

BeBalanced! Portfolio

Compact trainer knowledge

Experience the unique AIREX® trainer folder: BeBalanced! Portfolio offers compact trainer knowledge in a high-quality folder.

BeBalanced! Portfolio - compact trainer knowledge offers something for every type of learner for the best possible result.

The BeBalanced! Portfolio is a unique trainer folder with:

- Teaching films on 2 DVDs
- BeBalanced! Basics manual - more than 20 pages basic knowledge
- More than 30 practice charts to take out with photos of all the BeBalanced! workouts
- 3 music CDs in ¾ time for teaching

Compact professional knowledge in a zipped folder. That means you will always have everything together and nothing will go missing. Use the various materials to correspond to your learner type:

The auditory learner – listen to the instructions on the DVDs and the theoretical briefing on the topic of BeBalanced! And you will begin to understand it...

The visual learner – the exercise charts are a true feast for the eyes with lots of photos. The films will also provide a good learning basis for you. And the manual? Yes, of course that helps as well!

The communicative learner – Ask your colleague questions about BeBalanced! Discuss the positions, exercise selections and other points.

The motor learner – hold the charts in your hands, walk through the room and read the instructions out loud. Set up a BeBalanced! hour and copy the movements in the workout. Discover the first-class material in the BeBalanced! Portfolio – you are bound to like it.

