

REAXING TRAINING METHOD

Reaxing is the combination of innovative equipment and training methods developed and based on the “sudden dynamic impulse” technology. The consequent unpredictability boosts training performances to a much higher level in terms of quality and quantity. As a matter of fact, sports performances improve, as well as metabolic activity, muscular responsiveness and reliability of post trauma recovery.



COURSES

EDUCATIONAL

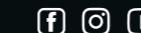
“PARTICIPATE IN ONE OF OUR CLASSES AND LEARN HOW TO USE OUR PRODUCTS AT THEIR BEST.”

Reaxing fully supports your activities and allows you to use the whole range of products in the best way. All our courses are developed to train fitness professionals, providing them with programs suitable for their needs and in line with the “Reaxing Training Method”. Professionals in the fitness field and qualified Master Trainers have created and developed a wide range of educational programs, all with a highly qualifying direction and a clear and simple educational method behind. Check our website www.reaxing.com for updates and courses availability.



REAXING
TRAIN TO REACT

WWW.REAXING.COM



mindfunction



REAXLIFT
THE BOUNCING LIFT

TRAIN TO REACT



THE BOUNCING LIFT

REAXLIFT

“REAX LIFT IS THE FIRST BARBELL IN THE WORLD TO DESTABILIZE THE MOTOR GESTURE FOR A GROUNDBREAKING NEUROMUSCULAR TRAINING”

Weight lifting has always been an important part of most training programs. Symmetry, stability and consistency have been the keywords of everything you know up to now. Reax Lift is the first barbell to turn this concept upside down. Thanks to its innovative system (international patent pending), the motor gesture of weightlifting becomes unexpectedly unstable. Cast-iron disks or Reax W-Disk oscillate, rotate and bounce depending on the exercise performed by the user, thanks to the Reax B-Bungee that adds unpredictability and dynamism to each exercise. Disks and bungees come in different weights and with a wide range of accessories. Thanks to these features, the user is able to perform a huge number of exercises, exploiting inertia, dynamics, centrifugal force and progressive resistance. With Reax Lift, floors won't be damaged anymore thanks to the innovative soft shock system.

GENERAL FEATURES

DIFFERENT

Reax W-Disks have water inside. Due to this feature, any motor gesture performed with them is destabilized: the result is a more performing and unpredictable training.



FRIENDLY

With Reax W-Disk soft shock technology, the impact on any surface is significantly reduced and softened. Weight lifting at the gym won't be dangerous anymore, both for people and training surfaces.

MODULAR

The different available weights allow the user to set and customize the intensity of any workout. Reax Lift is suitable pretty much for everyone: adults, elderly, pro athletes, beginners and recovering athletes.



VERSATILE

Due to its structure and its several available accessories, Reax Lift is suitable for endless bodyweight exercises, from traditional to dynamic ones.

TRAINING SOLUTIONS



Inertia, dynamics and centrifugal forces are unpredictably activated while performing any exercise. Because of this, Reax Lift is unique and allows the user to perform endless training possibilities. Perfect for individual functional training, incredible fun and effective for group activities. (on the left: barbell set up with B-Bungee system; on the right: disks put directly on the S-Bar).



TECHNICAL SPECS

- 1 Choose your Reax S-Bar
- 2 Choose your Reax W-Disk Gray or Olympic Disk
- 3 or use your Reax W- Disk Colour
- 4 Match your Reax B-Bungee
- 5 Your Reax Lift is ready to use (for Red and Yellow weights, insert the W-Disks directly on the S-bar)

