

PT

FUNDAMENTAL

MANUAL

REAXCHAIN

THE MUTANT WEIGHT

Trainers REAX CHAIN PT Training Manual

The program designed and written by Andrea Varri
in collaboration with Reaxing Training Academy

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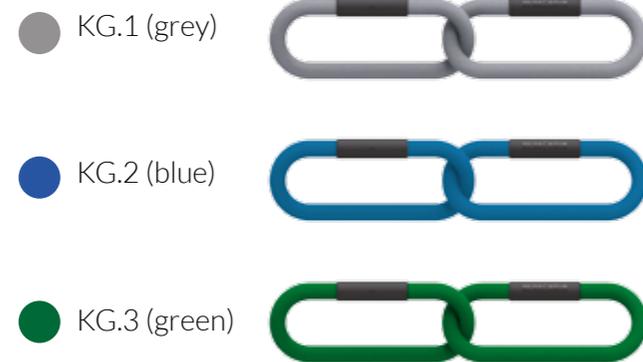
START WITH REAXCHAIN®

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.

REAXCHAIN 2

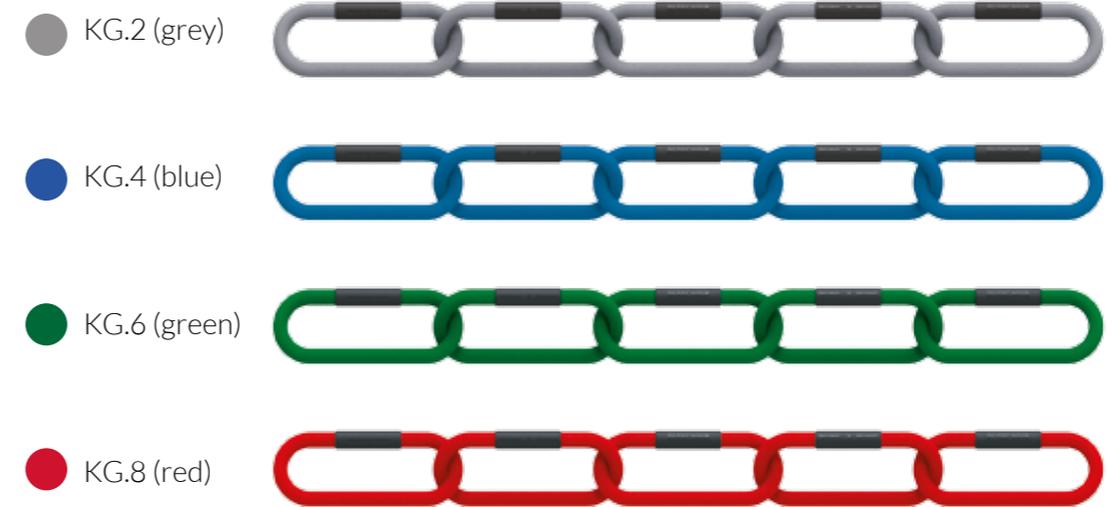
WEIGHTS AVAILABLE



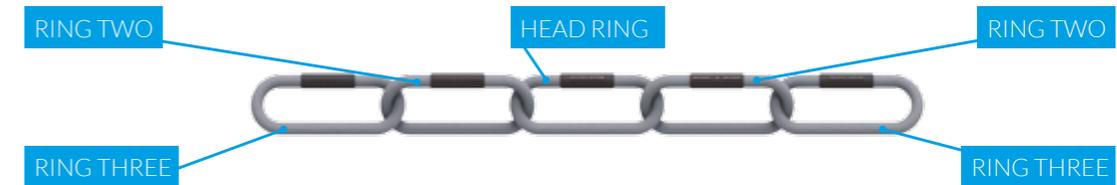
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REAXCHAIN 5

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

REAX CHAIN 2

HANDLING EXERCISES

5 HANDLING EXERCISES

EXERCISE: SINGLE HANDLING

BENEFITS: Improve coordination and boost grip confidence using one hand.

GRIP: Regular

TIPS: Bending your knees is a good variation to improve general coordination.

L I V E L L O



5 HANDLING EXERCISES

EXERCISE: ALTERNATE HANDLING

BENEFITS: Improve coordination and grip confidence using both hands alternatively.

GRIP: Regular

TIPS: Bending knees in starting and ending position helps the user to gain confidence using both hands alternatively.

L I V E L L O



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WWW.REAXCHAIN.COM

