

REAXING TRAINING METHOD

Reaxing training is the first and only method in the world based on releasing gradual and monitored sudden motor impulses (light, sound, tactile stimulations and motor interferences or perturbations), forcing the athlete to activate quick neuromuscular reactions. This unpredictability trains your senses and boosts training performances to a much higher level in terms of quality and quantity. As a consequence, sports performances improve, as well as metabolic activity, muscular responsiveness and reliability of post trauma recovery. Reaxing training is versatile and easily customizable in terms of endurance and strength. It is suitable pretty much for everyone.



COMMUNITY

TRAIN TO REACT

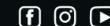
**“LIMITS ARE MEANT TO BE BROKEN,
LET’S TRAIN TOGETHER TO REACT”**

At least once in a lifetime, everyone must get back on his feet after a fall. At Reaxing, we want to speak up for those who turned a hostile twist into a great success. Are you a man, a woman, an athlete, a trainer or a sport pro? Do you share our values? Then... what are you waiting for? Join our community. Let's start a new exciting chapter together. Write to info@reaxing.com and we'll get in touch with you straight away.



REAXING
TRAIN TO REACT

WWW.REAXING.COM



mindfiction

TRAIN TO REACT



THE BUDDY BOARD

REAXBALANCE

**“REAX BALANCE TAKES YOUR TRAINING
TO A HIGHER NEUROMUSCULAR INTENSITY
LEVEL, BRINGING EFFICIENCY AND FUN TO
YOUR PERFORMANCES.”**

Reax Balance is the first mechanical smart floor to transform and intensify any functional training. It's an original tool, perfect for buddy training. You can train with one of your friends, performing any back-to-back or face-to-face exercise at your OWN pace. You can stand in one spot or move in a dynamic way. During the motor gesture, sudden INTERFERENCES are generated by the movement of your PT or the person training next to you. This forces the athlete's body and mind to react to any interference. The unique mechanics of Reax Balance gives you safety and comfort, allowing the user to perform any kind of exercise in any position, with or without the combination of other tools. Thanks to an innovative handle, the Reax Handle Bar, personal trainers can control the movement of this tool, choosing THE DESIRED intensity and type of interference. Any exercise, normally performed in stable CONDITIONS, becomes unpredictable and much more effective and fun. Reax Balance is clever, versatile and easy-to-use. It can be used for both personal training and group activities.



REAXBALANCE
THE BUDDY BOARD

GENERAL FEATURES

UNPREDICTABLE

The huge range of exercises you can perform on Reax Balance turns any workout normally performed under stable conditions into unpredictable. Neuromuscular training reaches a different and higher level of quality.



VERSATILE

Dynamics and inertia are unpredictably activated during the motor gesture. This piece of equipment is unique and suitable for endless training solutions.



SOFT IMPACT

The impact on the surface after any jump or leap is softened by the shock-absorbing system. Comfort and safety are guaranteed, allowing the user to train IN THE upright POSITION or lying down.

FUN

Reax Balance is an innovative platform, never seen before. Any individual or buddy training. Becomes effective and much more fun.

TRAINING SOLUTIONS

PERSONAL TRAINING



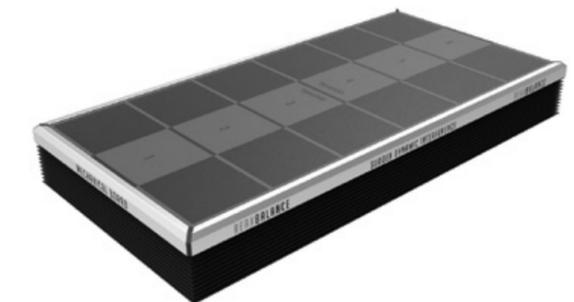
Training solutions are endless. You can perform free body exercises or WITH THE ADDITION OF some other tools. Reax Balance will add and improve the efficiency of your workout. Training unpredictability, generated by the person training next to you, gives you a brand new moving experience, boosting balance and proprioception, improving neuromuscular efficiency as well as calories burning.

BUDDY



TECHNICAL SPECS

Reax Balance meets several training needs. The basic solution without handle is conceived for buddy-training sessions. The handle bar is a specific tool conceived for PT sessions.



REAXBALANCE

Length (cm in)	Width (cm in)	Height (cm in)
250 cm 98.42	125 cm 49.21	31 cm 12.20



REAXBALANCE HANDLE BAR

Length (cm in)	Width (cm in)	Height (cm in)
71 cm 27.95	68 cm 26.77	81 cm 31.88

OPTIONALS