX® Diana ca. 1250 x 2000 x 15 mm	Water blue	AIREX® Xtrema ca. 580 x 1780 x 6 mm	Anthracite
AIREX® Fitline Studio ca. 500 x 1000 x 10 mm	Slate	AIREX® Pilates ca. 600 x 1900 x 8 mm	Anthracite

Character explenation / Explication des symboles / Spiegazione dei simboli

The following symbols and signal words are used in this instruction manual, possibly on the "Mat" or on the packaging.

Les symboles suivants sont utilisés sur les étiquettes, les emballages ou les instructions d'utilisation des produits AIREX® // I seguenti simboli sono utilizzati su etichette, imballaggi o istruzioni per l'uso dei prodotti AIREX®:

Hersteller / Manufacturer
Indicates the medical device manufacturer

Bevollmächtigte Person / Authorized Representative in the EC
Indicates the authorized representative in the European Community / European Union

Herstellungsdatum / Date of manufacture
Indicates the date when the medical device was manufactured

Batch-Code / Batch code
Indicates the manufacturer's batch code so that the batch or lot can be identified

Artikelnummer / Catalog number
Indicates the manufacturer's catalog number so that the medical device can be identified

Seriennummer / Serial number
Indicates the manufacturer's serial number so that a specific medical device can be identified

Von Sonnenlicht fernhalten / Keep away from sunlight
Indicates a medical device that needs protection from light sources

Trockenhalten / Keep dry
Indicates a medical device that needs protection from moisture

Eindeutige Produktkennung / Unique device identifier
Indicates a carrier that contains unique device identifier information

Temperaturbeschränkungen / Temperature limit
Indicates the temperature limits to which the medical device can be safely exposed

Nicht verwenden, wenn das Paket beschädigt ist / Do not use if package is damaged
Indicates a medical device that shouldn't be used if the package has been damaged

Gebrauchsanweisung beachten / Consult instructions for use
Indicates the need for the user to consult the instructions for use

Warnung / Caution
To indicate that caution is necessary when operating the device or control close to where the symbol is placed

Medizintechnik / Medical device
Indicates the item is a medical device

Übersetzung / Translation
To identify that the original medical device information has undergone a translation

In dieser Richtung nach oben / This way up

CE Markierung / CE marking
‘CE marking of conformity’ or ‘CE marking’ means a marking by which a manufacturer indicates that a device is in conformity with the applicable requirements

Importer / Importer
To indicate the entity importing the medical device into the locale

Vertreter / Distributor
To indicate the entity distributing the medical device into the locale

Security / Sécurité / Sicurezza

Intended purpose / Utilisation prévue / Uso previsto

This AIREX® Product is designed as a movement therapy aid for both institutional and home use. Product lying on the floor serves as a pad for a person in medically indicated and prescribed exercises to improve motor skills and balance or postural control and/or for the movement therapy treatment of muscle weakness in the limbs and trunk as a result of a neurological or orthopedic disease.

NOTE!

MD

The "Mat" may only be used for the intended purpose. Any other use is considered improper and may result in property damage or even personal injury. The AIREX® "Mat" is **not a toy for children.** Suitable for indoor and outdoor applications.
The "Mat" must not be exposed to extreme temperature fluctuations, high humidity and direct sunlight during storage. The optimal damping property is at room temperature. At lower temperatures, the damping property is reduced accordingly. The manufacturer or distributor assumes no liability for damage caused by improper or improper use.

Indications / Les indications / Indicazioni

Degenerative and chronic spinal diseases, stimulation of general connective tissue structures, neurological diseases, diseases of the cardiovascular system.

Contraindications / Contre-indications / Controindicazioni

This includes all known contraindications, which apply to physiotherapy exercises in general or must always be clarified in advance with the treated doctor:

- Extreme hypertension (from grade 3)
- Acute inflammation in the regions to be practiced
- First 1-2 weeks after intervertebral disc surgery
- Massive disc problems with neurological symptoms
- Heart failure (NYHA III/IV) and inflammatory heart disease
- Arteriosclerosis (peripheral arterial occlusive diseases stage (III-IV)

Safety instructions / Consignes de sécurité / Istruzioni di sicurezza

Possible dangers for children and persons with reduced physical, sensory or mental abilities (e.g. persons with disabilities, elderly persons with limitations of their physical and mental abilities) or lack of experience and knowledge.

- This "Mat" can be used by children from 7 years of age and above, as well as by persons with reduced physical, sensory or mental abilities or lack of experience and knowledge about the product (laymen) if they have been supervised by healthcare professionals or instructed in the safe use of the "mat" and understand the resulting dangers.
- Children are not allowed to play with the "Mat" without supervision. Cleaning and care must not be carried out by children without supervision.
- **Do not use as a swimming or rescue aid!** Use only under supervision in the water!
- Keep children younger than 3 years away from the "Mat".
- Make sure that children do not swallow small parts.
- Do not let children play with the packaging. Children can get caught in it, injure and suffocate while playing.

