

LIGHTS

FUNDAMENTAL

MANUAL

REAXLIGHTS

THE CLEVER LIGHTS

Technical Manual for the Trainers Training Course
REAX LIGHTS

This manual was written and created by Valentina Delmonte and Luciano Cappelli in collaboration with Reaxing Training Academy.

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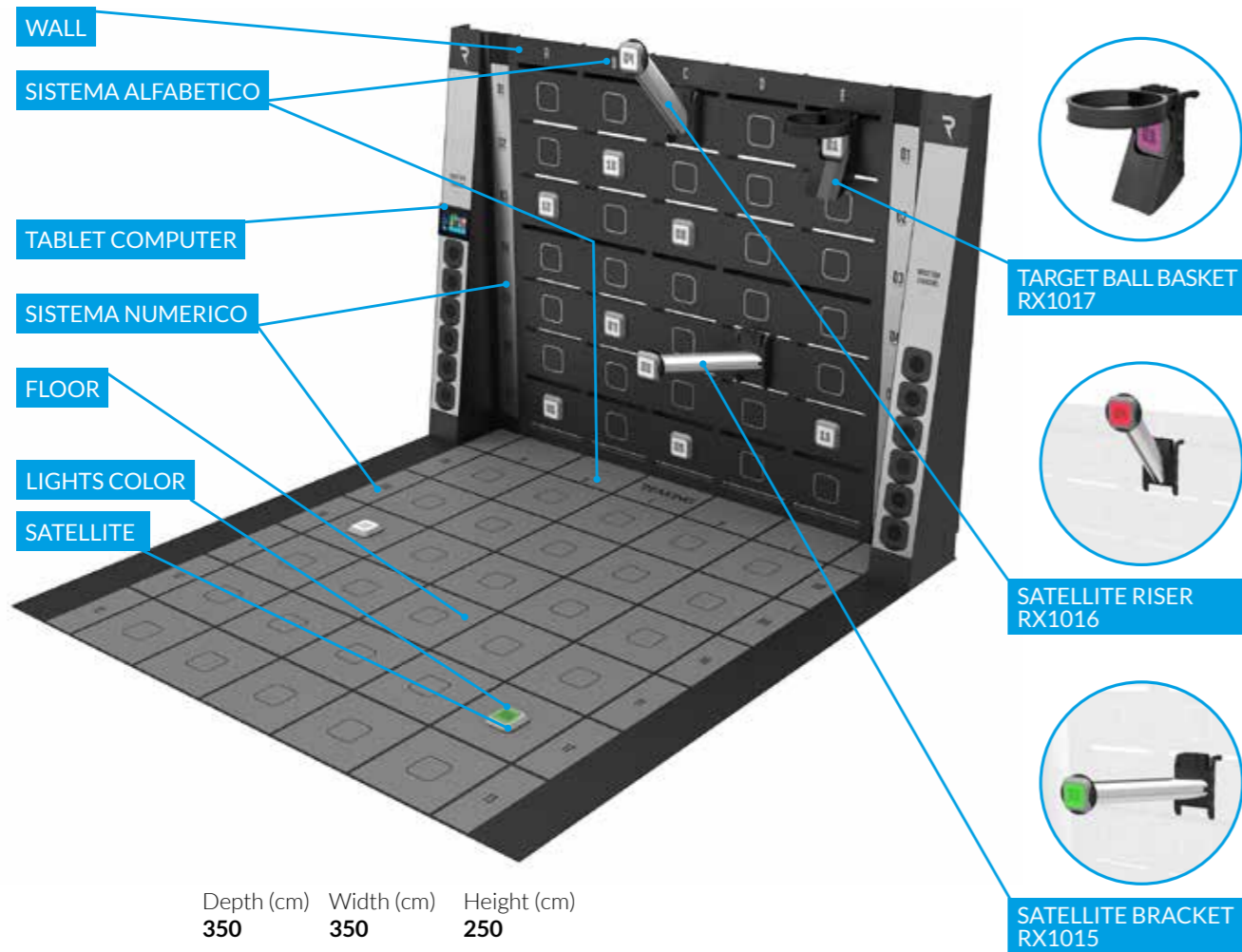




