

GROUP ACTIVITY

FUNDAMENTAL

MANUAL

REAXCHAIN

THE MUTANT WEIGHT

Trainers REAX CHAIN GROUP ACTIVITY Training Manual

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in collaboration with Reaxing Training Academy

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TABLE OF CONTENTS

1. REAXING PHILOSOPHY	page 7	7. FLOOR	page 87
2. MUSCLES AND MOVEMENT	page 8	8. STRETCH	page 103
2.1 ANATOMIC TERMINOLOGY: PLANES AND AXIS OF MOVEMENTS	page 8	REAX CHAIN® 5	page 125
Anatomical Axis and Related Movements	page 10	9. STANDING EXERCISE	page 127
Flexion and Extension	page 10	10. BACK PACK	page 183
Adduction and Abduction	page 11	11. COUPLE (DUO)	page 201
Rotation	page 13	12. FLOOR	page 225
2.2 The muscle synergies of the body	page 14	13. STRETCH	page 237
3. START WITH REAX CHAIN®	page 20	14. TRAINING PROTOCOLS	page 257
3.1 TECHNICAL FEATURES	page 20	15. MUSIC STRUCTURE AND WORKOUT WITH MUSIC	page 265
3.2 GRIPS DESCRIPTION	page 22	15.1. LA MUSICA	page 266
3.3 REAX CHAIN®: WHICH BENEFITS?	page 24	15.2. WORKING WITH THE MUSIC	page 267
Product benefits	page 24	16. BIBLIOGRAPHY	page 270
Training benefits	page 26		
3.4 COACHING TERMINOLOGY	page 34		
4. EXERCISE LIBRARY	page 38		
REAX CHAIN® 2	page 41		
5. STANDING EXERCISE	page 43		
6. DUO EXERCISE (COUPLE)	page 75		

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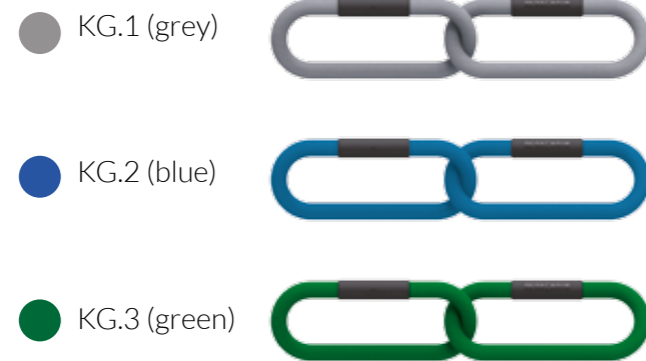
START WITH REAX CHAIN®

3.1 TECHNICAL FEATURES

REAX CHAIN® is available in different weights. Each one is identified by a color and comes with 2 or 5 rings. You can either combine the different types in your exercises or use them separately for endless training possibilities.

REAX CHAIN 2

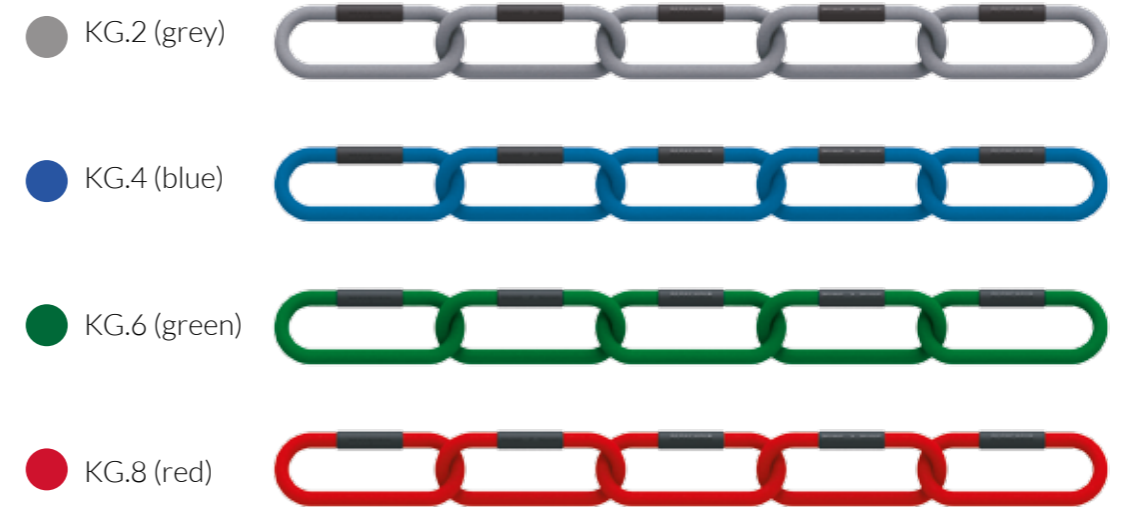
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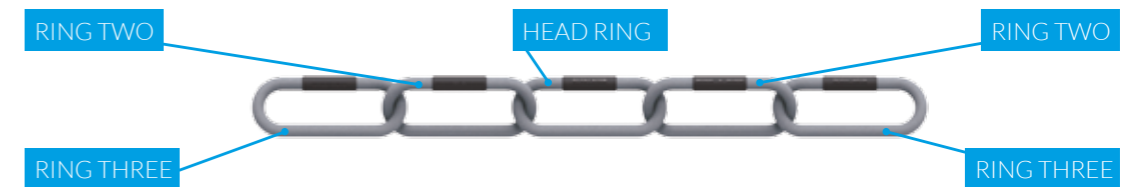
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REAX CHAIN 5

WEIGHTS AVAILABLE



IT'S COMPOSED OF FIVE RINGS



HEAD RING (or ring one) is the central ring

RING TWO (or second ring) refers to two lateral rings linked with head ring

RING THREE (or third ring) refers to the two lateral rings linked with the ring two

REACTION CHAIN 2

STANDING EXERCISE

5 STANDING EXERCISE

EXERCISE: **ROCKING**

BENEFITS: Warm up all body, core zone.

RECOMMENDED GRIPS: Regular grip 2

TIPS: Controls the oscillation.

L I V E L L O



5 STANDING EXERCISE

EXERCISE: **ROCKING OPPOSITE BODY**

BENEFITS: Warm up al body, core zone.

RECOMMENDED GRIPS: Regular grip 2

TIPS: Move chain in opposite side, controls oscillation.

L I V E L L O



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WWW.REAXCHAIN.COM

