

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 recovery.



COURSES

EDUCATIONAL

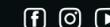
“PARTICIPATE IN ONE OF OUR CLASSES AND LEARN HOW TO USE OUR PRODUCTS AT THEIR BEST.”

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



minidimension



TRAIN TO REACT



REAXRAFT
THE FLOATING BOARD

THE FLOATING BOARD

REAXRAFT



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.

“THE FLUID OSCILLATION OF WATER DESTABILIZES ANY MOVEMENT PERFORMED ON THE FLOATING BOARD IN AN UNPREDICTABLE WAY. YOUR TRAINING BECOMES UNPREDICTABLE, EFFECTIVE AND FUN”

I was immediately impressed by Reax Raft, because it is 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 unpredictability. The sudden interferences operate with changing intensities, forcing the athlete's body and mind to react to each interference. The special 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 very fast and simple, as well as dismantling it, due to the unique Reax Raft anchoring system. This system is suitable for any indoor and outdoor pool.

REAX AQUA ACTIVITIES

RAF

REAXING AQUA FUNCTIONAL

It's a funny 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

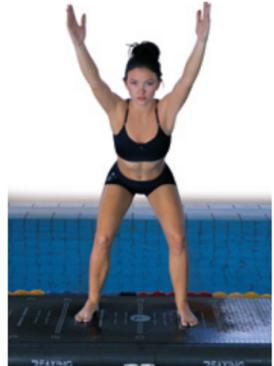
REAXING AQUA YOGA

The principles of this thousand year old discipline are applied to this brand new tool and achieve an unusual dimension. Tradition and innovation merge in this groundbreaking training method. All the deep muscles are activated, amplifying the benefits of typical yoga positions.

RAM

REAXING AQUA MUSCLE

This new and amusing discipline is based in 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, also on a cardiovascular level.



RAP

REAXING AQUA PILATES

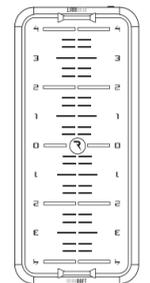
This discipline improves body self-awareness, developing coordination, agility and stamina. Due to the wave motion of the water, Pilates on Reax Raft increases the tension release and relaxation.

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 the same exercises performed on a stable floor.



TECHNICAL SPECS



SIZE

Reax Raft sizes:
200 x 90 x 15 CM
6,56 x 2,9 x 0,49 FT
Maximum load capacity:
160 KG/350 LBS



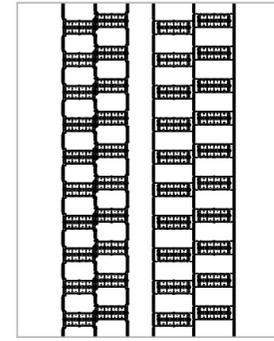
COLORS

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



ACCESSORIES

ReaxRaft Elastic Bands are available in two different intensities to help you setting the resistance level of your exercises. There's no limit to your creativity with Reax Raft. One product for endless training solutions.



LAYOUT

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