

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



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

TRAIN TO REACT



FLUIBALL
THE DYNAMIC BALL

THE DYNAMIC BALL

FLUIBALL

“FLUIBALL TURNS ANY EXERCISE IN A PROPER NEUROMUSCULAR TRAINING. WATER DESTABILIZES ANY WORKOUT AND TRAINING SESSIONS BECOME FUN AND EFFECTIVE.”

Fluiball is a soft touch and unbreakable medicine ball, with a variable quantity of non-toxic colored water inside. It comes in different weights, from 1 to 12 kilos, according to the quantity of water inside. The instability and the unpredictability of the water make it a truly functional tool: dynamically unpredictable, flexible, wearable, soft, safe and space saving. At the same time, its softness makes it unique: you can roll it, shake it, grab it, throw it or even squeeze it causing no harm to people or surfaces. Any type of training can be adjusted according to the user's needs, in line with his or her individual training program. Type, position and weight of the Fluiball, together with the speed in performing the exercise, will determine the intensity of the training session. These proprioceptive balls are also perfectly suitable for rehab phases as every movement can be strictly controlled in order to improve strength, balance and coordination skills. Fluiball is available in the following diameters: 16, 26, 30, 55 and 65 cm.

GENERAL FEATURES

DIFFERENT DIAMETERS

Three different diameters (16, 26, 30 cm) allow you to choose the Fluiball you prefer. The 16 cm diameter finds its best use in rehab programs, diameter 26 is perfectly suitable for fitness activities and diameter 30 is perfect for "Functional Training"



WATER INSIDE

The colored water inside Fluiball destabilizes any exercise in a dynamic and unpredictable way, making your workout fun and neuromuscular. Different weights correspond to different colors.

SOFT SHOCK

The "Soft Shock" technology gives Fluiball an extreme softness and unique feeling. With this technology, the user can perform both traditional and highly dynamic exercises.



FLUIBALL TRAINING

VERSATILE

The different weights and diameters available allow the user to customize his training programs increasing arms, legs and the core strength.



INDIVIDUAL TRAINING

Fluiball can be used in individual training sessions, with or without a personal trainer, perfectly adjusting all exercises to one's specific needs.

GROUP ACTIVITY TRAINING

Fluiball is suitable for group activities, when workout sessions are fun and surrounded by music. Exercises become functional and pleasantly effective.

TECHNICAL SPECS

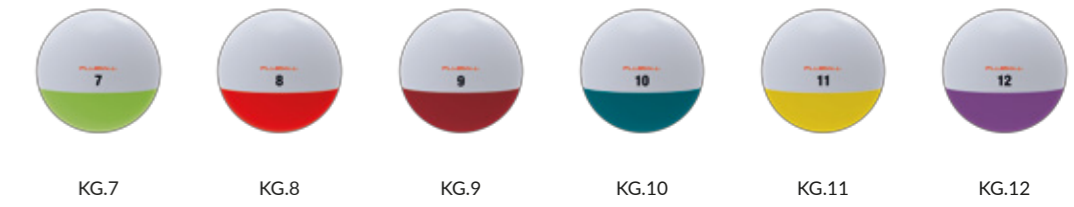
FLUIBALL REHAB Ø CM 16



FLUIBALL FITNESS Ø CM 26



FLUIBALL FUNCTIONAL Ø CM 30



FLUIBALL BALANCE Ø CM 55 Ø CM 65

