REAXING TRAINING METHOD

Reaxing training is the first and only method in the world based on releasing gradual and monitored sudden motor impulses (light, sound, tactile stimulations and motor interferences or perturbations), forcing the athlete to activate quick neuromuscular reactions. This unpredictability trains your senses and boosts training performances to a much higher level in terms of quality and quantity.

As a consequence, sports performances improve, as well as metabolic activity, muscular responsiveness and reliability of post trauma recovery. Reaxing training is versatile and easily customizable in terms of endurance and strength. It is suitable pretty much for everyone.

COMMUNITY

TRAIN TO REACT

"LIMITS ARE MEANT TO BE BROKEN, LET'S TRAIN TOGETHER TO REACT"

At least once in a lifetime, everyone must get back on his feet after a fall. At Reaxing, we want to speak up for those who turned a hostile twist into a great success.

Are you a man, a woman, an athlete, a trainer or a sport pro? Do you share our values? Then... what are you waiting for? Join our community. Let's start a new exciting chapter together. Write to info@reaxing.com and we'll get in touch with you straight away.

REAXING
TRAIN TO REACT
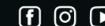
2016 INNOVATION AWARD

TRAIN TO REACT

REAXBOARD
THE SMART FLOOR

THE SMART FLOOR

REAXBOARD

"REAX BOARD DESTABILIZES ANY MOTOR GESTURE PERFORMED ON IT. AS A RESULT, THIS INNOVATIVE FUNCTIONAL TRAINING REACHES THE HIGHEST NEUROMUSCULAR LEVEL OF INTENSITY YOU CAN GET"

Reax Board is an incredibly "smart" floor able to reproduce and generate sudden interferences during the motor gesture. The training solutions are endless. Standard exercises, performed under stable and predictable conditions, become unpredictable and much more fun and effective. All muscles are activated and focus must always be kept high and steady. Thanks to a tablet and its dedicated app, the user or the PT can select the difficulty level he wishes and choose among several pre-configured training programs. PT special sessions are available only in the presence of a trainer, in order to perform intense and customized programs in total safety inside the club. For example, during the original "live" program, the PT can alter the motor gesture through real time interferences. He can adjust the intensity, speed, direction and frequency of the interference and freeze the board in the position he wishes. All this happens during the training performance.

TECHNOLOGY

APP

The board can be controlled through wireless technology, thanks to a tablet computer and its dedicated app, available for IOS and ANDROID devices.

PT PROGRAM

PT sessions are only available after entering a password, in order to perform the most intense programs in total safety inside the club.

An example of PT programs is the "live" function, which allows the trainer to drive and control the Board in real time.

USER FRIENDY

Thanks to its graphic interface you can easily surf and choose among many programs. Just 2 steps and you're ready to start your training sessions.

OPEN PROGRAMS

Open programs are conceived to be in line with the infinite training needs. These programs are suitable for everyone: adults, elderly, pro athletes or recovering ones.

TRAINING SOLUTIONS

CALISTHENICS
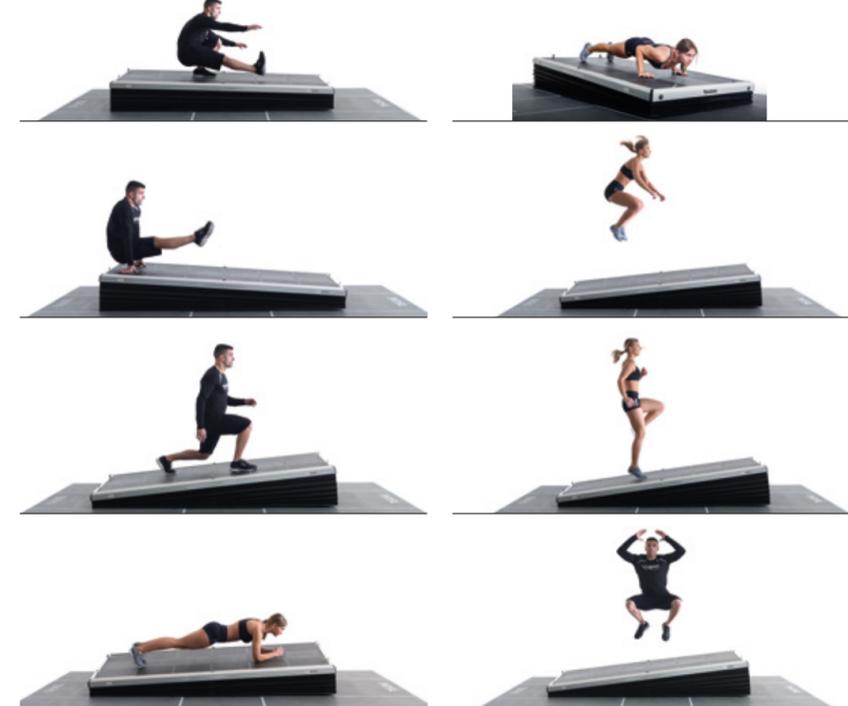
The Training solutions are endless. Users can perform free body exercises on the board or use it in combination with other functional tools, adding unpredictability and enhancing effectiveness. The unstable surface gives a new moving experience, improves balance and proprioception and boosts neuromuscular efficiency, all increasing the calories burning.

COMBY

TECHNICAL SPECS

Reax Board is available in 2 sizes. The bigger one is particularly suitable for dynamic exercises in bipodalic or quadrupedal stances, for more than one user simultaneously. Reax Board Mini is perfect for a bipodalic use, for more than one user simultaneously.
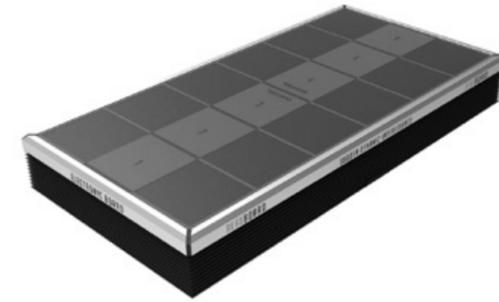
REAXBOARD

Length (cm | in)	Width (cm | in)	Height (cm | in)
250 cm	98.42	125 cm	49.21	31 cm	12.20
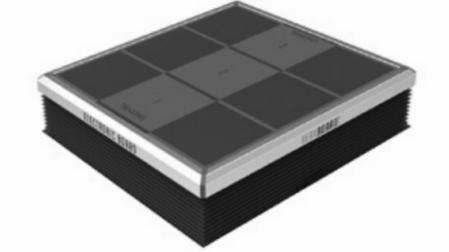
REAXBOARD MINI

Length (cm | in)	Width (cm | in)	Height (cm | in)
125 cm	49.21	125 cm	49.21	31 cm	12.20