Risk of injury!

Improper use of the "Mat" can lead to injuries.

- The user's body weight must not exceed 150 kg.
- Do not use the "Mat" if it has surface/structure injuries.
- Beforehand, remove any items under the "Mat" that may injure or damage it.
- Make sure that the floor or seat under the "Mat" is flat and non-slip.
- Do not perform exercises near stairs or heels.
- During the exercises, place the mat smoothly on the floor and avoid protruding corners, as these can pose a risk of tripping.
- When doing exercises, make sure that there is enough space for products and other people and that no one can be injured.
- Don't overestimate yourself while doing exercises.
- If you have any pre-existing conditions, first seek the advice of your doctor.
- If you experience pain or discomfort during exercise, stop using it immediately and consult a doctor.
- Make sure that all people who train with the "Mat" have read these safety instructions. This is especially true for people with already existing balance disorders.
- Do not use the "Mat" if you are under a drug or alcoholic influence that negatively affects your ability to balance.

Before first use / Avant la première utilisation / Prima del primo utilizzo

NOTE!

Risk of damage!

If you carelessly open the packaging with a sharp knife or other sharp objects, the "Mat" may be damaged.

Be careful when opening the package:

1. Remove the "Mat" from the package;

2. Check the completeness of the delivery;
3. Check if the "Mat" is damaged. If this is the case, do not use the "Mat" and report the damage to your seller;
4. If necessary, clean the "Mat" with lukewarm soapy water **before** first use.

Use the "Mat" only for practicing, never as a base for fitness equipment and machines, because the special cushioning properties of the "Mat" do not allow a stable installation of heavy equipment. If possible, train barefoot so that the surface of the "Mat" is not damaged.

Mat exercise program / Des exercices / Esercizi

Risk of injury!

Improper exercise can harm your health. If you have any pre-existing conditions, first seek the advice of your doctor or therapist.

- Warm up slightly before exercising.
- Use the "mat" in closed rooms at comfortable room temperature.
- Wear comfortable sportswear and only indoor shoes or even stay barefoot for better proprioceptive control.
- The total duration of a single training session should not exceed 60 minutes.
- Make sure you have adequate hydration during exercise.
- Do not exceed your limits when exercising.
- Breathe calmly during exercise.
- Avoid fast and violent movements during exercise. Focus on your balance.
- If you experience pain or discomfort during exercise, stop using it immediately and consult a doctor. The exercises with the "Mat" are by no means intended as a substitute for medical or therapeutic advice.
- Further exercise recommendations can be found in the enclosed mat exercise program.

NOTE!

Serious incidents!

Any serious incidents involving the purchased product shall bereported without delay to the manufacturer (info@my-airex.com) or his 'authorised person' and to the competent authority of the Member State. Notifications pursuant to Art. 80 para. 2, 3 and 6 of Regulation (EU) 2017/745 must be transmitted to the competent federal authority via the electronic platform (Reportincident).

Optics / Optique / Aspetto esteriore

With the super soft products, great importance is attached to functionality. In order to achieve good damping, a special manufacturing process is necessary. Certain deviations from perfection may occur with these products, such as occasionally small surface bubbles, small deviations in dimensional tolerance or slight discoloration. However, this does not affect the function in any way.

L'aspect fonctionnel est l'un des critères principaux des produits super souples. Le confort, la souplesse et l'effet modelable requièrent un mode de fabrication spécial. Il peut donc se produire des écarts mineurs de perfection tels que, parfois, de petites bulles en surface, des différences minimes dans les dimensions et de légères décolorations. Ces petits défauts n'ont aucune influence sur leur fonction.

Per quanto riguarda i prodotti super-morbidi, si mira innanzi tutto a garantire la funzionalità. Per ottenere un piacevole comfort, è stato necessaria adottare uno speciale processo di produzione. Tal-volta questi prodotti presentano leggere imperfezioni, come piccole bolle superficiali, leggeri scosta-menti nelle tolleranze dimensionali e lievi differenze nelle tonalità cromatiche. Tuttavia, tali imperfezioni occasionali non compromettono in alcun modo la funzionalità.

Cleaning / Nettoyage / Pulizia

In order for you to enjoy your gymnastics mat for a long time, we strongly recommend cleaning the mat at regular intervals, especially if it is used in extremely warm and humid environments (e.B public or private baths, thermal baths, wellness areas). This prevents any changes in the surface structure and increases the service life.

For cleaning, use a soft sponge or cloth with hand-warm soapy water. Please do not use abrasives or scouring sponges. Avoid cleaning with gasoline or other organic solvents. After cleaning, allow the mat to dry thoroughly in the air before storing the mat.

