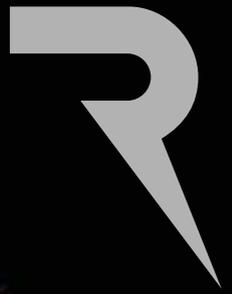


TRAIN TO REACT



**FLUIBALL**  
THE DYNAMIC BALL



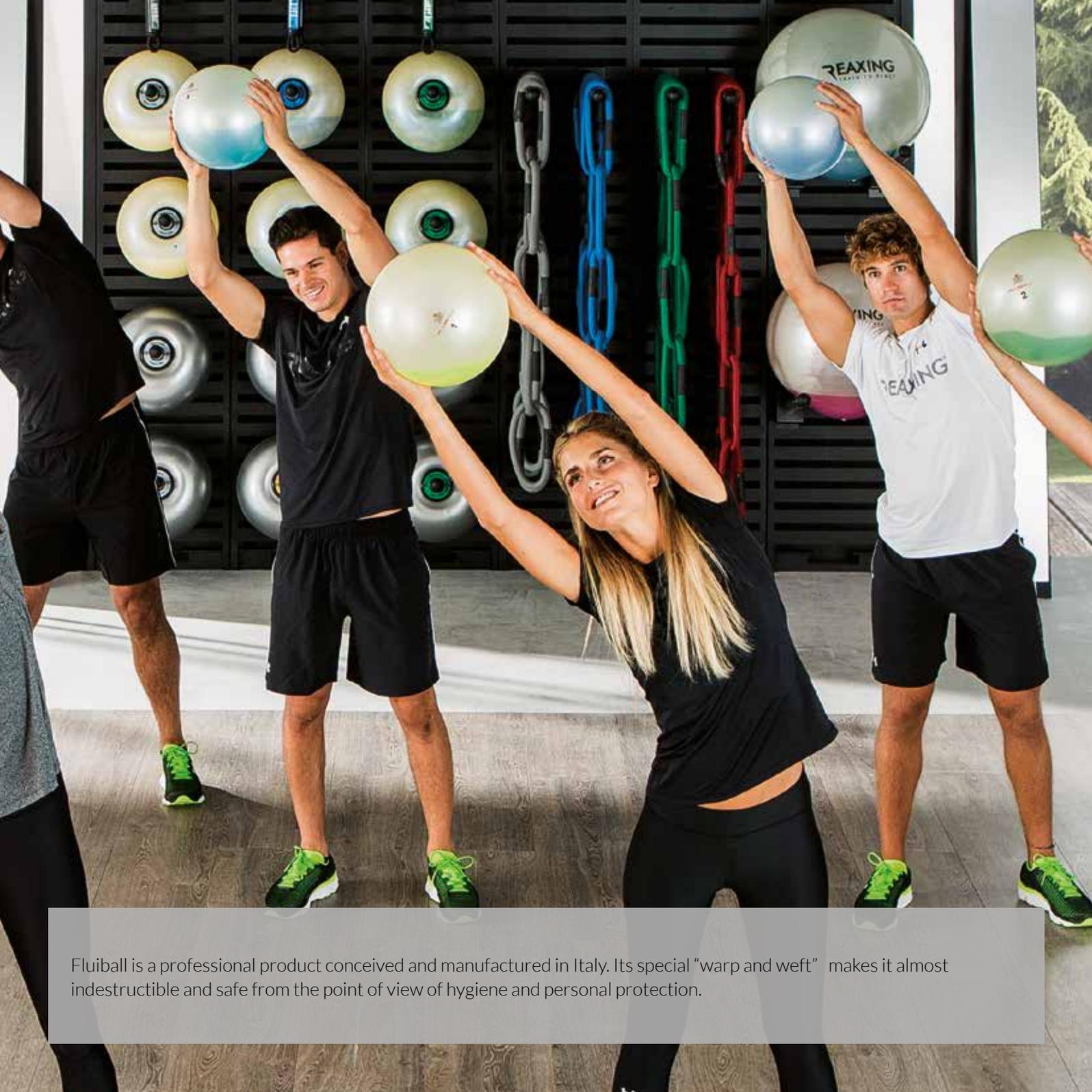
THE DYNAMIC BALL

# FLUIBALL

“The first ball in the world with a variable amount of liquid inside for unpredictable, effective and fun workouts”

Fluiballs are outstanding and indestructible medicine balls with a variable amount of non-toxic colored fluid inside. The instability and unpredictability of the water make them a real functional tool: dynamically unpredictable, soft, safe and space-saving. FLUIBALL is unique: you can toss, lift, slam and place it on any surface ensuring a safe exercise environment. Any type of training can be adjusted according to the athletes' needs by assessing their individual educational progression. The intensity of the single exercise or training session is not only determined by the weight of the item, but also by the speed in performing the entire movement. These proprioceptive balls are recommended in rehabilitation phases for upper limb functional recovery and to restore coordination and movement control.

*Reaxing is the first company in the world to develop a training methodology and a product range exploiting the “Sudden Dynamic Impulse” technology. Unpredictable stimuli train your senses and take training to a much higher level in terms of quality and quantity by increasing sports performance and metabolic activity, improving muscle reaction time and reliability in post-trauma recovery phases, as well as reducing the risk of injuries.*



Fluiball is a professional product conceived and manufactured in Italy. Its special “warp and weft” makes it almost indestructible and safe from the point of view of hygiene and personal protection.

FLUIBALL

# TRAINING

Proprioceptive stimuli significantly improve athletes' abilities. Unlike standard functional tools, any exercise will be more intense.

Fluiball improves:

1

## STRENGTH

The dynamic weight strengthens upper and lower limbs and the core area.

2

## AGILITY

The unstable component inside develops a greater neuromuscular coordination.

3

## BALANCE

The unstable load causes the body to constantly shift to allow balance to take place.

4

## ENDURANCE

Fluiball trains cardiorespiratory and muscular endurance more effectively than any standard functional tools.





FUNCTIONAL CIRCUIT TRAINING



PERSONAL TRAINING



REHAB STUDIO



GROUP X

# TECHNICAL SPECS

The special feeling and chromaticity of Fluiballs turn the fatigue of motor activity into a pleasant moment of harmony and fun. They come in different weights and sizes and with just one tool you can renew or replace the training formats already present in your club.

## FLUIBALL REHAB

Ø 16cm



RX1145  
0,5kg



RX1181  
0,75kg



RX1182  
1kg



RX1146  
1,5kg

## FLUIBALL FITNESS

Ø 26cm



RX1147  
1kg



RX1148  
2kg



RX1149  
3kg



RX1150  
4kg



RX1151  
5kg



RX1152  
6kg

## FLUIBALL FUNCTIONAL

Ø 30cm



RX1153  
7kg



RX1154  
8kg



RX1155  
9kg



RX1156  
10kg



RX1157  
11kg



RX1158  
12kg

## FLUIBALL BALANCE

Ø 55cm

Ø 65cm



RX1183  
Ø 55cm



RX1184  
Ø 65cm

## FLUIBALL STORAGE

RX1332





Durable and safe, they are perfect for any type of training. At home, in the gym, in the pool, in the open air, in parks and playgrounds: it's up to you, Fluiball is suitable everywhere!

FLUIBALL

# EDUCATIONAL

Participate in one of our classes and learn how to use our products at their 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 direction and a clear and simple educational method behind.

Check our website [www.reaxing.com](http://www.reaxing.com) for updates and courses availability.



**REAXING**<sup>®</sup>  
TRAIN TO REACT

[WWW.REAXING.COM](http://WWW.REAXING.COM)