INDEX

1. REACTIVITY	pag.7	8. HOW TO STRUCTURE AN EXERCISE WITH REAX LIGHTS STATION SYSTEM	pag.32
2. SPEED	pag.10		
3. PHYSIOLOGICAL BASIS AND TRAINING OF SPEED	pag.13	9. HOW TO STRUCTURE A WORKOUT WITH THE REAX LIGHTS STATION SYSTEM	pag.35
3.1 Musculature type	pag.13		
3.2 Muscular energy metabolism	pag.14		
3.3 Neuromuscular coordinative patterns	pag.16	10. WORKOUT REAX LIGHTS CARD	pag.37
3.4 Muscular elasticity	pag.17	10.1 Glossary	pag.38
		10.2 Reading guide for exercises	pag.40
4. HOW TO IMPROVE SPEED	pag.18		
4.1 General Basic Training	pag.18	11. REAX LIGHTS (EXERCISES) EXERCISES FROM 1 TO 99	pag.43
4.2 Non-specific multilateral training for a purpose	pag.18		pag.44
4.3 Special training	pag.19		
5. PECULIARITY OF INSTRUMENTATION REAX LIGHTS	pag.20		
6. REAX LIGHTS STATION CONCEPT	pag.22	12. BIBLIOGRAPHY	pag.242
7. REAX LIGHTS APP: TRAINING PROGRAMS	pag.24		
7.1 PERSONAL 01	pag.24		
7.2 PANEL 02-03-04-05	pag.25		
7.3 COMBAT 06	pag.26		
7.4 MOBILE 07	pag.27		
7.5 FIX 08	pag.27		
7.6 CIRCUIT 09	pag.28		
7.7 LIVE 10	pag.29		
7.8 TEST 11	pag.29		
7.9 GROUP 12-13-14-15	pag.31		

WORK AREA REAX LIGHTS STATION



Depth (cm) Width (cm) Height (cm)
350 **350** **250**

ACCESSORIES



10 10.2 READING GUIDE FOR EXERCISES

REAX LIGHTS STATION consists of a wall and a floor. Positioning of satellites can be detected by a simple Cartesian axis system. Below is an example to clarify how all This exercises in this manual are described.

EXERCISE: UPPER LIMBS BACKBENDS

OBJECTIVE: Reactivity, great pectoral toning and upper limbs.

RECOMMENDED TIME OF THIS EXERCISE: 15/60 seconds

NECESSARY EQUIPMENT :REAX LIGHTS STATION

ACCESSORIES: NONE

N° SATELLITES: 2

COLOUR OF LIGHTS: ■

SATELLITES POSITION: WALL NONE

FLOOR C10 01 - D10 02

DESCRIPTION: From the plank position, turn off the REAX LIGHTS with your chest by performing upper leg bends with lateral displacements.

USEFUL INFO

- Choose Panel 2 for a random job that involves core reactivity and / or stability, choose mobile to simplify This exercise by giving longer ignition times.
- For easier execution, place your knees on the ground.
- To increase intensity and difficulty, you can increase the inclination or disequilibrium of the individual by placing the lower limbs on a fitball or box or by going to the next program panel.
- The running time can be varied to suit the Trainer's liking.

READING RECOMMENDATIONS ON WORKOUT CARD

- From the settings, select the exact number of satellites on the card.
- When using the **FIX** program, the satellite that will be fixed will be satellite number 1 or the satellite with the lowest selected number (if satellite 1 is not selected from the settings program, the fixed satellite will be number 2 if selected).
- During the **CIRCUIT** program it is important to have the satellites exactly in the order indicated on the board (eg: satellite 1 position A13 - satellite 2 position D08).
- If you have any questions about setting up the programs, consult the technical manual.

LIVELLO

- PERSONAL 01 PANEL 02 PANEL 03
- PANEL 05 PANEL 06 COMBAT 06
- MOBILE 07 FIX 08 CIRCUIT 09
- LIVE 10 TEST 11 GROUP 12
- GROUP 13 GROUP 14 GROUP 15

	A	B	C	D	E	
01						01
02						02
03						03
04						04
05						05
06						06
07						07
08						08
09						09
10			01	02		10
11						11
12						12
13						13

