

REAXING TRAINING METHOD

Reaxing is the combination of innovative equipment and training methods developed and designed on the **“sudden dynamic impulse”** technology. This 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

“TAKE PART IN ONE OF OUR CLASSES AND LEARN HOW TO USE FLUIBALL AT ITS 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 attitude and a clear and simple educational method behind. Check our website www.reaxing.com for updates and the availability of courses.



REAXING
TRAIN TO REACT

WWW.REAXING.COM
f i y

mindfunction

TRAIN TO REACT



THE DYNAMIC BALL

FLUIBALL

“FLUIBALL TURNS ANY EXERCISE IN A PROPER NEUROMUSCULAR TRAINING. WATER DESTABILIZES ANY WORKOUT AND TRAINING SESSIONS BECOME FUN AND EFFECTIVE.”

Fluiball is a soft touch and unbreakable medicine ball, with a variable quantity of non-toxic colored water inside. It comes in different weights, from 1 to 12 kilos, depending on the quantity of water inside. The instability and the unpredictability of the water make it a truly functional tool: dynamically unpredictable, flexible, wearable, soft, safe and space-saving. At the same time, its softness makes it unique: you can roll it, shake it, grab it, throw it or even squeeze it causing no harm to people or surfaces. Any type of training can be adjusted according to the user's individual features, in line with his or her individual education program. Type, position and weight of the sphere, together with the speed in performing the exercise, will determine the intensity of the training session. These proprioceptive balls are perfectly suitable for rehab phases as every movement can be strictly controlled in order to improve strength, balance and coordination skills. Fluiball is available in the following diameters: 16, 26, 30, 55 and 65 cm.



FLUIBALL
THE DYNAMIC BALL

GENERAL FEATURES

DIFFERENT DIAMETERS

Three different diameters: 16, 26 and 30 cm allow you to use Fluiball the way you like. The 16 cm diameter finds its best use in rehab programs, diameter 26 is perfectly suitable for fitness activities and diameter 30 is perfect for "Functional Training"



WATER INSIDE

The colored water inside Fluiball destabilizes any exercise in a dynamic and unpredictable way, making your workout fun and functional. Different weights are identified by different colors.

SOFT SHOCK

The "Soft Shock" technology gives Fluiball an extreme softness and unique feeling. With this technology, the user can perform both traditional and highly dynamic exercises.



FLUIBALL TRAINING

VERSATILE

The different weights and diameters available allow the user to customize his training program increasing his force in arms, legs and the core strength.



INDIVIDUAL TRAINING

The Fluiball can be used in individual training sessions, both in an autonomous way or with a personal trainer, adapting all exercises perfectly to the specific, subjective needs.

GROUP ACTIVITY TRAINING

Fluiball is suitable for group activities, when workout sessions are fun and concomitated by music. Exercises become functional and pleasantly effective.

TECHNICAL SPECS

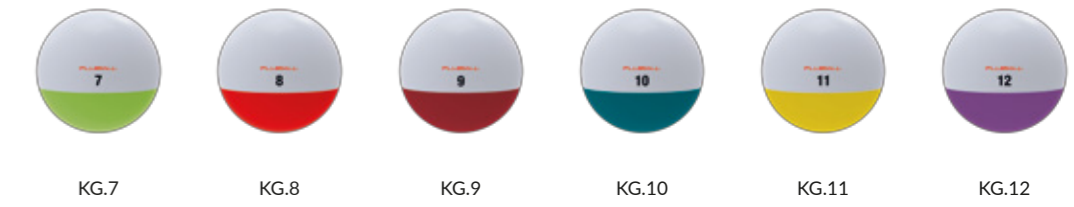
FLUIBALL REHAB Ø CM 16



FLUIBALL FITNESS Ø CM 26



FLUIBALL FUNCTIONAL Ø CM 30



FLUIBALL BALANCE Ø CM 55 Ø CM 65

