

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

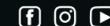
"PARTICIPATE IN ONE OF OUR CLASSES AND LEARN HOW TO USE OUR PRODUCTS AT THEIR BEST"

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



THE BUDDY BOARD

REAXBALANCE

"REAX BALANCE TAKES YOUR TRAINING TO A HIGHER NEUROMUSCULAR INTENSITY LEVEL, ADDING EFFICIENCY AND FUN TO YOUR PERFORMANCES."

Reax Balance is the first mechanical smart floor that transforms and intensifies any functional training. It's an original tool, perfect for buddy training. You can train with one of your friends, performing any back-to-back or front exercise at your OWN pace. You can stand still or move in a dynamic way. During the session, sudden INTERFERENCES are generated by the movement of your PT or the person training with you. This forces the athlete's body and mind to react to any interference. The unique mechanics of Reax Balance guarantees safety and comfort, allowing the user to perform any kind of exercise in any position, with or without other tools. Any exercise, normally performed under stable CONDITIONS, becomes unpredictable and much more effective and fun. Reax Balance is clever, versatile and easy-to-use. It can be used for both personal training and group activities.



REAXBALANCE
THE BUDDY BOARD

GENERAL FEATURES

UNPREDICTABLE

The wide range of exercises you can perform on Reax Balance turns any workout, normally performed under stable conditions, into an unpredictable experience. Neuromuscular training reaches a different, higher level.



SOFT IMPACT

The impact on the surface after any jump or leap is softened by the shock-absorbing system. Comfort and safety are guaranteed, allowing the user to train upright or lying down.

VERSATILE

Dynamics and inertia are unpredictably added during the training session, making Reax Balance a unique and innovative piece of equipment.



TRAINING SOLUTIONS

PERSONAL TRAINING



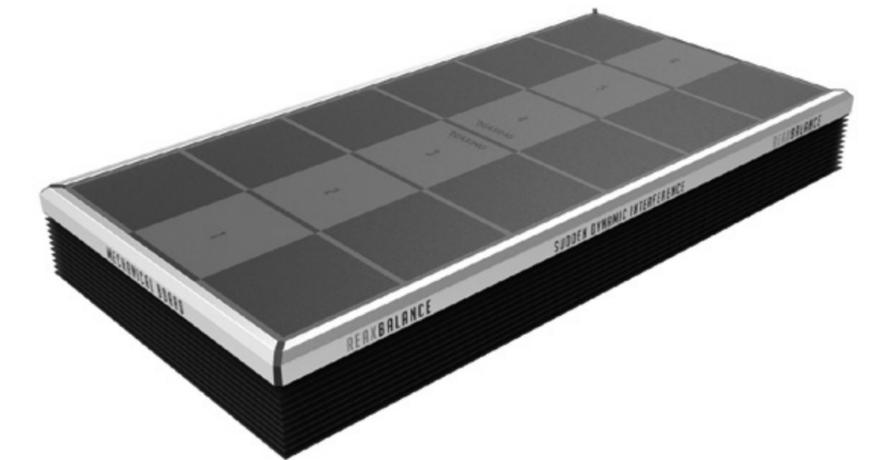
The training possibilities are endless. You can perform free body exercises also in combination with other tools. Reax Balance improves the efficiency of your workout. The unpredictability generated by the person training next to you, gives you a brand new moving experience, boosting balance and proprioception, improving neuromuscular efficiency as well as calories burning.

BUDDY



TECHNICAL SPECS

Reax Balance is a mechanical board entirely designed and developed in Italy.



Length (cm | in)
250 cm | 98.42

Width (cm | in)
125 cm | 49.21

Height (cm | in)
33 cm | 13