

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

WWW.REAXING.COM



mindinjection



TRAIN TO REACT



REAXLIFT

THE BOUNCING LIFT

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. Because of this feature, any motor gesture performed with them is destabilized. The resulting workout will be even more performing and unpredictable.

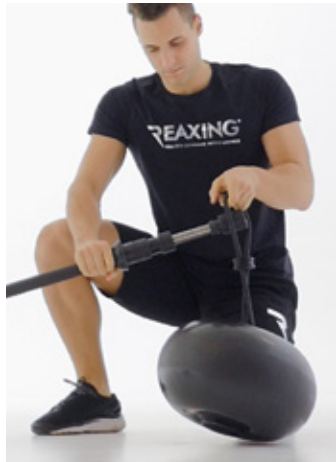


FRIENDLY

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

MODULAR

All 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

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

TRAINING SOLUTIONS

INDIVIDUAL, SMALL GROUP, LARGE GROUP



Inertia, dynamics and centrifugal force are unpredictably activated while performing any exercise. Because of this, Reax Lift is unique and allows the user to perform endless training solutions. Perfect for individual functional training, unbelievably fun and effective for group activities.

TECHNICAL SPECS

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