Afin de pouvoir profiter durablement de votre tapis de gymnastique vous recommandons vivement de nettoyer régulièrement votre tapis, surtout lorsque vous l'utilisez dans des environnements extrêmement chauds ou humides (piscines publiques ou privées, thermes, secteurs bienêtre, etc.). Vous éviterez ainsi toute variation de la structure delà surface et rallongerez l’adurée de vie de votre tapis.

Lors du nettoyage de votre tapis, utilisez une éponge ou un chiffon doux et de l'eau savonneuse tiède. N'utilisez pas de produits abrasifs ni d'éponges grattant es. Evitez de nettoyer votre tapis à l'aide d’essence ou d'autres solvants organiques. Après le nettoyage, faites bien sécher votre tapis à l'air avant de le ranger.

Per trarre il massimo vantaggio e divertimento dal vostro materassino, consigliamo di lavarlo a intervalli regolari, in particolare Selo utilizzate in ambienti molto caldi e umidi (ad es. Piscine pubbliche o private, bagni termali, centri benessere). Inqueto modo si prevengono eventuali modifiche della struttura superficiale e si aumenta la durata.

Utilizzare una spugna morbida o un panno morbido con acqua tiepida e sapone per pulire. Non utilizzate sostanze o spugne abrasive. Non utilizzate benzina, né altri solventi organici. Dopo la pulizia, fate asciugare bene il materassino all'aria prima di riporlo a posto.

Characteristics / Caractéristiques / Caratteristiche

The closed-cell AIREX® flexible foams do not absorb water and have a permanent load capacity in the water. Attention: Do not use as a swimming or rescue aid! The Sanitized® equipment effectively protects the gymnastics mat against unpleasant odors and microbial infestation. It preserves the material, improves hygiene and increases comfort.*
If disinfection is still necessary for special reasons, please use a commercially available disinfectant on an aqueous basis. Disinfection or sterilization with superheated steam is not permitted.

Les matériaux alvéolaires souples AIREX® n'absorbent pas l'eau et ont donc une portance constante qui ne s'altère pas. Attention: ne pas utiliser comme aide à la natation ou au sauvetage!
L'équipement Sanitized® protège efficacement les tapis de gymnastique odeurs désagréables et des microbes. Il conserve le matériau, améliore l'hygiène et augmente le confort du tapis.*
Dans le cas où une désinfection s'avère toutefois nécessaire, veuillez utiliser un produit désinfectant courant à base d'eau. La désinfection ou la stérilisation à l'aide de vapeur n'est pas autorisée.

I prodotti in morbido espanso AIREX® a cellule chiuse non assorbono acqua e sono quindi caratterizzati da una portanza costante in acqua. Attenzione: non utilizzare come aiuto per il nuoto o per il salvataggio!
La dotazione Sanitized® protegge efficacemente il materassino odori sgradevoli e microbi.* Conserva il materiale, migliora l'igiene e aumenta il comfort. Se per ragioni particolari è comunque necessaria una disinfezione, utilizzate un comune disinfettante a base d'acqua. Non disinfettare né sterilizzare a vapore!

NOTE!

* The antimicrobial Sanitized® hygiene function integrated in our mats protects the material from odours, bacteria and mould. Contains a biocidal product with the active substance folpet. Concentration: 0.1 – 0.2 %.

* La fonction d'hygiène antimicrobienne Sanitized® intégrée dans nos tapis de gymnastique protège le matériau contre les odeurs, les bactéries et les moisissures. Contient un produit biocide avec l'ingrédient actif Folpet. Concentration: 0.1 – 0.2%

* La funzione igienica antimicrobica Sanitized® integrata nei nostri tappetini da palestra protegge il materiale da odori, batteri e muffe. Contiene un biocida con il principio attivo Folpet. Concentrazione: 0.1 – 0.2%

Storage / Rangement / Stoccaggio

Individual mats can be rolled up without further ado. Make sure that the grooves are directed outwards. Ideal for the storage of several mats is the storage on our special holders, as long as your mats are equipped with AIREX® eyelets. Please always hang the mats on both eyelets. Never hang the mat without eyelets. If you lose eyelets, you can easily replace them. Replacement eyelets are available via our service. (see contact).

Un seul tapis peut être roulé sans problème. Veuillez faire attention à ce que les rainures soient dirigées vers l'extérieur. La meilleure méthode pour stocker plusieurs tapis de gymnastique de les conserver sur nos supports spéciaux, pour autant que vos tapis soient équipés d'œillets. Dans ce cas, veuillez suspendre les tapis. Ne suspendez pas des tapis non dotés d'œillets. Vous pouvez remplacer sans peine les œillets que vous auriez perdus (voir contact).

