

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



mindmotion

2017
INNOVATION
AWARD



TRAIN TO REACT



REAXCHAIN
THE MUTANT WEIGHTS

THE MUTANT WEIGHTS

REAXCHAIN



**“FLEXIBLE, WEARABLE, UNPREDICTABLE,
SAFE AND FUN. REAX CHAIN WILL SHAKE
UP OUR TRAINING”**

DAVID STAUFFER
Master Trainer
and Presenter

Born in the USA, based in Milan since 1993. He travels the world to present innovative programs and training methods for clubs.

Reax Chain is composed by flexible and adjustable rings. It can be used as a kettlebell, a battle rope, a barbell, a dumbbell, a core bag, a Bulgarian bag and in plenty of other ways. It is dynamically unpredictable, flexible, wearable, soft, safe and space-efficient. This truly functional tool is going to overturn traditional training. Reax Chain is available in different weights and it can be combined with endless exercises, all exploiting inertia, dynamics, centrifugal force, and progressive resistance. Perfect for group activities, it is also congenial for those who wish to train with their PT, in the calm of their homes or their neighborhood park. Its safety and user-friendliness make Reax Chain absolutely unique: you can grab it, throw it, squeeze it, wear it, bend it or even step on it, causing neither harm to the user nor to the floor. Reax Chain is the first product to exploit the Reax Flex Weights technology (international patent pending). Reaxing is the first company in the world to develop a training methodology and a product range exploiting the “Sudden Dynamic Impulse” proprietary concept and technology.

GENERAL FEATURES

1. VERSATILE

Thanks to its structure, Reax Chain is suitable for endless bodyweight exercises from traditional to dynamic ones.



2. DYNAMIC

Its flexibility alters the repetition of the motor gesture. It can be combined with endless exercises, all exploiting inertia, dynamics and centrifugal force.



3. WEARABLE

Its flexibility allows the user to wear Reax Chain on his body and be able to do pull-ups, push-ups and any other bodyweight exercise.



4. USER FRIENDLY

Thanks to its peculiar softness, you can grab it, throw it, squeeze it, wear it, bend it or even step on it. Reax Chain is a true functional tool, innovative and fun.



5. ADJUSTABLE

Thanks to the variety of weights, the user is able to set the most suitable intensity for functional workout programs during group activities.



6. SPACE-SAVER

Alli-in-one, endless solutions in a very compact space. Easy to carry and store in any space used for training sessions.



TRAINING SOLUTIONS










INDIVIDUAL, SMALL GROUP, LARGE GROUP



Adjustable intensity, compatibility and flexibility combined with inertia, dynamics and centrifugal force make of Reax Chain a unique and suitable tool for endless training solutions. Perfect for functional training, and it is fun when used during group activities. It is also congenial for those who wish to train with their PT, in the calm of their homes or their neighborhood park. Basically, it is suitable for everyone.

TECHNICAL SPECS

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

	MODEL 1	MODEL 2
	 2 GRAY 3 LBS / KG.1	 5 GRAY 10 LBS / KG.4
	 2 BLUE 5 LBS / KG.2	 5 BLUE 14 LBS / KG.6
	 2 GREEN 7 LBS / KG.3	 5 GREEN 18 LBS / KG.8