APPS

WALL

FLOOR

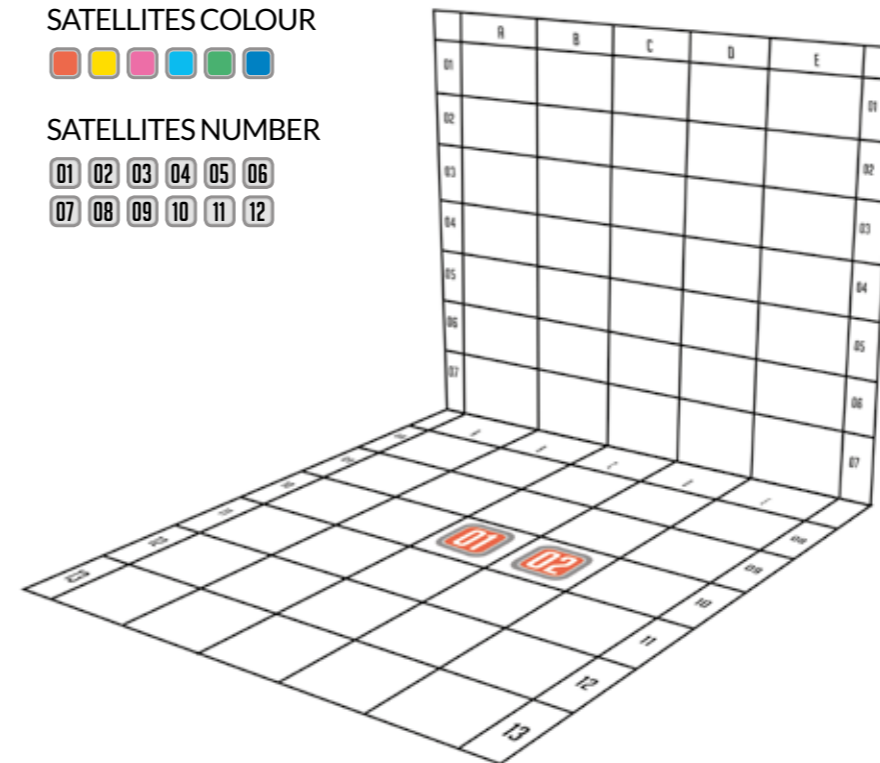
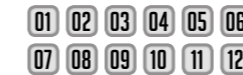
10 10.2 READING GUIDE FOR EXERCISES

Usable satellites are 12 and according to the program the colours that they detect are different. In this case, the selected program is PANEL 2, which provides only one (red) ignition of the satellites. On each exercise card you will find the program to correctly perform the motor gesture and the operation of the APP, refer to the REAX LIGHTS APPS technical manual. To the right, we give a clearer perspective to the example we have taken into consideration.

SATELLITES COLOUR



SATELLITES NUMBER



11. REAX LIGHTS ESERCIZI

1

11. REAX LIGHTS EXERCISES

EXERCISE: UPPER LIMBS BACKBENDS

OBJECTIVE: Reactivity, high pectoral toning and upper limbs

RECOMMENDED TIME OF THIS EXERCISE: 15/60 seconds

NECESSARY EQUIPMENT: REAX LIGHTS STATION

ACCESSORIES: NONE

N° OF SATELLITES NEEDED: 2

COLOUR OF LIGHTS: ■

SATELLITES POSITION: WALL NONE

FLOOR C10 01 - D10 02

DESCRIPTION: From the plank position, turn off the REAX LIGHTS with your chest, performing upper limb bending with side weight shifting.

USEFUL INFO

- Choose panel 2 for a random job that involves core reactivity and/or stability, choose mobile to simplify this exercise by giving longer starting times.
- For easier execution, place your knees on the ground.
- To increase intensity and difficulty, you can increase the inclination or disequilibrium of the individual by placing the lower limbs on a fitball or box or next panel program.
- The running time can be varied to suit the Trainer's liking.

<input type="checkbox"/> PERSONAL 01	<input checked="" type="checkbox"/> PANEL 02	<input type="checkbox"/> PANEL 03
<input type="checkbox"/> PANEL 05	<input type="checkbox"/> PANEL 06	<input type="checkbox"/> COMBAT 06
<input type="checkbox"/> MOBILE 07	<input type="checkbox"/> FIX 08	<input type="checkbox"/> CIRCUIT 09
<input type="checkbox"/> LIVE 10	<input type="checkbox"/> TEST 11	<input type="checkbox"/> GROUP 12
<input type="checkbox"/> GROUP 13	<input type="checkbox"/> GROUP 14	<input type="checkbox"/> GROUP 15

	A	B	C	D	E	
01						01
02						02
03						03
04						04
05						05
06						06
07						07
08						08
09						09
10			01	02		10
11						11
12						12
13						13

APPS

WALL

FLOOR

1

11. REAX LIGHTS EXERCISES



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