I materassini singoli si possono tranquillamente arrotolare. Fate attenzione che le scanalature siano rivolte all'esterno. Perla conservazione di più materassini sono ideali i nostri speciali supporti, se i materassini sono dotati di occhielli. Appendere il materassino sempre da entrambi gli occhielli. Non appendere mai il materassino senza occhielli. Se perdete gli occhielli potete sostituirli senza problemi. Gli occhielli di ricambio possono essere richiesti al nostro Centro Assistenza (vedi Contatti).

Disposal / Recyclage / Smaltimento

When disposing of packaging material and product, think about the environment and please inquire with your local administration about the possibilities of environmentally friendly disposal via appropriate collection points.

AIREX® gymnastic mats are made of flexible foam based on polyvinyl chloride cell materials (PVC) and are expanded with a nitrogen-splitting chemical blowing agent. The material does not contain phthalates.

Veuillez-vous conformer aux directives concernant la protection de notre environnement lors de l'élimination du matériel d'emballage et informez-vous des possibilités d'élimination dans des centres de recyclage auprès de votre administration locale.

Les tapis d'exercice AIREX® sont fabriqués en mousse souple à base de matériaux cellulaires en polychlorure de vinyle (PVC) et sont expansés avec un agent gonflant chimique qui libère de l'azote. Le matériau ne contient pas de phtalates.

Smaltire l'imballaggio e il prodotto nel rispetto dell'ambiente. Informatevi presso le autorità locali sugli appositi centri di raccolta al fine di smaltire ecologicamente il prodotto.

I materassini per esercizi AIREX® sono realizzati in morbida schiuma a base di materiali cellulari in cloruro di polivinile (PVC) e sono espansi con un agente espandente chimico che rilascia azoto. Il materiale non contiene ftalati.

Warranty / Garantie / Garanzia

We provide the prescribed statutory warranty for the AIREX® gymnastic mats, unless otherwise specified below.

Pour les tapis d'exercice AIREX®, nous assumons la garantie légale, sauf indication contraire ci-dessous.

Per i materassini AIREX®, ci assumiamo la garanzia legale, se non diversamente indicato di seguito.

Liability committee / Limitation de responsabilité / Esclusione di responsabilità

Claims due to damage to the AIREX® gymnastics mat based on improper use are excluded.

Claims for damages are excluded – regardless of the legal grounds, in particular due to breach of obligations arising from the contractual relationship and from torts. This does not apply if liability is provided for by law, in particular:

• in cases of intent or gross negligence:

• in case of injury to life, body or health;

Les réclamations concernant des détériorations des tapis de gymnastique résultant d'une utilisation non conforme sont exclues.

Les demandes de dommages et intérêts – quel que soit leur motif juridique, notamment celles pour violation des obligations issues du lien de droit unissant le créancier au débiteur et d'un acte illicite – sont exclues. Cette disposition ne s'applique pas aux cas imposant la responsabilité, tout particulièrement:

La garanzia non copre i danni del materassino AIREX® derivanti da un utilizzo non conforme.

Sono esclusi i diritti di risarcimento danni – indipendentemente dal motivo giuridico, in particolare in caso di violazione di doveri derivati dal rapporto creditizio e da atti illeciti. Ciò non vale purché sussista una responsabilità legale obbligatoria, in particolare:

• in caso di premeditazione o grave incuria

• in caso di lesioni, pericolo per la

• according to the Product Liability Act or

• in the event of any other breach of essential contractual obligations;

in this case, the claim for compensation for the damage is limited to the typically occurring damage.

• dans les cas de préméditations ou négligences grossières;

• en cas de blessures corporelles ou de risques pour lassante;

• selon la loi sur la responsabilité produit ou;

• en cas d'autres violations d'obligations contractuelles; dans ce cas, les prétentions sont limitées au dommage contractuel typique et prévisible.

vita o la salute

• secondo quanto stabilito dalla legge sulla responsabilità del prodotto oppure• in caso di ulteriore violazione dei doveri contrattuali essenziali; in questo caso il diritto al risarcimento è limitato al danno che si verifica in modo tipico.

Contact / Contact / Contatto

Airex AG
Industrie Nord 26
CH-5643 Sins
Switzerland
Tel.: +41 (0)41 789 66 66
Email: info@my-airex.com
www.my-airex.com

Airex AG
Industrie Nord 26
CH-5643 Sins
Suisse
Tel.: +41 (0)41 789 66 66
Email: info@my-airex.com
www.my-airex.com

Airex AG
Industrie Nord 26
CH-5643 Sins
Svizzera
Tel.: +41 (0)41 789 66 66
Email: info@my-airex.com
www.my-airex.com

NOTE!

These operating instructions are currently available in four languages: German, English, French and Italian.

Airex AG
CH-5643 Sins

Airex AG
Industrie Nord 26
CH-5643 Sins / Switzerland

3A Composites GmbH
Kiefernweg 10
DE-49090 Osnabrück / Germany