

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.



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mindfunction



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REAXRAFT
THE FLOATING BOARD

THE FLOATING BOARD

REAXRAFT



**“THE FLUID OSCILLATION OF WATER
UNPREDICTABLY DESTABILIZES ANY
MOVEMENT PERFORMED ON THE FLOATING
BOARD.YOUR TRAINING TURNS OUT TO BE
UNPREDICTABLE, EFFECTIVE AND FUN”**

SAYONARA MOTTA
Master Trainer
and Presenter

Born in Brazil, graduated in Sport Science, currently based and working in Italy. Nike Master Trainer, she teaches fitness classes and provides workshops for Fiteducation, a school that she owns. Sayonara is also a Fitness Blogger and an Antigravity Yoga Master Trainer.

I was immediately impressed by Reax Raft, because it's versatile and easy-to-use. Right away, I started thinking about new and original training programs on water. The water motion effects generated by the person training next to you also adds to the unpredictability. The sudden interferences operate with mutant intensity, forcing the athlete's body and mind to react to each one of the interferences. The particular non-slip surface gives comfort and more grip, allowing the user to train upright or lying down. It can be used for personal training or group activities. Setting up a class is "piece of cake", as well as dismantling it, thanks to the unique Reax Raft anchoring system. This system is suitable for any indoor and outdoor pool.

REAX AQUA COURSES

RAF

REAXING AQUA FUNCTIONAL

It's a fun program with great potential, able to improve balance and agility. Water boosts the training experience to a higher level of intensity. Neuromuscular skills improvements will be immediately visible.



RAY

REAXING AQUA YOGA

Combining the Thousand year old discipline's principles to a brand new tool and an unusual dimension. Tradition and innovation merge in this groundbreaking training method. All the deepest muscles are activated, amplifying the benefits of typical yoga positions.

RAM

REAXING AQUA MUSCLE

This new fun discipline takes advantage of the natural instability of the workout station, with the aim of improving the muscle tone. The combination of isotonic, isometric and cardiovascular exercises facilitates the achievement of great results, on a cardiovascular level as well.



RAP

REAXING AQUA PILATES

This discipline improves body self-awareness, developing coordination, agility and stamina. Pilates on Reax Raft fosters tension relaxation and release, due to water wave motion.

TRAINING SOLUTIONS

Any exercise performed on Reax Raft turns out to be more fun and effective. Its unstable surface strengthens balance and proprioception, enhancing neuromuscular activity compared to standard floor training.



SPECS & SERVICES



1. COLORS

Reax Raft is available in black and grey, both suitable for indoor training. We recommend the grey version for outdoor use.



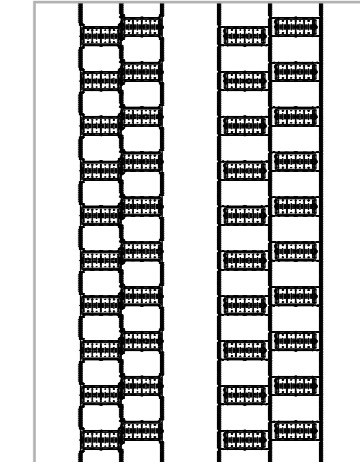
1. MARKETING

By purchasing a Club Pack, you'll get our digital starter kit to promote Reax Raft classes inside your Club. The starter kit includes a banner, a poster, a free card and a flyer video.



2. ACCESSORIES

Thanks to the several available accessories, such as elastics and soft balls, the number of training solutions keeps on growing. Imagination has no limits with Reax Raft. One tool, endless exercises.



2. LAYOUT

Standard set-up requires lane ropes. You can install up to 10 Rafts in a 25 meters lane. Are you not equipped with lane ropes? Do you want to set-up Reax Raft on sea water or by a lake? No worries. Send us all the specs and we'll find the best solution for your needs.