

PT

FUNDAMENTAL

MANUAL

FLUIBALL

THE DYNAMIC BALL

Trainers FLUIBALL PT Training Manual

The program designed and written by Alessandro Barbero in collaboration with Reaxing Training Academy

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INDEX

1. PREFACE	page 7	PRACTICAL PART	
1.1 Philosophy	page 7	4. BASIC CONCEPTS:	page 29
1.2 Fluitraining: the system	page 8	4.1 Grips	page 30
1.3 Structure of a FLUIBALL	page 9	4.2 Fluid status	page 44
1.4 Safety	page 9	4.3 Fluid pulse	page 45
1.5 The range	page 10	4.4 Laying on the FLUIBALL	page 48
1.6 General properties	page 10		
1.7 Specifications of FLUIBALL during the exercise	page 11	5. EXERCISES: LOWER BODY	page 51
		6. EXERCISES: UPPER BODY	page 79
2. SCOPE OF APPLICATION:	page 13	7. EXERCISES: CORE	page 127
2.1 Functional training	page 13	8. EXERCISES: FULL BODY	page 149
2.2 Fitness	page 14	9. EXERCISES: COUPLE EXERCISES	page 167
2.3 Aquagym	page 14	10. EXERCISES: STRETCHING	page 175
2.4 Pilates	page 14	11. EXERCISES: POSTURAL	page 189
2.5 Yoga	page 14		
2.6 Physiotherapy	page 15	12. BIBLIOGRAPHY	page 210
2.7 Child psychomotor	page 15		
2.8 Muscle/joint activation in the elderly	page 15		
3. INTRODUCTION TO FUNCTIONAL TRAINING:	page 16		
3.1 (PRE-RE) Abilitation and training	page 17		
3.2 The evolutionary process of movement: phylogenesi and ontogenesisi	page 18		
3.3 Proprioception: general information	page 20		
3.4 Main skin sensory organs	page 21		
3.5 Core: general description and concepts	page 23		

LOW BODY

5

LOW BODY

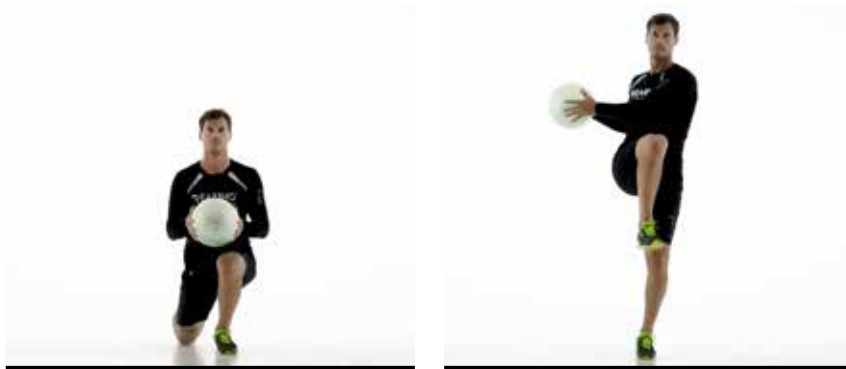
EXERCISE: **STEP + TWIST**

DISTANCE: Near

GRIP: Grab double mid

DESCRIPTION: Immersed with subsequent knee elevation and torso twist.

L E V E L



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LOW BODY

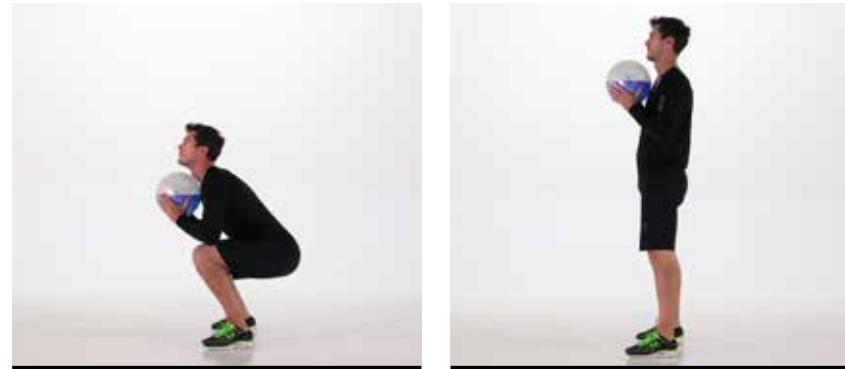
EXERCISE: **SQUAT MID 1**

DISTANCE: Close

GRIP: Grab double mid

DESCRIPTION: Squat executable in full or half or quarter version. Destabilization is almost absent and FLUIBALL is only exploited as overload.

L E V E L



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